Basic Beginnings is a parent education program that focuses on building foundations for a young child’s healthy development. It is especially adapted for teaching fundamentals of raising young children to specialized audiences, such as teen parents, first-time parents, parents with developmental challenges, English as a Second Language parents, or families involved in home visitation or family support programs.

Basic Beginnings is a practical parent education program based on key research in child development and parent-child relations. Its focus is parenting children from ages 0 through 3. The curriculum includes presenter guides, lesson outlines, presentation materials and interactive family activity books with learning activities for each lesson.

- **Curriculum cost:**
  - $220 (B/W print) or $295 (color print) + shipping and handling

- **Family Activity Book cost:**
  - $17 (B/W print) or $29 (color print) + shipping and handling

To order the program materials, arrange a training seminar or ask questions about the program, please go to or contact:

- www.ag.ndsu.edu/basicbeginnings
- Phone: (701) 231-8652
- Phone: (701) 231-6143
- Email: krista.l.olson@ndsu.edu
- Email: sean.brotherson@ndsu.edu

### 16 LESSON MODULES IN FOUR DOMAINS

1) **Building a Caring Relationship With Your Baby**
   - Loving and Nurturing Your Child
   - Getting to Know Your Child
   - Calming and Comforting Your Child
   - Teaching Your Child With Love

2) **Keeping Your Baby Safe and Well**
   - Keeping Your Child Well – Part 1
   - Keeping Your Child Well – Part 2
   - Keeping Your Child Safe – Part 1
   - Keeping Your Child Safe – Part 2

3) **Growing Together With Your Baby**
   - Helping Your Child Learn
   - Partnering With Your Child in Play
   - Giving Your Child the Gift of Reading
   - Growing Your Child’s Self-worth

4) **Caring for Yourself and Your Baby**
   - Understanding Stress as a Parent
   - Managing Your Stress as a Parent
   - Managing Your Child’s Stress
   - The Importance of a Support System

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