

CFS-160: PARENTING

Justification for this inactivation request

Course not offered in 3 years.

Effective Term

Fall 2026

CC Approval

10/03/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Child Development/Early Childhood Education (Master's Degree)	

Subject Code

CFS - Child and Family Studies

Course Number

160

Department

Child and Family Studies & Education

Division

Career Education and Workforce Development (CEWD)

Full Course Title

Parenting

Short Title

Parenting

CB03 TOP Code

1305.00 - *Child Development/Early Care and Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

SECTION B - Course Description

Catalog Course Description

This course explores a wide range of parenting theories and techniques, utilizing a theoretical foundation with a practical approach. There is particular emphasis on building self-esteem, verbal and non-verbal communication, power, and control.

SECTION C - Conditions on Enrollment**Open Entry/Open Exit**

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:

1. Recognize the different stages of parenting

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Explain and utilize at least five different approaches to discipline
2. Apply at least five different approaches to build child self-esteem
3. Recognize the different stages of parenting
4. Value a variety of family styles and structures

5. Identify cultural differences in parenting
6. Formulate and test a variety of verbal and nonverbal communication styles

Course Content

1. Stages of parenting
2. Cycles of development
3. Discipline
4. Feelings
5. Self-esteem
6. Family styles
7. Communication
8. Raising siblings
9. Understanding and accepting emotions
10. Cultural influences on parenting
11. Influences of environment on parenting skills

Methods of Instruction

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Oral Presentations	Read a portion in the book From a Parent's Perspective and give a report.
Exams/Tests	Final exam which will included essay questions on content covered in text.

Other

Final grade will be based on the following criteria:

1. Class participation and discussion

2. Written responses to readings

3. Journals

For example:

Students will maintain a reflective journal on the readings and class discussion. The journal may include reflections on applying the reading and discussion to the student's experience of parenting.

4. Oral presentation

5. Final exam

For example:

A short answer question on the exam may be: "Identify the stages of parenting and the characteristics of each stage."

Assignments

Reading Assignments

Reading assignments are based on textbook readings or instructor generated handouts.

For example:

1. Read chapter 2 in "The Wining Family" which covers the different approaches for building a child's self-esteem.

2. Read chapter 11 in "Parent-Child Relations: An Introduction to Parenting" which explores single parent family systems and provides the reader with perspectives and research on single parent families.

Writing Assignments

1. Written response

For example:

Read Chapter 2 in "Parent-Child Relations: An Introduction to Parenting" on Diversity of Contemporary American Families and responded to the questions on the written response form distributed in class.

2. Oral presentation

For example:

Students will choose a topic of interest from a course text and create an oral presentation for the class.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Greenspan, Stanley

Title

Great Kids

Publisher

Da Capo Press

Year

2007

Rationale

Current content

ISBN

0738209791

Material Type

Textbook

Author

Binger, Jerry

Title

Parent-Child Relations: An Introduction to Parenting

Edition/Version

9th

Publisher

Prentice Hall

Year

2013

ISBN #

9780135002193

Material Type

Textbook

Author

Hart, Louise

Title

The Winning Family: Increasing Self-Esteem in Your Children and Yourself

Publisher

Mead & Co.

Year

1993

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000280787

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No