

# Parents Under Construction

**10 lessons taught in Year 10**

**Training requirement: 1 day**

The Parents Under Construction lessons will enhance student knowledge of parenting responsibilities, the demands and the cost of being a parent. The lessons provide an opportunity to learn accurate information about child development and increase their empathy for babies, children and parents. Students explore the connection between parent behaviour and the impact on a child in terms of their mental health and self-esteem. During the lessons students learn how to apply a wide range of positive discipline techniques and then explore the benefits of positive reinforcement and encouragement.

The primary goal of the lessons is to increase the social-emotional competence of the students as parents of the future, but also as uncles, aunts, family friends, community leaders and professionals working with children and parents.

## Good to Know

The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. The ACE Study findings suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life. The study shows that stress during childhood increases the risk for the following many health problems including substance misuse, depression, fetal death, sexually transmitted diseases (STDs) and unintended pregnancies. Without education, the cycle of dysfunctional parenting and abuse will continue, but Parents Under Construction™ can prevent this.

### Lesson 1

Mental Health and Parenting

### Lesson 2

Love and Money

### Lesson 3

Building Trust and The Parent/Child Connection

### Lesson 4

Self-Esteem and Promoting Self-Esteem

### Lesson 5

Parenting Styles

### Lesson 6

Introducing Positive Discipline Techniques

### Lesson 7

Setting Limits and Routines and Choices and Consequences

### Lesson 8

Praise and Encouragement, Reflecting Feelings

### Lesson 9

“Positive After the Fact” Techniques and Corporal Punishment

### Lesson 10

Lessons Learned