

Course Information on Child Development and Caregiving 11 and 12 at KSS

Child Development and Caregiving 11 and 12 is a unique course KSS offers that provides enriched support to expecting and/or new parents in a small class setting. This course covers self-awareness, parenting styles and modes of attuned parenting, along with child development, and early literacy and play. Students will do embodied exercises and partake in research-based learning that focuses on well-being and mindfulness as well as on activities that develop self-awareness (leading to improved emotional regulation and decreased dysregulation as a parent), and parenting styles. While learning parenting styles, the course highlights attachment parenting and emotional attunement practices as those which best support the healthy development of a child. Additionally, with near one-on-one learning, the course covers early childhood development, including behavioral strategies to support, frame, and redirect certain behaviors. In closing, the course introduces how to best support a child's early literacy development and how to continue to embed play-based learning for children.

Since the Young Parent Program is operated at KSS by the YMCA, students/moms/parents who are part of the Young Parent Program with Larissa Crack (contact larissa.crack@ymcaokanagan.ca) can also enroll in the Child Development and Caregiving 11 and 12 at KSS.

By enrolling in the course, students who are young mothers/parents are able to: satisfy partial criteria of the YPP program by meeting the weekly work/education requirement, have close access to their children, and work closely with a KSS teacher to support their diverse learning needs. Because the YPP program on site at KSS provide free childcare to enable parents to pursue their studies as well as to work on valuable life skills, it is inspiring that KSS is supporting this program by creating Child Development and Caregiving 11 and 12. In this way, KSS continues to provide parents with the needed tools for flourishing.

Please contact (<https://www.ymcaokanagan.ca/Join/Support-Us/Community-Initiatives/Young-Parent-Program>) for further information on the Young Parent Program or contact kyla.bresch@sd23.bc.ca, and I can support your inquiry.