

Course Guide

- Session 1** **Welcome to the *Wonderful ONEs***
Get to know other members of the group. Celebrate and appreciate the world of wonder through your child's eyes. Learn about ONEs' natural and positive motivations to get their needs met.
- Session 2** **Little Explorers on the Move!**
Share experiences about ONEs' motor development. How their newfound mobility influences your life. Become more familiar with your own personal style and how it affects your parenting. Learn how to create a safe environment for your child. Discuss ONEs' small and large muscle development and learn simple activities to stimulate healthy growth.
- Session 3** **Connecting with Others Through Language**
Learn about the impact of your words, body language, and listening skills on your child's communication development. Discuss specific discipline tools using language for pre-verbal children, normal language and communication milestones, and methods for stimulating development.
- Session 4** **Creating Family Patterns That Work**
Learn about how establishing routines in the home gives ONEs a sense of comfort and security, allowing them to confidently explore their world. Explore your own childhood discipline experiences and begin creating a discipline plan for your family.
- Session 5** **Positive Discipline for Curious ONEs**
View discipline as guidance and learning, not punishment. Learn how to be playful so you'll have time to be playful with your ONEs. Understand how working with ONEs and what they like to do makes discipline easier. Learn discipline approaches that are effective "in the moment" with ONEs.
- Session 6** **Your Child's Emotional Development**
Discuss and share information about ONEs' emotions. Learn tips for promoting healthy emotional development and understanding your child's individual emotional style. Become more familiar with your own emotional responses to ONEs' upsets and learn tips for handling upsets more effectively.
- Session 7** **ONEs' Social Journey**
Understand what the typical "social skills" of a ONE are, that it is normal for ONEs to be self-absorbed and have a hard time "sharing," even though they may like others. Gain ideas for helping ONEs begin to develop healthy social skills and understanding of others' needs.
- Session 8** **Nurture Yourself So You Can Nurture Your ONE**
Explore your feelings and values related to caring for yourself. Recognize how identifying your needs and wants help your ONE. Think carefully about how your life is structured, how this affects your satisfaction in parenting and your feelings of generosity in your relationship with your ONE.
- Session 9** **The Development of Your ONE's Beautiful Mind**
ONEs are naturally driven to learn through play. They are motivated to explore every aspect of their environment through their senses. Learn about experiences you can provide to foster your child's fullest brain development.
- Session 10** **Celebrating Our Accomplishments**
Recognition of the progress you have made. Make plans for yourself and the group. Review important themes in the series and celebrate your completion. Preview what the *Terrific TWOs* series, the third part of **Parenting: The First Three Years™** curriculum, offers to families.