

## SKILL BASED COURSE

### SBC HDCS 202: PARENTING AND EARLY INTERVENTION

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical		
Parenting and Early Intervention	2	0	0	2	As per admission criteria	Nil

#### Learning Objectives

- To recognise the foundational concepts of parenting and the various practices across cultures, as well as the challenges contemporary parents face.
- To examine the risk factors, developmental delays, and disabilities in children, along with the tools used for screening and assessment.
- To explore early intervention techniques and their practical implementation for children and families.

#### Learning Outcomes

The students would be able to:

- Evaluate parenting practices, identify the challenges, and understand how these challenges impact the parent-child relationship.
- Explain various risk factors and developmental delays in children and will demonstrate proficiency in using appropriate screening tools.
- Demonstrate skills to design, implement, and evaluate evidence-based early intervention programs, focusing on holistic child development and community-based support systems.

### PRACTICAL (Credits 2; Hours 60)

#### UNIT I: Foundations of Parenting

10 Hours

This unit lays thrust on parenting practices, challenges, and the impact on parents

- Comprehending the Parent-Child relationship
- Parenting Practices across cultures
- Challenges of contemporary parenting
- Understanding parental stress and coping mechanisms

## **Unit IIa: High-Risk Children, Developmental Delays, and Disabilities 25 Hours**

This unit highlights the risk factors and protective factors for children and approaches for screening and assessment

- Understanding Risk Factors: Socioeconomic, Environmental, and Biological Influences
- Identifying Developmental Delays: Screening and Assessment Tools
- Impact of Risk Factors on Child Development and Well-being
- Protective factors for children and addressing diverse Needs

## **Unit IIb: Early Intervention Techniques and Practical Implementation 25 Hours**

This unit focuses on approaches to care for children and parents through evidence-based approaches

- Approaches to Care of the High-Risk newborn and family
- Designing Intervention Programs: Early Learning and Support Systems
- Parent Coaching and Behavioral Interventions for At-Risk Children
- Collaborations for Holistic Child Development
- Community-Based Approaches to Early Intervention
- Project: Designing an Evidence-Based Parenting or Early Intervention Program

### **Essential Readings**

- Fraser, M. W., Kirby, L. D., & Smokowski, P. R. (2014). *Risk and resilience in childhood: An ecological perspective* (2nd ed.). NASW Press.
- Gil, E. (2012). *Trauma-informed care for children and families*. Guilford Press.
- Luthar, S. S. (2015). *Resilience and vulnerability: Adaptation in the context of childhood adversities*. Cambridge University Press.
- Ungar, M. (2012). *The social ecology of resilience: A handbook of theory and practice*. Springer.
- Walsh, F. (2016). *Strengthening family resilience* (3rd ed.). Guilford Press.

### **Suggested Readings**

- Beck, U. (2011). *Risk society: Towards a new modernity*. SAGE.
- Masten, A. S. (2014). *Ordinary magic: Resilience in development*. Guilford Press.
- Ungar, M. (2021). *Multisystemic resilience: Adaptation and transformation in contexts of change*. Oxford University Press.
- Wilkinson, R., & Pickett, K. (2018). *The inner level: How more equal societies reduce stress, restore sanity, and improve everyone's well-being*. Penguin Books.

**Note: Examination scheme and mode shall be as prescribed by the Examination branch, University of Delhi, from time to time**