**Parenting Coaching Program Session 7: Developmental Stages**

**Prior to starting, ensure that you have viewed the home practice assignments so you can confidently review them with the client.  There are videos within the session that you need to review before the session in order to determine what is the right fit for your client.**

Hello \_\_\_\_\_\_\_\_\_\_\_,

Welcome back to the session today. We are currently in session 7 of 10 sessions. Today we will talk about stages of child development. Before we begin with our warm-up exercise, I would like to check-in with you. How are you feeling in this moment, what sensations, thoughts, and emotions come up for you right now? Can you rate your mood from 1-10?

**Let’s start off with our warm-up based on positive psychology….**

●   The reason why we do this is to help us focus, highlight, and identify some of the positive things that you do and are doing to manage your social-emotional well-being.

**\*Pick one question to ask the client\***

o   *How has another person shown that they care about you within the past week?*

o   *What has happened this week that has been exciting?*

o   *Describe something fun that you did today.*

o   *What was something nice you said to someone this week?*

o   *Describe something that made you laugh this week.*

o   *Describe something you were thankful for this week.*

o   *What was a challenge you overcame this week?*

o   *What was something that made you feel happy this week?*

**Check-in on last week’s homework:**

* Parenting questionnaire follow-up:
	+ What was your outcome?
	+ What surprised you about the results?
* What have you done to support your wellbeing since our last session?

In this module you will gain a better understanding of child development and how it relates to parenting experiences and decision making.  We will go over the importance of understanding early child development so that you will gain more awareness on developmental stages and what is typical and non typical development.

It is important to understand human development so that we as caregivers can gain a better understanding of their child’s development, and behavior, and know what is generally considered typical or non typical for that age.  Knowing what childhood milestones are, can bring some perspective into our parenting journey, which is rewarding, but it can also be emotionally and physically exhausting and difficult.

Human development is a huge subject, so this module is not meant to be comprehensive, but will rather provide you with a beginning understanding of your child’s typical and non typical development so that you can parent more effectively.  We will also cover some great resources (e.g., Public Health) on child development and milestones, so that if you feel your child is experiencing some developmental difficulty, you can follow up with your family physician.

From birth to the age of 5, your child will reach many growth and developmental milestones.  It can be a lot to think about and may be easier to consider by breaking it down into 5 categories:

1. Physical growth: development of both muscle control and physical coordination

b)      Emotional and social development: how children start to understand who they are, what they are feeling and what to expect when interacting with others.

c)      Thinking and reasoning (cognitive development): how children think, explore and figure things out.  It is the development of knowledge, skills, and problem solving which help children to think about and understand the world around them.

d)      Language development: supports your child’s ability to communicate, including how to express and understand their feelings.  Learning to understand and enjoy language is the first step in literacy and the basis to learn how to read and write.

e)      Sensory and motor development: the gradual process by which a child gains use and coordination of the large muscles of the legs, trunk, arms and the small muscles of the hands.  As a baby they begin to experience awareness of sight, touch, taste, smell and hearing.

From birth, children grow and develop at such a rapid pace, by learning general developmental milestones, you can have a better understanding of how to support your child(ren) in their growth and development by having realistic expectations for their developmental age and stage.

The goal of this week is for you to gain skills for you to best support your child in your parenting role, learn resources available to you to learn about your child by their age, as well as support available to you should you need assistance or wish to learn more.

This website that is updated by the provincial government’s health services and outlines growth and developmental milestones for different age groups:<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/baby-growth-and-development/growth-and-0>

**If you are online with a parent, go to the website to show them how to navigate it (time permitting). Choose the age category or categories that apply to your client’s family structure.**

These are resources you can navigate with your client so that they are able to find support for any challenges they are facing.

<https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>

* A reference guide for parents that includes resources on pregnancy, birth and parenting.  It is created by the government of British Columbia.

<https://www.healthlinkbc.ca/pregnancy-parenting/toddlers-first-steps>

* A reference guide for parents and caregivers of children up to three years old.  It too is created by the government of British Columbia.

<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-preschoolers-3-5-years/caring-your-preschooler>

* A reference guide for preschool aged children outlining how to provide guidance to preschoolers in order to support you being responsive to your child and help them gain trust in themselves and others.  This was also created by the government of British Columbia.

A child’s development is supported by you as their caregiver, and your interactions with them help navigate the world.  You are their first teacher and by modeling behaviour that you would like to see in them, they learn how they should interact with the world.

We are going to watch a series of videos that focus on early childhood development and developing a secure relationship with your child as you model how you interact with the world.

**Ideas on fostering healthy development for your consideration:**

**Choose 3-4 videos from this playlist that you feel will be most relevant to your client’s family situation/structure**

<https://www.youtube.com/playlist?list=PLkwe0ARjgu5LIa44HX0V28cTP9GDN-Vmm>

**Here is a description of the videos for those that are not on video:**

As we watch these short video clips, think about your relationship with your child(ren).

Use the prompts below to facilitate a discussion about your video selection

Discussion prompts:

 **Q) What do you see in these videos that you are already incorporating in your relationship with your child(ren)?**

**Q) What was a new concept or way of thinking about your relationship with your child(ren) and their development?**

**Q) Is there anything in these videos that you could see as helpful in supporting your relationship with your child and their development?**

 **Q) What are some things that stood out to you during these videos?**

**Q) If you were to explain an idea from these videos to another person, what stands out most for you?**

**If additional questions arise after your discussion, direct your client to their counsellor or connect them with one.**

**ACTIVITY:**

This short video clip illustrates belly breathing (or diaphragmatic breathing) for children.  This mindfulness technique will be something you can do with your child to support them in developing self-regulation skills.  Belly breathing has been found to reduce stress, lower your heart rate, and blood pressure.

[**https://www.youtube.com/watch?v=\_mZbzDOpylA**](https://www.youtube.com/watch?v=_mZbzDOpylA)

**Session Summary:**

Today we learned about general categories of growth and development milestones.  Breaking it down into 5 categories: 1) Physical growth 2) Emotional and social development 3) Thinking and reasoning (cognitive development) 4) Language development 5) Sensory and motor development. In doing so, we reviewed some resources to look at your child(ren)’s specific age range that will be included in your home practice email.

We also looked at supporting your relationship with your child(ren) by reviewing successes in early childhood development.

Finally, we closed by learning about belly breathing and provided a short video clip for you to use with your child.

**HOME PRACTICE:**

1)      Between sessions this week, please review the material emailed to you for your child(ren)’s specific growth and developmental milestones.

2)      Try out Elmo’s belly breathing video with your child a couple of times during the week to introduce the skill.

End of Session 7 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email template for client**

Subject: Moving Forward Family Services Parenting Program Home practice – Session 7

Insert Logo here

Hello Client’s name,

It was great to be with you for session 7 today. This program will support you by using psychoeducation, resources, and tools to help support you in your parenting role.  The goal of this program is for you to obtain skills and strategies to gain confidence as a parent in your day-to-day life.

Our home practice this week is:

1.  Review the links below to explore your child(ren)’s growth and developmental milestones.

2.  Try out Elmo’s belly breathing video with your child(ren) a couple of times over the week

3.  As you continue to process the information we discussed today, or rewatch some of the materials reviewed this week, consider the following questions:

i.      What are the main points of this video?

ii.      What skills/strategies did I learn?

iii.      How can I apply these skills to my own situation?

Do what you can, you do not need to do all of it at once. Breaking it down and doing about 5-10 mins a day can sometimes make it easier. Please reach out to your counsellor if you need support or ask how you can be connected with one.

Warm regards,

Your Name

**Resources:**

Belly breathing:<https://www.youtube.com/watch?v=_mZbzDOpylA>

Early Childhood development playlist:<https://www.youtube.com/playlist?list=PLkwe0ARjgu5LIa44HX0V28cTP9GDN-Vmm>

British Columbia healthlink milestones list:<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/baby-growth-and-development/growth-and-0>