




# BASIC BEGINNINGS

*A Program for  
Parenting Young Children Age 0 to 3*

**Adapted for Use With Selected Audiences:** For use in parent and family education, early childhood programs, home visitation, family support, Head Start, school classes and other educational settings

**Basic Beginnings** is a parent education program that focuses on building foundations for a young child's healthy development. It is especially adapted for teaching fundamentals of raising young children to specialized audiences, such as teen parents, first-time parents, parents with developmental challenges, English as a Second Language parents, or families involved in home visitation or family support programs.

**Basic Beginnings** is a practical parent education program based on key research in child development and parent-child relations. Its focus is parenting children from ages 0 through 3. The curriculum includes presenter guides, lesson outlines, presentation materials and interactive family activity books with learning activities for each lesson.



**• Curriculum cost:**

\$200 (B/W print) or \$275 (color print) + shipping and handling

**• Family Activity Book cost:**

\$14 (B/W print) or \$26 (color print) + shipping and handling

To order the program materials, arrange a training seminar or ask questions about the program, please go to or contact:

[www.ag.ndsu.edu/basicbeginnings](http://www.ag.ndsu.edu/basicbeginnings)

Phone: (701) 231-8652

Phone: (701) 231-6143

Email: [jeanne.erickson@ndsu.edu](mailto:jeanne.erickson@ndsu.edu)

Email: [sean.brotherson@ndsu.edu](mailto:sean.brotherson@ndsu.edu)



## 16 LESSON MODULES IN FOUR DOMAINS

### 1) Building a Caring Relationship With Your Baby

- Loving and Nurturing Your Child
- Getting to Know Your Child
- Calming and Comforting Your Child
- Teaching Your Child With Love

### 2) Keeping Your Baby Safe and Well

- Keeping Your Child Well – Part 1
- Keeping Your Child Well – Part 2
- Keeping Your Child Safe – Part 1
- Keeping Your Child Safe – Part 2

### 3) Growing Together With Your Baby

- Helping Your Child Learn
- Partnering With Your Child in Play
- Giving Your Child the Gift of Reading
- Growing Your Child's Self-worth

### 4) Caring for Yourself and Your Baby

- Understanding Stress as a Parent
- Managing Your Stress as a Parent
- Managing Your Child's Stress
- The Importance of a Support System

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SERVICE