



16 In-depth Lesson Modules

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



How can I learn more about *Basic Beginnings*?

The **Basic Beginnings** curriculum was developed by a collaborative team of educators and researchers at North Dakota State University. Copies of the program curriculum can be ordered for \$200 or \$275 + shipping and handling (based on B/W or color printing). For information on ordering the curriculum, go to or contact:

www.ag.ndsu.edu/basicbeginnings

Phone: (701) 231-8652 (Office)

Phone: (701) 231-6143 (Sean)

Email: krista.l.olson@ndsu.edu

Email: sean.brotherson@ndsu.edu



NDSU Extension does not endorse commercial products or companies even though reference may be made to trade names, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 102 Putnam, (701) 231-7708. This publication will be made available in alternative formats for people with disabilities upon request, (701) 231-7881.



A 16-lesson Parent Education Curriculum for Parenting Young Children Age 0 to 3

Adapted Version for Selected Audiences

*A child's early beginnings represent
the foundation upon which a happy and
healthy life is established.*

NDSU

EXTENSION



What is *Basic Beginnings*?

Basic Beginnings is a research-based parent education program focused on raising young children from the prenatal period through 3 years of age. Research into brain development, adverse experiences, toxic stress, parent-child attachment, prenatal and early childhood health, social and emotional development and support, and other topics is incorporated in the curriculum.

How is the program organized?

- The curriculum is organized in four units based on key domains of healthy childhood.
- The program includes 16 lesson modules, and each domain of the program can be explored within its own set of lessons (four lessons).
- The program can be taught in small-group learning and activity sessions, one-on-one meetings or larger classes.
- The program includes hands-on, interactive family activity workbooks with materials for each lesson module.

How is the *Basic Beginnings* program unique?

- **The program is adapted for use with specialized audiences** — The lesson modules have been designed to provide resources for selected, unique audiences who may have particular needs (parents with special needs, etc.).
- **The program is built on recent research in child development, parent-child relations and human wellness.**
- **The learning materials incorporate hands-on, interactive learning activities with a unique “family activity book” for each lesson** — Learning materials can be written on, personalized and easily applied.



- **The program is modular and flexible, making it easy to use in a wide variety of educational settings.**
- **The program model focuses on understanding and practicing the fundamental aspects of raising children that lead to stable, responsive relationships and safe, supportive environments.**



Who can benefit from the *Basic Beginnings* parent education program?

The ***Basic Beginnings*** program has been designed to meet the needs of a variety of learner audiences who can use increased knowledge and skills in raising young children age 0 to 3. It has been used with:

- Expectant, new or first-time parents
- Teen or young adult parents
- Parents with developmental challenges (differently abled, etc.)
- Middle or high school students in health or child development classes
- Parents in Head Start or other early childhood programs
- Families in home visitation
- Parents involved in child welfare, social services, family support
- Immigrant or New American parents
- Community professionals
- Parents or other caregivers of young children

