



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:

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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.

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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

