



1 COURSE OUTLINE

Course: A Practical Guide to Psychology and Child Development for Parents:
Raising Confident and Happy Children (From Conception to Early Adulthood)

Contact Hours: 18

Pre-requisite: None

1.1 Abstract

This is an introductory course to understanding the process of children's growth. Learners will be introduced to common theories of child development, as well as the neuroscience of growth and learning, from conception to early adulthood. Learners will also be presented with some challenges of childhood development and techniques to support young people in becoming their best selves. These will be considered within a Caribbean context.

1.2 Target Audience

Designed for caregivers and those with an interest in developmental psychology who desire a better understanding of how children mature, think and function in the world, and ways in which to encourage the healthy and positive development of children within the Caribbean.

1.3 Learning Outcomes

On completion of this course, learners will be able to:

1. Identify the main stages of child development.
2. Understand the main focus of each developmental stage.
3. Have deeper insight into the way a child's changing brain impacts their functioning.
4. Recognise children who may be experiencing challenges.
5. Effectively support children to realise their potential.

1.4 Course Content

The Prenatal, Perinatal & Neonatal Child

- From gamete to foetus
- Prenatal disorders
- Impacts on prenatal development



- Learning within the womb
- The effect of labour & delivery on long-term development
- The effect of APGAR score and birth weight on long-term development
- Premature birth and common neonatal health challenges

Infancy & Toddlerhood

- Bonding between child and caregiver
- Understanding how babies communicate
- Reflexes
- Milestones
- The infant genius
- Screen time
- Foundations of learning
- Attachment styles
- Love & punishment

Early & Middle Childhood

- Academic development
- Social development
- Emotional development
- Behaviour development

Adolescence & Young Adulthood

- Puberty
- The adolescent brain
- Changing social relationships
- Emerging sexuality
- “Too young for that” vs. “Not a child anymore”

Disorders of Development

- Trauma
- Depression & anxiety
- Neurodevelopmental disorders
- Resilience & resources



Being a Child's Source of Support

- Raising a secure and confident child
- Acknowledging their strengths and weaknesses
- Establishing open & authentic communication
- Fostering independence
- Accepting them for who they are