



## Learning Objectives

1. Parents will understand what Knowledge of Parenting and Child Development is and what it looks like in their family.
2. Parents will understand why Knowledge of Parenting and Child Development matters to their family/child.
3. Parents will gain tools to help them plant and grow seeds of Knowledge of Parenting and Child Development.

## What is Knowledge of Parenting and Child Development?

Knowledge of Parenting and Child Development is the “what,” and “how” of parenting.

It's understanding what skills it takes to raise a child. It's knowing what kind of parent you want to be, and learning the skills you need for being that kind of parent. It's understanding what is happening now for your child, how to help your child flourish, and knowing what's next – what to expect.

It's knowing how children grow and learn, and how you can help your child be their best self. It's knowing how your personality interacts with the personality of your child. It's having the confidence that you will be able to handle whatever parenting throws at you next. It's knowing how to develop a strong bond with your child. It's understanding your role in your child's life, and the impact you have on how your child sees themselves in the world.

## Why is Knowledge of Parenting and Child Development important?

***Knowledge of Parenting and Child Development helps you make your parenting intentional and focused.***

Why do you do what you do? Why does your child do what he or she does?

Knowledge of how children grow and learn will help you understand what drives behavior. Knowledge will help you understand what is typical in child development so you can get your child help if they need it. Knowledge of parenting is having a toolbox of tools you can use to parent your unique child.