

Nurturing Your Child's Development

Healthy Minds, Happy Children

Your relationship with your child is the foundation of his or her healthy development.*

Your child's development depends on both the traits he or she was born with (nature), and what he or she experiences (nurture).*

All areas of development (social/emotional/intellectual/language/motor) are linked. Each depends on, and influences, the others.*

What children experience, including how their parents respond to them, shapes their development as they adapt to the world.*

* American Academy of Pediatrics and 0 to 3



Parents & Children

Want to learn more about parenting and child development in a fun, friendly, and supportive environment? Try BTC's age-specific courses, which children and their primary caregivers attend together.

Each course offers a hands-on opportunity to develop child-raising skills with the help of BTC's staff of experienced instructors.

Through group activities and individual play-time, caregivers learn how to bring out the best in their children and themselves. Classrooms are furnished with a wide variety of age-appropriate toys and equipment. Adult discussion groups are built into each course so caregivers have an opportunity to share ideas, questions, and concerns with instructors as well as other parents. Courses offered:

- Baby'n Me (1-7 months, 8-12 months)
- Living & Learning with Ones
- Time with Twos
- More Than One: Parenting Brothers & Sisters
- Men & Children (ages 1 to 5 years)
- Exploring with Threes, Fours, & Fives



Parenting Discussion

During the first five years of life, children change rapidly and dramatically. Research has shown that the years between birth and kindergarten are the most important time for brain development and help determine a child's opportunities for success later in life. No other stage is as critical to a child's ability to later become a healthy, happy adult. To give children the best possible start, parents and primary caregivers need to develop skills to guide and encourage kids as they grow.

BTC's parenting discussion courses offer information on a range of important topics, including building a child's self-esteem, understanding behavior at different ages, encouraging effective communication and cooperation, and fostering positive emotional and social development. Courses offered include:

- Positive Discipline
- Love and Logic for Successful Parenting
- Effective Parenting of Toddlers & Preschoolers
- How To Talk So Kids Will Listen



About the Classes

The parent/child courses are primarily designed for one parent or caregiver and one child, except for the sibling classes. However, young infants are welcome in the parent/child classes.

The Parenting discussion classes are for adults only. No child care is provided.

Handbooks for the parenting discussion classes are available in the BTC bookstore and local libraries.

Scholarships

The BTC Foundation, Whatcom Community Foundation, BP, Kiwanis Club of Bellingham, the Whatcom Educational Credit Union, and former class participants have donated funds to provide limited scholarships to people needing assistance with the fees for parenting classes. Contact BTC Registration at (360) 752-8350 to request a scholarship application form or find the form on the BTC website.



Registration

Specific course information for each quarter is listed on the BTC website and in the quarterly schedule.

Web

Hours: M-F 7:00a-9:00p, Sat & Sun 7:00a-11:00p
Payment same day with Visa or Mastercard through our website. **Go to <http://www.btc.ctc.edu> and select "Online Services."**

In Person

Come to Bellingham Technical College, College Services Building.
Hours are Monday - Friday 8:00a - 4:00p.

Phone or Fax

Call (360) 752-8350 during above hours with your VISA/MasterCard information, or fax (360) 676-2798 with completed registration form and credit card information.

Mail

Complete entire registration form and mail with your payment to Bellingham Technical College Business Office at below address.



Address

3028 Lindbergh Avenue
Bellingham, WA 98225
Phone: (360) 752-8350
Fax: (360) 676-2798
Web: www.btc.ctc.edu

Bellingham Technical College is committed to the principles of affirmative action and is an equal opportunity employer.

Parents and Children Learning Together



Children are born learning.

As your child's first and most important teacher, you can develop the skills to guide and encourage your child as they grow.

BTC's parenting courses help bring out the best in both you and your child.