

**Instructional Design Project**  
**Transformative Parenting Course**  
Mini Course – Located on Canvas  
Invitation by email directly to the student.

Intro Page <https://tranquilparenting.com/program-info>

Contents:

1. **Awareness of Prior Knowledge and Current Events**
2. **Testing New Ideas**
3. **Experience Reflection of Self-Testing**
4. **Now What?**

**Course Summary:**

This mini-course provides the framework for parents to transform themselves into being the parent they want to be.

**How will I Learn?**

You will be reading the Bible and other parenting materials as an enrichment assignment and learning from the main lesson content and short video presentations. There will be intense self-reflection. Quizzes per each lesson and a 25-question test at the end of this mini-course will evaluate your learning.

**What Will I Learn in This Course?**

The Gospels have much to offer in the way of learning about your placement as a parent, and your relationship with your family. You will learn some of the background of the roles of each person according to the Bible. It is hoped that although this course is factual you will also come to know the word better and know how to find scriptures that pertain to your family in the future. You will decide if you want to stay as you are, create a hybrid version of your parenting beliefs or reinvent your understandings. The person you once were pre-child, may not fit into the place and time where you are now with child.

**Course Objectives**

1. Learner will understand what got them to where they are now.
2. Learner will have redeveloped self and ready to add new habits.
3. Learner will know how to reflect on responses to testing new actions.
4. Learner will create personal parenting plan.

**Course Outline**

**Lesson 1**      **Focus/Goal: Awareness of Prior Knowledge and Current Events**

**EQs:**

1. **What are my automatic thoughts about parenting?**
2. **After reflecting on current events, what brought me to needing parenting classes?**

- 3. What kind of parent can I be compared to the parent I am?**
- 4. What is my awareness reflection type for my specific perception?**
- 5. Coping in today's world. Trauma-Informed Expressive Art Techniques.**

Topic 1: Automatic Thoughts

Topic 2: Parenting Styles

Topic 3: Child Statistics

Learning Outcomes:

Parent will critically reflect on past experiences, face fears and challenge prior beliefs.

## **Lesson 2**      **Focus/Goal: Testing New Ideas**

**EQs:**

- 1. What new ideas can I put in place?**
- 2. What are some new beliefs I have?**
- 3. What attitude may I need to change?**
- 4. How will I change my actions?**
- 5. How will I test these transformative ideas?**
- 6. What have I done before that I cannot take with me into the next phase of my life?**
- 7. Why are they judging me?**
- 8. Coping in today's world. Trauma-Informed Expressive Art Techniques.**

Topic 1: Redevelop Self

Topic 2: Test New Developments

Learning Outcomes:

Parent will review past experiences and emotions.

## **Lesson 3**      **Focus/Goal: Experience Reflection of Testing**

**EQs:**

- 1. What are my new thoughts?**
- 2. What are my new feelings?**
- 3. What are my new beliefs?**
- 4. Coping in today's world. Trauma-Informed Expressive Art Techniques.**

Topic 1: Reflection of New Self

Learning Outcomes:

Parent will reflect on testing results.

Parent will understand their new thoughts, feelings, and beliefs.

## **Lesson 4**      **Focus/Goal: Now What?**

**EQs:**

- 1. Do I choose to retain original assumptions from my past upbringing?**
- 2. Do I choose to revise original assumptions from past experiences and add new information from new experiences?**
- 3. Do I choose to develop new understandings and build from there for the future?**
- 4. What challenges do I foresee when making these changes, social, my community?**

5. **What is my long-term plan when challenges come my way?**
6. **Coping in today's world. Trauma-Informed Expressive Art Techniques.**

Topic 1: Documenting the differences of

A - what my original assumptions looked like

B - what a revise would look like

C - what a totally new understanding would look like

- choose A, B or C

Topic 2: Documenting what needs to change

Topic 2: Creating a timeline for change

Topic 3: How to involve the other parent

Topic 4: Finding more information in the future

Learning Outcomes:

Parent will reflect on self-evaluation results.

Parent will understand their new thoughts, feelings, and beliefs.

### Class Introduction

Knowing where you are and what brought you to this place is the first step in transforming your parenting skills. You may not need some of the skills you previously learned. This class is a self-reflection to becoming the parent you always wanted to become. No one is perfect. Your path is your choice and will remain your choice throughout this class. You will be challenged emotionally to look deep inside your beliefs and some beliefs of others to make choices in your life. In the end you will have created your own personal parenting plan for now and for years to come. Challenges will always arise. After this course, you will be ready for the next phases of your parenthood.

Jarvis, P. (1987). *Adult learning in the social context*. Croom Helm., Mezirow, J. (1978). *Education for perspective transformation: Women's reentry programs in community colleges*. Teachers College, Columbia University and the New Wine in Old Wineskins parable - Luke 5:37-38 are significant resource for the course information.

### Module 1 - Awareness of Prior Knowledge and Current Events

Learning Technologies: Interactive Components

1. Zoom: **Schedule a Zoom meeting at the bottom of the page**  
<https://tranquilparenting.com/program-info>
2. TesTeach: <https://www.tes.com/lessons/aluX6LdoS8MQXg/>
3. Image Canva: Animation Tool Image "Fathers, do not exasperate your children, so that they will not lose heart." Colossians, 3:21

Course Elements

1. Video – Background Parenting Styles – WeVideo  
<https://www.wevideo.com/view/1827206551>

2. Video: Coping Tools: Bear <https://youtu.be/6RtWGtAy4EI>  
Social Media
3. Kahoot: <https://create.kahoot.it/v2/details/9cc446e6-07e7-4362-b9c7-5070b0d18253>  
Kahoot.it Pin:370233
4. Separate Lesson Page- TesTeach: <https://www.tes.com/lessons/aluX6LdoS8MQXg/>
5. Image: Link to resources with images of books on Amazon Books
6. Printable Handout: Module 1 Instructions
7. Links to Supplemental Resources
  - a. NIV Color Bible  
<https://smile.amazon.com/NIV-Color-Code-Bible/dp/0718098900>
  - b. Parenting: Steps for Successful Parenting, June Hunt  
<https://smile.amazon.com/Parenting-Steps-Successful-Hope-Heart/dp/1596366729>
  - c. **Shared parenting poster – Time To Put Kids First**  
<https://www.timetoputkidsfirst.org/why-children-need-shared-parenting>
1. Submit Assignment: Through Canvas class

Assessment:

1. Formative: <https://forms.gle/UUADzVQrrtCUNybj6>
2. Summative: <https://www.tes.com/lessons/aluX6LdoS8MQXg/>  
TesTeach

### Module 1 – Parenting Styles

- 1. What are my automatic thoughts about parenting?**
- 2. After reflecting on current events, what brought me to needing parenting classes?**
- 3. What kind of parent can I be compared to the parent I am?**
- 4. What is my awareness reflection type for my specific perception?**

Learning Outcomes:

Parent will critically reflect on past experiences, face fears and challenge prior beliefs.

#### Topic 1: Automatic Thoughts

When you were raised you were brought up with your adult's belief system. At birth you were unfamiliar with the concepts. As you grew older, you knew what to expect. Naturally, you took in these concepts as well as observations from others and became a young adult striving in this world as your own individual self. Once you have a child, you have to find what materials you have learned up to this point, what will stay and what needs to go by the wayside to make room for the new skills needed. Some times we miss seeing the other examples out there for us to compare our previous knowledge. Therefore, to read the Bible and find the richness and deeper meanings, it's helpful to know something of how people lived and what they encountered back then and other parenting skills that some people use. Only then can you truly understand what options are out there for us.

So let's delve into some background. Not only should you learn this now, but you can use it to build your parenting background knowledge for in the future.

## **Enrichment Assignments**

Set aside 1 hr for each assignment. This will include one video to watch, one handout, one questionnaire an essay for each week and a conference call with your instructor. I have added some Trauma Informed Expressive Art video assignments for you and your child to do during your parenting time to add some coping tools. Children are resilient. These assignments will help.

I will first describe the child's behavior in 4 common problem area sections and then tell you what you, the parents are possibly doing to create the problem along with a few Biblical examples and verses that you might want to jot down to review again later. After reviewing the child's behavior and the parenting styles that may be causing the issues, I will share some positive actions and differences of parenting roles that you could practice to actively begin changing your child's outcome.

This section is created specifically for children who are separated from their parents or for parents who are separated from each other. This does not mean it will not work for parents who are in the same home. Children are children being raised by adults in many types of intact, blended, or single parent homes.

Other variables may come in to play where it is not a parenting problem, but instead the child is going through a learning phase where they are practicing behaviors and will find their boundaries soon.

I have a few resources that I want to share before we get into the content. The first source is a book called Parenting: Steps for Successful Parenting and the NIV Color Code Bible. You will not need to purchase these for the class. I will provide all of the content from the books. After the class, you may want to purchase them for yourself. You never know what challenges will arise in the future. At the end of this video you will be able to share which type of parenting styles you are experienced in so you know where to expose yourself to next for a full view of the parenting style spectrum to choose from.

### Topic 2: Parenting Styles

#### **5 Types of Parents**

1. Dependent Parents
2. Domineering Parents
3. Doting Parents
4. Detached Parents
5. Disciplining Parents

**Embedded video - <https://www.wevideo.com/view/1827206551>**

### Topic 3: Child Statistics

#### **Handout Separated Parents Poster**

## **Formative Survey Via Zoom with Instructor**

Quiz directions: Mark all that apply in the following questions. **There are no incorrect answers.**

2. What type of childhood Mother did you have?
  - a. Dependent Parent

- b. Domineering Parent
  - c. Doting Parent
  - d. Detached Parent
  - e. Disciplining Parent
3. What type of childhood Father did you have?
- a. Dependent Parent
  - b. Domineering Parent
  - c. Doting Parent
  - d. Detached Parent
  - e. Disciplining Parent
4. What type of parent are you?
- a. Dependent Parent
  - b. Domineering Parent
  - c. Doting Parent
  - d. Detached Parent
  - e. Disciplining Parent
5. In your opinion, what type of parent is your children's other parent?
- a. Dependent Parent
  - b. Domineering Parent
  - c. Doting Parent
  - d. Detached Parent
  - e. Disciplining Parent
6. Which type of adult raised you, if other than your parent?
- a. Dependent Other
  - b. Domineering Other
  - c. Doting Other
  - d. Detached Other
  - e. Disciplining Other
  - f. My Parent(s) Raised Me
7. What type of parent do you want to be?
- b. Dependent Parent
  - c. Domineering Parent
  - d. Doting Parent
  - e. Detached Parent
  - f. Disciplining Parent

(Hunt, 2013)

### **Short Essay Assignment**

#### **Submit Answers via Canvas Classroom**

Write a short essay to answer the following questions and describe what you both liked and did not like about your childhood.

1. What are my automatic thoughts about parenting?
2. After reflecting on current events, what brought me to needing parenting classes?

3. What kind of parent can I be compared to the parent I am?
4. What is my awareness reflection type for my specific perception?

## Module 2 – Testing New Ideas

### Learning Technologies: Interactive Components

1. Zoom: **Schedule a Zoom meeting at the bottom of the page**  
<https://tranquilparenting.com/program-info>
2. Separate Lesson Page: Verso <https://v2.versoapp.com/> to join your class using the code: wgmska

### Course Elements

1. Video: Coping Tools: Good Day vs. Bad Day <https://youtu.be/NfQdU4sBcCs>  
Social Media
2. Image: Posted in module
3. Printable Handout: Module 3 Outline
4. Links to Supplemental Resources
  - a. Christian Parenting Podcasts <https://player.fm/podcasts/christian-parenting>
  - b. Link to verses – Spark Page: <https://spark.adobe.com/page/5oz9d1xfxHgxl/>
5. Submit Assignment: Module 3 Assignment Instructions

### Assessment:

1. Formative: Interview Survey Face-to-Face with instructor
2. Summative: Youtube/Google Forms: Parent Alienation  
<https://forms.gle/iDqbBaP8SRPnMD6i9>

## Progress

### Lesson – Where are you, self-assessment. Video

#### Topic 1: Redevelop Self

When discussing self-assessment in this course, most parents will lose it. They just simply want to watch a video, complete workbook answers and be done, because this is the tough part. Prior to understanding yourself, it would be beneficial to know how to judge where you are with your self-awareness. In this video, I will explain 6 self-reflection types and at the end of the video you can share which category you believe you fit into.

I have added some Trauma Informed Expressive Art video assignments for you and your child to do during your parenting time to add some coping tools. Children are resilient. These assignments will help.

1. Affective reflectivity: Awareness of how the individual feels about what is being perceived, thought, or acted upon.
2. Discriminant reflectivity: The assessment of the efficacy of perception, thought, action or habit.

3. Judgmental reflectivity: Making and becoming aware of value judgements about perception, thought, action or habit.
4. Conceptual reflectivity: Self-reflection, which might lead to questioning of whether good, bad or adequate concepts were employed for understanding or judgement.
5. Psychic reflectivity: Recognition of the habit of making percipient judgements on the basis of limited information.
6. Theoretical reflectivity: Awareness that the habit for percipient judgement or for conceptual inadequacy lies in a set of taken-for-granted cultural or psychological assumptions, which explain personal experience less satisfactorily than another perspective with more functional criteria for seeing, thinking or acting. (Jarvis, 1987, p. 91)

Questionnaire:

Which reflection type do you believe you are? No wrong answers.

1. Affective reflectivity: Awareness of how the individual feels about what is being perceived, thought, or acted upon.
2. Discriminant reflectivity: The assessment of the efficacy of perception, thought, action or habit.
3. Judgmental reflectivity: Making and becoming aware of value judgements about perception, thought, action or habit.
4. Conceptual reflectivity: Self-reflection, which might lead to questioning of whether good, bad or adequate concepts were employed for understanding or judgement.
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6. Theoretical reflectivity: Awareness that the habit for percipient judgement or for conceptual inadequacy lies in a set of taken-for-granted cultural or psychological assumptions, which explain personal experience less satisfactorily than another perspective with more functional criteria for seeing, thinking or acting. (Jarvis, 1987, p. 91)

Topic 2: Test New Developments

Short Essay: Answer the following questions in a short essay as you review past experiences and emotions and how have your new development testing results faired when working with your child, social settings and personal communities?

- 1. What new ideas can I put in place?**
- 2. What are some new beliefs I have?**
- 3. What attitude may I need to change?**
- 4. How will I change my actions?**
- 5. How will I test these transformative ideas?**

**6. What have I done before that I cannot take with me into the next phase of my life?**

**7. Why are they judging me?**

### **Finding Context to Live By**

Not only as a teacher, but as a Christian you will want to study your Bible deeper. Following is an outline of what information you may need, and where to find it. The next assignment is to create or find a verse, phrase, motto and create a goal for yourself to live by.

Handout-

You may choose from a verse below or another favorite of yours. In addition to the phrase or verse complete the goal handout found at this link (add link here.)

### **Biblical Context**

Parenting Verses:

(Not to be used to judge the other parent, but to better yourself)

- Mathew 7:7
- Hebrews 11:23
- Proverbs 1:8
- Psalm 127:3
- Amos 3:3
- Deuteronomy 6:6-7
- Ephesians 6:4
- 2 Corinthians 12:14
- Proverbs 29:17
- Proverbs 17:6
- Mathew 10:39
- Matthew 7:11
- Psalms 112:1-2
- Ephesians 5:25
- Genesis 18:19
- 1 Timothy 5:8
- Job 1:5
- Ephesians 6:4
- Proverbs 3:12
- 1 Timothy 3:4
- 1 Thessalonians 2:11-12
- Judges 13:8
- Proverbs 13:14 James 5:16
- Proverbs 31:28
- Ephesians 5:22-23
- Ephesians 5:33
- Titus 2:3-4

- Titus 2:4-5
- Proverbs 31:15
- Isaiah 49:15
- 1 Thessalonians 2:7
- Proverbs 31:26
- Proverbs 31:25
- Matthew 15:28
- Philippians 4:13
- Philippians 4:8
- Proverbs 1:31-32
- Colossians 3:21
- Proverbs 13:24
- Proverbs 5:12-13
- Deuteronomy 6:5-7
- Galatians 6:2
- 1 Thessalonians 2:11-12
- Ephesians 5:31
- 1 Corinthians 14:40
- Psalm 31:4
- Roman 13:1
- Proverbs 6:20-22
- Proverbs 22:6
- John 3:16-17
- John 10:10
- James 4:17
- Isaiah 59:2
- Romans 6:23
- Romans 5:8
- John 14:6
- Acts 16:31
- Matthew 16:24-26
- Ephesians 2:8-9
- John 5:24
- Proverbs 1:8-9
- Proverbs 22:6
- 1 Thessalonians 2:7-12
- Proverbs 4:11 & 13
- Romans 3:23
- Romans 6:23
- Proverbs 14:12
- 1 John 1:19
- Romans 10:9
- John 1:12
- John 14:6

- Psalm 119:11
- 1 Thessalonians 4:3-4 & 7
- Proverbs 3:11-12
- Proverbs 22:15
- Proverbs 13:24
- Colossians 3:21
- 1 Thessalonians 4:1
- Proverbs 19:18
- Proverbs 23:13-14
- Proverbs 17:25
- Proverbs 14:23
- 1 Thessalonians 5:11
- Proverbs 24:3-4
- Mark 10:14
- James 1:19
- Matthew 5:23-24
- Proverbs 1-8
- 1 Thessalonians 4:1
- Proverbs 19:18
- Colossians 3:8
- Revelation 3:19
- Ephesians 5:33
- James 2:1
- Psalm 127:3
- Luke 15:20
- Luke 15:11-32
- Lamentations 3:22
- Psalm 139:23-24
- Isaiah 43:18-19
- 2 Timothy 1:12
- Galatians 2:20
- Colossians 3:13
- Isaiah 26:3-4
- Jeremiah 31:16
- Isaiah 40:31
- Psalm 127:3-4
- Proverbs 29:17
- Ephesians 6:4
- 1 Timothy 3:4
- Deuteronomy 6:6-7
- Proverbs 19:18
- Proverbs 22:6
- Proverbs 13:24
- Proverbs 17:6

- 1 Thessalonians 2:11-12
- Titus 2:4-5  
(Hunt, 2013; Nelson, 2007).

You can find this information by completing a search in your web browser if you do not have a Bible or possibly you already have a phrase you live by or can find a new one for your new goals.

### Module 3

#### Experience Reflection of Testing

Learning Technologies: Interactive Components

3. Zoom: **Schedule a Zoom meeting at the bottom of the page**  
<https://tranquilparenting.com/program-info>
4. Padlet: <https://padlet.com/sonja109/10cy681rq714h8k6>

Course Elements

1. Video – Coping Tools: Tranquil Tree <https://youtu.be/n2xr2dKQbA4>  
Social Media
2. Separate Lesson Page- TesTeach:
3. Image: Posted in module
4. Printable Handout: Module 4 Outline
5. Links to Supplemental Resources
  - a. Christian Parenting Podcasts <https://player.fm/podcasts/christian-parenting>
  - b. Dfb
6. Submit Assignment: posted in class

Assessment:

3. Formative: Toxic Stress <https://forms.gle/xqt6DmqdAyMS4AyL9>
4. Summative: Youtube/Google Forms - Separated Parenting Technique Scale  
<https://forms.gle/KonT3UMm3Bud5jXh6>

#### Reflection of new self - Enrichment Assignment – Padlet

Now that you have put in time to find what you want to change. It is time to test it with the people around you. Some of the social norms or your own personal community may not understand, but it is time to test. Some people will not believe your changes as they have preconceived notions of who they think you are. They knew the person who you portrayed, but not who you really were deep down inside. Go out and try your new thoughts, feelings, and beliefs with the people you think it will be the most difficult on you. Don't avoid this step. Test it out with multiple people in different social situations and multiple communities you are involved with.

I have added some Trauma Informed Expressive Art video assignments for you and your child to do during your parenting time to add some coping tools. Children are resilient. These assignments will help.

Handout – Calendar documentation of testing)  
(link document)

Pre- Questionnaire Self-Test Outcomes (Short Answer)

1. **What are my new thoughts?**
2. **What are my new feelings?**
3. **What are my new beliefs?**

Essay

Share in a short essay how you predicted what would happen compared to what actually happened.

## Module 4 Now What?

I have added some Trauma Informed Expressive Art video assignments for you and your child to do during your parenting time to add some coping tools. Children are resilient. These assignments will help.

Learning Technologies: Interactive Components

1. Zoom: **Schedule a Zoom meeting at the bottom of the page**  
<https://tranquilparenting.com/program-info>
2. Google Forms

Course Elements

1. Video – Coping Tools: Tag <https://youtu.be/641a1HkMrNA>  
Social Media
2. Separate Lesson Page- TesTeach:
3. Image: Posted in module
4. Printable Handout: Module 3 Outline
5. Links to Supplemental Resources
  - a. Christian Parenting Podcasts <https://player.fm/podcasts/christian-parenting>
  - b. Child’s Bill of Rights <https://www.psychologytoday.com/us/blog/divorced-children/201009/childrens-bill-rights-in-divorce>
6. Submit Assignment: posted in course

Assessment:

5. Formative: Qualitative survey interview over Zoom
6. Summative: Motivation: <https://forms.gle/2R4mbvtJAC6h3ikd9>

### **Finalizing the Parenting Plan with Myself**

**Now that you have reflected upon yourself and made some decisions and tested them, It’s time to create some plans to put in place. This last parts of this mini course are to make choices of what you many want to bring with you from your past, create a hybrid of who you were or choose to start off a total different way. Your original self may not fit your new needs (Luke 5:37-38).**

## Handout

Topic 1: Documenting the differences of

A - what my original assumptions looked like

B - what a revise would look like

C - what a totally new understanding would look like

- choose A, B or C

Topic 2: Documenting what needs to change

Topic 2: Creating a timeline for change

Topic 3: How to involve the other parent

Topic 4: Finding more information in the future

I have added some Trauma Informed Expressive Art video assignments for you and your child to do during your parenting time to add some coping tools. Children are resilient. These assignments will help. During this module, you will transform from using art as a coping tool to your type of coping tool.

## Learning Technologies: Interactive Components

3. Zoom: **Schedule a Zoom meeting at the bottom of the page**

<https://tranquilparenting.com/program-info>

4. Kahoot: Formative Assessment

5. Google Forms:

## Course Elements

1. Video – Coping Tools: Transformative <https://youtu.be/r3bmnt5P-Jc>

Social Media

2. Separate Lesson Page- TesTeach:

3. Image:

4. Printable Handout:

5. Links to Supplemental Resources

a. Child Abuse Reporting

<https://www.childwelfare.gov/topics/responding/reporting/how/>

b. Reunification Path <https://www.childwelfare.gov/pubPDFs/reunification.pdf>

6. Submit Assignment:

## Assessment:

7. Formative: <https://forms.gle/pu5ZeNUU5usTYVwB6>

8. Final Exam Summative: <https://forms.gle/MSeqL3WKMwSQxXMi9>

**Short Essay. Complete the following questions to reflect on self-evaluation results and explain your new thoughts, feelings, and beliefs about yourself.**

**1. Do I choose to retain original assumptions from my past upbringing?**

**2. Do I choose to revise original assumptions from past experiences and add new information from new experiences?**

**3. Do I choose to develop new understandings and build from there for the future?**

**4. What challenges do I foresee when making these changes, social, my community?**

## 5. What is my long-term plan when challenges come my way?

### References

- Dirkx, J. (2001). *Images, transformative learning and the work of soul*. *Adult Learning*, 12(3), 15–16.
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- Wang, V., & King, K., (2006). *Understanding Mezirow's theory of reflectivity from Confucian perspectives: A model and perspective*. *Radical Pedagogy*, 8(1), 1–17.
- Wang, V., Torrisi-Steele, G., & Reinsfield, E. (2020). *Transformative learning, Epistemology and technology in adult education*. *Journal of Adult and Continuing Education*, doi:10.1177/1477971420918602