Week 1   Creating a Safe Place to Work Together and Learn
   Lesson 1.1   Getting Acquainted
   Lesson 1.2   Effective Speaking Skills

Week 2   Communication and Problem-Solving
   Lesson 2.1   Effective Listening Skills
   Lesson 2.2   Effective Problem-Solving Skills

Week 3   Connecting With Your Child
   Lesson 3.1   Bonding Through Play and Reading
   Lesson 3.2   Bonding Through Emotion Coaching

Week 4   Child Development
   Lesson 4.1   Introduction to Human Development
   Lesson 4.2   Brain Development

Week 5   Healthy Families
   Lesson 5.1   Family Meetings and Family Fun
   Lesson 5.2   Building Family Identity

Week 6   Parenting More than One Child
   Lesson 6.1   Sibling Relationships
   Lesson 6.2   Managing Sibling Rivalry

Week 7   Parenting Children as Individuals
   Lesson 7.1   Nurturing Your Child’s Temperament
   Lesson 7.2   Your Child’s Love Language
PIO Topics (continued)

Week 8  Values and a Plan for Parenting

   Lesson 8.1  The Family System
   Lesson 8.2  Your Values and a Plan for Parenting

Week 9  Child Guidance

   Lesson 9.1  Directions and Encouragement
   Lesson 9.2  Rules, Rewards, and Consequences

Week 10  More Child Guidance

   Lesson 10.1  Timeout and Privilege Removal
   Lesson 10.2  Advocating for Your Children

Week 11  Special Challenges in Parenting

   Lesson 11.1  Parenting Adolescents
   Lesson 11.2  Healthy Teen Partner Relationships

Week 12  Parenting Practice and Closure

   Lesson 12.1  Reuniting: Your Children and You
   Lesson 12.2  Behavior Challenges and Closure