

# Parent Education

## Home Study for High School Students

### Distance Learning

This home study program allows students to earn up to 15 high school electives credits in **Parent Education**. Students meet weekly with an instructor to review progress and collect new materials.

#### **The Now and Future Parent (5 credits)**

This course presents to students the knowledge and skills necessary for effective parenting of young children. Instruction focuses on understanding and addressing the physical, emotional, social, and cognitive developmental needs of the young child through an exploration of the issues of health and safety, communication, discipline, self-esteem, stress, sibling rivalry, play, kindergarten readiness, responsibility, and values.

#### **Parenting the Adolescent (10 credits)**

This course offers a comprehensive overview of the developmental needs of adolescent and the challenges and rewards of the parenting teenager. It includes techniques for problem-solving and suggestions for increasing parental rewards.



**Open enrollment.  
Join at any time.**

**These classes are offered at our Fairfax, Hamilton, Palisades, and University Campuses. Individual appointments are available with instructors most afternoons and evenings.**

Fairfax Campus: (323) 370-1040 • Hamilton Campus: (310) 280-1536  
University Campus: (310) 914-3565 • Palisades Campus: (310) 230-6661



**Questions?** Call (323) 370-1040 or (310) 914-3565  
or go to our website at [westsideadultschool.org](http://westsideadultschool.org)

**Westside Education & Career Center**  
Division of Adult and Career Education • Los Angeles Unified School District

