

**Parent Effectiveness Training  
Certificate Program  
Akamai University**

**Dr. Douglass Capogrossi  
Revised: 16 August 2017**



This program will provide the participant with information, abilities, and attitudes important in building effective parenting skills for successful family life and enjoyment of parenthood. Topics emphasize the knowledge, actions and characteristics of the successful parent and encourage more active parenting. Participants are involved in learning activities that prepare their attitudes and strengthen their character to improve the likelihood for success as a parent. Instruction includes audio and video presentations, assigned readings, and journal writing by participants. As an outcome for each class, participants complete homework assignments by journal writing on instructor-assigned topics related to the video and audio lessons and class materials presented. Participants may contact the instructor by email or telephone to discuss materials being presented.

**Learning Objectives**

- ✚ Understanding the essential character skills and behaviors that define successful parenting
- ✚ Understanding the importance of communication and acquiring the communication skills and orientation needed for proper nurturing
- ✚ Acquiring necessary information and skills as a parent to successfully guide children in building a strong self-image and positive self-esteem
- ✚ Learning effective methods for successful discipline and correction of children
- ✚ Acquiring techniques and understandings to effectively guide children in the schooling

## **Certificate in Parent Effectiveness Training**

### **Certificate Requirements (5 credits)**

Certificate participants must complete the following five classes for the certificate:

- ✚ PET101: What is a Successful Parent and How Can I Become One? (1 credit)
- ✚ PET102: The Importance of Effective Parent-Child Communication (1 credit)
- ✚ PET103: Help Your Child Build a Healthy Self-Image with Effective Discipline (1 credit)
- ✚ PET104: Successfully Changing Your Child's Behavior (1 credit)
- ✚ PET105: Assuring Your Child's Success at School (1 credit)

### **Course Grading**

The classes for this course are graded Pass-Fail only using the following criteria:

#### **Journal Assignments (100% of Total Grade)**

Homework will focus solely upon your completion of journal writing assignments intended to help participants better succeed as a parent. Students are to reflect upon the new learning gained from the assignments in each class and clarify how these new ideas help empower them as better parents.

### **Program Duration**

All certificate requirements must be completed within one calendar year of enrollment.

**PET101: What is a Successful Parent and How Can I Become One?**



We are not naturally born parents. Most of us just seem to fall into the role, sometimes by “accident”. Learning to be a successful parent is a difficult matter that takes a continuing lifelong commitment and well thought out actions. Parents must understand that as adult we have both effective and ineffective character traits, some adding to our success and some lead to failures. We also have habits and behaviors that can help or harm our children, physically, emotionally and spiritually. It is our task as parents to unlearn bad habits from our younger years and make the needed changes toward effective parenting. We also need to recognize the fact that parents cannot raise their children in isolation. Parents should seek support and accept help and advisement in raising their children.

Author and Instructor: Dr. Douglass Capogrossi

Revised: 16 August 2013

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**Required Readings:**

- 1.1 The Job of a Parent
- 1.2 The Parent as Teacher and Coach
- 1.3 Ten Tips to Strengthen Parent-Child Relationships
- 1.4 What is Smart Love

**Required Videos Lessons:**

**Natural Childbirth - Woman Giving birth naturally**

<http://www.youtube.com/watch?v=5naQCzDi6aA&feature=related>

**Discussion of Four Parenting Styles**

<http://www.youtube.com/watch?v=AGHyB9MsMho&feature=related>

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### **Required Audio Lessons:**

- 1.1 The Job of a Parent Audio (Dr. Capogrossi)
- 1.2 The Parent as Teacher and Coach (Dr. Capogrossi)

### **Journal Assignment:**

You can make changes to assure that you are a better parent. Before starting your journal assignment, please complete the assigned readings and view the videos, and listen to the audio files. In your journal, reflect upon this class and write a two page (approximately 500 words) response to the following question:

*What should I be doing now to assure I can be a better parent, in the future?*

**PET102: The Importance of Effective Parent-Child Communication**



Nothing can be more helpful to children (or more damaging) than the words of their parents. Think back to your own childhood for a moment. Do you remember times when you were publicly embarrassed or ridiculed by an adult close to you? If you are anything like me, you can remember times when an adult's words harmed you. How did it make you feel at the time? Imagine a childhood filled with those types of episodes. What kind of adult would emerge from such maltreatment as a child?

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**Required Readings:**

2.1 Keys to Effective Parent-Child Communication

2.2 Parental Reactions that Block Effective Communication

2.3 I-Messages & You-Messages

2.5 Playing with Your Kid

**Required Video Lessons:**

**Baby Talk**

<http://www.youtube.com/watch?v=SUn-49VMIXI>

**Parent-Child Interaction**

<http://www.youtube.com/watch?v=4BKa2bdMrzw&feature=related>

**Parent-Child Communication**

<http://www.youtube.com/watch?v=mTyIiiSddPQ>

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### **Speaking with Children**

<http://www.youtube.com/watch?v=vyWY-dSZfJ0>

### **Adults Who Curse at Children**

<http://www.youtube.com/watch?v=-DDgaStDfXg>

### **Communication and confusion between a father and his young son**

<http://www.youtube.com/watch?v=uGSa9vQ2F6E>

### **Knowing the Difference between Commands and Requests**

<http://www.youtube.com/watch?v=JJT70XA7YDI>

### **The Influence of a Parent**

<http://www.youtube.com/watch?v=BSvqSJhbzzI>

### **Frankie-Daddy's Little Girl**

<http://www.youtube.com/watch?v=iF5DNEf28s>

### **Required Audio Lessons:**

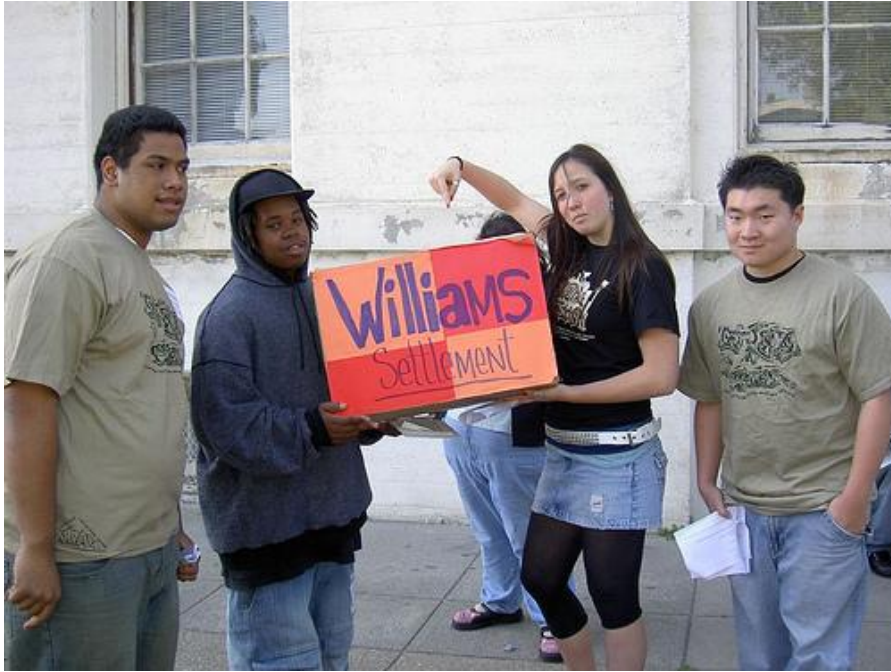
- 2.1 Building Effective Communication Audio (Dr. Capogrossi)
- 2.2 Communication Roadblocks Audio (Dr. Capogrossi)
- 2.3 I-Messages Audio (Dr. Capogrossi)
- 2.4 Active Listening Audio (Dr. Capogrossi)

### **Journal Assignment:**

Parents can sometimes be their own worst enemy when it comes to helping their children with problems. We feel so responsible to try to solve all of their problems. We feel their pain. We tend to do things that do not allow our children to experience the full impact of their emotions. Then we keep our children from finding workable solutions on their own. Please complete the assigned readings and view the videos. In your journal, think about this week's and write a two page (approximately 500 words) response to the following question:

*What are some of the most important things to remember as a parent, about how we should speak to our children?*

**PET103: Helping Your Child Build a Healthy Self-Image with Effective Discipline**



Our kids may seem well adjusted within the safety of our home and family life, but they face many threats from their peer group and difficulties within the school environment. It is best to send them out into the world with a positive self-image and strong self-esteem. Your children's emotional health is directly related to their happiness and social success, and their security. Their emotional well-being will have vital and long-lasting effects on all aspects of their lives. It is vital to their later success in the world-of-work and for all other endeavors throughout their lives. It also impacts your happiness as a parent.

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**Required Readings:**

3.1 Helping Your Child Build Self-Esteem

3.2 Helping Your Child with Socialization

3.3 Building Your Child's Self Image

**Required Video Lessons:**

**I Don't Wanna Know by Richie Havens**

<http://www.youtube.com/watch?v=XVoKKkMFrvQ>

**Parent-Child Interaction**

<http://www.youtube.com/watch?v=4BKa2bdMrzw&feature=related>

**How to Have Self Confidence - Tony Robbins - Stop Kidding Yourself**

<http://www.youtube.com/watch?v=tUSHaG9ygBM>

**The Impact of Negative Parenting upon the Child**

<http://www.youtube.com/watch?v=gKs7IrYjrGI>

**Overdosing on Self-Esteem**

<http://www.youtube.com/watch?v=3hocPrP8PxU>

**Responsive Discipline: Setting Limits**

<http://www.youtube.com/watch?v=Fr7f6ITumaA&feature=related>

**Responsive Discipline Parental Control**

<http://www.youtube.com/watch?v=AsEXBO8URrI>

**Responsive Discipline: Prevention**

<http://www.youtube.com/watch?v=TiqolspmDUc&feature=related>

**Responsive Discipline: Parental Guidance**

<http://www.youtube.com/watch?v=c7DpskBn98w&feature=related>

**Responsive Discipline: Consequences**

[http://www.youtube.com/watch?v=JOggp\\_SGNgM&feature=related](http://www.youtube.com/watch?v=JOggp_SGNgM&feature=related)

**Responsive Discipline: Discussion about Spanking**

<http://www.youtube.com/watch?v=vYGcPd2ix-M&feature=related>

**Required Audio Lessons:**

- 3.1 Helping Build Your Child's Self-Esteem Audio (Dr. Capogrossi)
- 3.2 Self Esteem Audio (Dr. Capogrossi)
- 3.3 Self Esteem Enhancers for Parents Audio (Dr. Capogrossi)
- 3.4 Understanding Emotions Audio (Dr. Capogrossi)

**Journal Assignment:**

Please complete the assigned readings and view the videos. In your journal, think about this week's and write a one page (approximately 200 words) response to the following question:

*What things can parents do to better assure the good emotional health of your children?*



**PET 104: Successfully Changing Your Child's Behavior**



Controlling our child's behavior is an important part of parenting. As we try to change their negative behaviors, some children are disciplined and as a result fall into a state of poor self-image and low self-esteem. Those feeling abused often do poorly in school, have fewer friends, and are more at risk of becoming involved in drugs, rebellious behaviors and criminal activities.

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**Required Readings:**

4.1 The 3 Fs of Effective Discipline for Younger Children

4.2 The Five Cs of Rulemaking

4.3 How to Behave So Your Children Will Too

**Required Video Lessons:**

**Spanking Your Kids: Discipline or Abuse?**

[http://www.youtube.com/watch?v=cWYT8fCqpmE&feature=results\\_video&playnext=1&list=PLB2B2D3C44366F766](http://www.youtube.com/watch?v=cWYT8fCqpmE&feature=results_video&playnext=1&list=PLB2B2D3C44366F766)

**Spare the rod...**

<http://www.youtube.com/watch?v=fPKVIEvpvSQ>

**A picture of child abuse when discipline goes too far**

<http://www.youtube.com/watch?v=vq8X9mKcdys>

**Child Abuse**

<http://www.youtube.com/watch?v=wi-DxP5MKHQ&feature=related>

**Building Self-Esteem in Children**

<http://www.youtube.com/watch?v=AGHyB9MsMho&feature=related>

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### Shy, Neglected or Rejected

[http://www.youtube.com/watch?v=uoJoCT\\_Mmso&feature=relmfu](http://www.youtube.com/watch?v=uoJoCT_Mmso&feature=relmfu)

### Parenting Teens

<http://www.youtube.com/watch?v=q08FvbbDinQ>

### "House Rules" for Kids and Teens That Really Work!

<http://www.youtube.com/watch?v=7RUm7UaLJqE&feature=pyv&ad=9978155867&kw=parenting%20help>

### Required Audio Lessons:

4.1 3Fs of Effective Discipline Audio (Dr. Capogrossi)

4.2 5Cs of Rulemaking Audio (Dr. Capogrossi)

### Journal Assignment:

Please complete the assigned readings and view the videos. In your journal, think about this week's and write a two page (approximately 500 words) response to the following questions:

*What were your parents' styles of discipline?*

*What has been your style of discipline?*

*Do you believe your style of discipline has been effective?*

*How can your discipline techniques be improved?*

**PET 105: Helping Your Child Succeed at School**



Success at school is one element of your child’s upbringing that will absolutely impact upon their family, financial and social success as an adult. How far they are able to progress in a career and their level happiness in the world of work is in large part determined by their school experiences. As an adult, their happiness in many areas of adult life will be directly affected by how well they did in their early years of school. Your effectiveness as a parent can be a determining factor to your child’s success in school.

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**Required Readings:**

- 5.1 The Parent Factor
- 5.2 Homework Tips for Parents
- 5.3 Eight Tips for Building Healthy Positive Parent-Teacher Relationship

**Required Video Lessons:**

**Our First Teachers are in the Home**

[http://www.youtube.com/watch?v=p83\\_cIvTxo4&mode=related&search=](http://www.youtube.com/watch?v=p83_cIvTxo4&mode=related&search=)

**How to Read Out Loud With Your Preschooler**

<http://www.youtube.com/watch?v=sZSIUVrCJRo>

**Hawaii High School Sports**

<http://www.youtube.com/watch?v=Kcpzw3cHXDI&mode=related&search=>

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### **Hey, Girls Play Sports Too!**

<http://www.youtube.com/watch?v=5C-piAoDB98>

### **2012 Wheeler Middle School Hawaiian Cultural Arts Performance**

[http://www.youtube.com/watch?v=WT-s\\_PqOZVE](http://www.youtube.com/watch?v=WT-s_PqOZVE)

### **Kids, Drugs and Violence in the Schools**

<http://www.youtube.com/watch?v=gCgNXZGLOHU>

### **Required Audio Lessons:**

5.1 The Parent Factor Audio (Dr. Capogrossi)

5.2 Homework Tips for Parents Audio (Dr. Capogrossi)

### **Journal Assignment:**

It is known that active, continuing and consistent parental involvement with the schools will better assure your child's success. Your involvement will permit you to play a more knowledgeable and active role in your child's schooling and help assure the success of early interventions, if these are needed.

Please complete the assigned readings and view the videos. Think about this class . In your journal, write a two page (approximately 500 words) response to the following questions:

*How did your parents help or hinder your success with your schooling?  
What would you need to do differently to assure you greater success  
as a parent in helping your own children?*