



Child Development – A guide for better parenting

Date	17 November 2018	Time:	10:00 – 16:45
Venue	Madingley Hall Madingley Cambridge		
Tutor	Dr Sarah Kuppen	Course code	1819NDX058

Director of International Summer Programmes and Lifelong Learning	Sarah Ormrod
For further information on the course, please contact	HoACA, Lifelong Learning Zara Kuckelhaus zara.kuckelhaus@ice.cam.ac.uk or 01223 746204
To book	See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biography

Dr Sarah Kuppen is a child psychologist, working as a senior lecturer in Developmental Psychology at Anglia Ruskin University. Sarah has an MSc in Experimental Psychology from Oxford University and a PhD from Cambridge University (developmental reading disability). Sarah is an active member of the Developmental Section of the British Psychological Society and regularly gives invited talks on both her experimental research and popular parenting topics in addition to reviewing and publishing in the peer reviewed academic press. She is also mom to two boys.

Recently, Sarah has become interested in how science can be applied to the practical issues of parenting young children. She has recently written a book for parents, which will be published in May next year. The book provides practical tips and also solves more than 50 familiar parent questions and dilemmas, using the latest developmental research.

Course programme

09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:30	Learning to talk – Supporting language development – from infancy through to school age and the start of phonics
11:30	Coffee
12:00 – 13:15	Taming tantrums – The thorny issue of disciplining, including strategies for dealing with challenging behaviour
	Lunch
13:15	
14:15 – 15:30	Getting enough sleep – Overview of sleep training (e.g. cry it out, controlled crying and camp it out) dealing with night terrors, sleep walking and other night time tussles
15:30	Tea
15:45 – 16:45	Supporting your child's full potential – Separating fact from fiction on; breast versus bottle, home versus nursery and the role of the home environment including music, bilingualism and screen time
16:45	Day-school ends

Course syllabus

Aims:

This short course aims to:

1. Provide parents and carers of young children with the tools to better understand early child development
2. Increase knowledge of practical techniques for effective parenting
3. Disseminate best practice on how to evaluate research claims related to parenting topics

Content:

Parenting a young child can be a challenging job. This day course aims to make the journey easier, introducing some practical science-led tips presented on a solid foundation of developmental psychology. Working alongside an increased range of practical techniques, this course aims to provide an increased understanding of children's developing abilities, ultimately allowing more effective parenting.

In addition to answering questions such as; Does time-out really work? Is too much screen time harmful for my child? How and when is sleep training effective? Should I raise my child as a bilingual? The course will present a parent-focused guide to a child's early cognitive and social/emotional development.

Presentation of the course:

Lecture style presentation, group work and class discussion.

As a result of the course, within the constraints of the time available, students should be able to:

Parents and carers should feel an increased level of knowledge in relation to child development norms, milestones and processes of development.

Attendees should also feel better equipped to deal with difficult parenting situations and decisions.

Additionally, the course should provide the knowledge with which to evaluate media claims on emotive parenting topics.

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher and date
Sarah Kuppen	<i>Little kids, big dilemmas: Your parenting problems solved by science</i>	Routledge, 2018
Gopnik, Metzliff & Kuhl	<i>The Scientist in the Crib Perennial</i>	Harper Collins, 2001
Hirsh-Pasek & Golinkoff	<i>Einstein Never Used Flashcards</i>	Rodale, 2003
Callahan, Alice	<i>The Science of Mom</i>	John Hopkins University Press, 2015

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 06 November 2018