Winter quarter 10 weeks  (Class # 69-69)
2002 Monday & Wednesday 1:00pm till 4:00 pm

Teacher: Douglas Smarch PHD

When your girlfriend becomes an expecting mother

Discussion: A discourse about becoming the new mother and father

The purpose of this class will evaluate the role of parenting and the more humanistic role as well the different philosophies about birth as a model to replenish humanity on an ongoing basis. The class will interact with professionals, participate in panel discussions, and numerous field trips and follow up on birth methods and nutrition.

Note: Class will be theory, discussion on Mondays and role-plays theatre, movement on Wednesday. Each participant will be required to read a waiver and sign agreements before this course starts.

Outline:

Week one
  Monday 1:00 PM to 4:00 pm  the birth news, what to do with it
  Wednesday 1:00 pm to 4:00 pm  Experiences, role plays, tension release

Week two
  Monday 1:00 PM to 4:00  Health
  Wednesday 1:00 pm to 4:00 pm  Wise shopping

Week three
  Monday 1:00 PM to 4:00  Communication with partners
  Wednesday 1:00 pm to 4:00 pm  Role-plays, conflict resolution

Week four
  Monday 1:00 PM to 4:00  Child games at Venice the beach
  Wednesday 1:00 pm to 4:00 pm  Introduction of circle discussions

Week five
  Monday 1:00 PM to 4:00  Communication skills
  Wednesday 1:00 pm to 4:00 pm  Visit to children’s Hospital

Week six
  Monday 1:00 PM to 4:00  Placements in elders residences
  Wednesday 1:00 pm to 4:00 pm  Placements in elders residences
Week seven
Monday 1:00 PM to 4:00 Circle discussion
Wednesday 1:00 pm to 4:00 pm Circle discussion

Week eight
Monday 1:00 PM to 4:00 Visit from police youth offenders.
Wednesday 1:00 pm to 4:00 pm Circle discussions

Week nine
Monday 1:00 PM to 4:00 Collage, painting, cutouts in paper, word games,
Wednesday 1:00 pm to 4:00 pm Telling stories, discussion

Week ten
Monday 1:00 PM to 4:00 How to see appreciation
Wednesday 1:00 pm to 4:00 pm Optional sweat lodge experience, and gifts

Course description:

Week one
Monday 1:00 PM to 4:00 pm The birth news, what to do with it
The class will talk about birth and what it has become and what were the older ideas verses modern ideas of the idea of birth. Taboos, miss conceptions will be addressed and

Wednesday 1:00 pm to 4:00 pm Experiences, role plays, tension release
Each student will create a situation where there is a sentence that is I am pregnant and there has to be a negative response mixed with one partner suddenly acting in a worse case scenario followed with resolution  Note: a life skills worker will referee this event

Week two
Monday 1:00 PM to 4:00 Health
We will share healthy foods to feed a growing child inside the mother and educate how to feed a growing child once born as well look at food and what’s out in the consumer world in a sense of organic food (field trip)

Wednesday 1:00 pm to 4:00 pm Wise shopping (How to manage emotional out bursts)
The issue of money and attitude on work and workload and the upkeep of attitude towards expecting mother. Since she is growing a child there will be a discussion on hormonal changes of a pregnant woman. And birth options other than a hospital a. Gynecologists will be present,
**Week three**
Monday 1:00 PM to 4:00

**Communication with partners**

A full day on the communication and meeting own needs in a win win situation

Wednesday 1:00 pm to 4:00 pm

**Role-plays, conflict resolution**

We will pair off and role play couples in heated arguments covering topics like, misunderstanding, fair fighting, resolutions, pride much awareness will be covered and strategic building of methods of resolving emotional conflicts.

**Week four**
Monday 1:00 PM to 4:00

**Child games at Venice the beach**

The class will learn games that suit a family situation, we will be invited to an orponage outing and learn and have a day of fun.

Wednesday 1:00 pm to 4:00 pm

**Introduction of circle discussions**

The class will learn a method to listen to people and a way to use this model in a family situation to create equality in communication and how to create a space that allows sharing of thoughts. As well the circle will talk about the Venice beach trip and ask the whys of the day.

**Week five**
Monday 1:00 PM to 4:00

**Communication skills**

The class will talk of strategic planning in communication and awareness of how people communicate.

Wednesday 1:00 pm to 4:00 pm

**Visit to children’s Hospital**

See and experience a children and their family’s in distress, we will meet with two families and spend a half-day sharing and talking.

**Week six**
Monday 1:00 PM to 4:00

**Placements in elders residences**

Time will be spent with elders and helping elders and the communication is up to you.

Wednesday 1:00 pm to 4:00 pm

**Placements in elders residences**

Time will be spent with elders and helping elders and the communication is up to you.

**Week seven**
Monday 1:00 PM to 4:00

**Circle discussion**
We will share our experiences

Wednesday 1:00 pm to 4:00 pm       Circle discussion

We will talk about views of life in cultures of the world and create a broader scope of ideas of life and the fact we are one people on the earth.

**Week eight**

Monday 1:00 PM to 4:00

Visit from police, youth offenders, social services

This will be a panel discussion about families who struggle with situations and problems. In the law, what are the solutions and effective methods, basically how to protect your child in school on the streets. More over troubled youth and how they struggle to change,

Wednesday 1:00 pm to 4:00 pm       Circle discussions

Birth how every person comes from a woman and the sacred ness in that idea, as well we will share different perspectives from other cultures.

**Week nine**

Monday 1:00 PM to 4:00

Collage, painting, cutouts in paper, word games.

Learn to appreciate simple creativity, and recognize its value and where it can go and how to incorporate it in to teaching and learning

Wednesday 1:00 pm to 4:00 pm       Telling stories

This day will be spent telling stories on how situations are dealt with stories as well the methods of delivering stories.

**Week ten**

Monday 1:00 PM to 4:00

How to see appreciation

We will look at different peoples of the world and see what they appreciate themselves and others discussion inn circle

Wednesday 1:00 pm to 4:00 pm       Optional sweat lodge experience, feast and gifts

I want to give the class a physical experience in one idea of rebirth

Doug Smarch PHD

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