



Bridging Refugee Youth & Children's Services

Raising Young Children in a New Country: Supporting Early Learning and Healthy Development

This course is based off of BRYCS' and the Office of Head Start's National Center on Cultural and Linguistic Responsiveness' (NCCLR) illustrated handbook [Raising Children in a New Country: Supporting Early Learning and Healthy Development](#). The module addresses the following themes: Family Well-Being, Safety and Protection, Guidance and Discipline, Healthy Brain Development, Early Learning and School Readiness, and Connecting to Early Care and Education.

This course was created for newcomer parents and the agencies that serve and support them. The course work aims to ensure that newcomer parents have the basic information they need about U.S. laws and parenting practices and is targeted to newcomer parents with low levels of English proficiency and/or low literacy levels. For best results, BRYCS recommends using this course in culturally appropriate parent support groups, preferably run by at least one experienced newcomer parent of the same ethnicity and one U.S.-born parent, where refugee and immigrant parents can ask questions, try out new behaviors, and find positive support to help ease their transition.

English Pre-test

1) Do you worry about raising your children in America?

Yes

No

2) What do you worry about the most raising your children in the United States?

English Post-test

- 1) If you are pregnant, how often should you visit a doctor?
 - At least once a month
 - 3 times
 - Only when the baby is born
- 2) Do you agree that it's important for your child have regular checkups with a doctor to check their growth and give immunization shots?
 - Yes
 - No
- 3) If breastfeeding in public, you should use a blanket or go to a private place to feed your baby?
 - Yes
 - No
- 4) Do you agree that sharing at least one meal each day can help make your family strong?
 - Yes
 - No
- 5) Do you agree that having regular schedule (bedtime, mealtime, and playtime) is important for your child?
 - Yes
 - No
- 6) Who should you call if your child swallows something that might cause them harm?
 - A friend
 - The police
 - A dentist
 - 911
- 7) Do children under age 4 need to be in a child-sized car seat?
 - Yes
 - No
- 8) Is it important to teach young children not to take candy or gifts from people they do not know?

Yes

No

9) It is okay to leave a child (ages 7 and under) home alone?

Yes

No

10) At what age, in the U.S, do you have to be to babysit an infant or young child?

8 years old

10 years old

12 years old

15 years old

11) What types of discipline are acceptable in the U.S.?

Physical discipline (shaking, hitting, slapping, beating)

Time outs/rewards & consequences/privileges & limits

12) Do you agree that learning two or more languages is good for the brain?

Yes

No

13) Should parents monitor what children watch on TV and the computer?

Yes

No

14) Is it important that children hear praise and that they are doing things well?

Yes

No

15) Is daily physical activity (exercise) important for children to grow?

Yes

No

16) Who should you contact to help enroll your child in Early Head Start and Head Start, child care programs, and local kindergartens?

Your refugee resettlement agency

The police

A lawyer

17) Do you feel more confident as a parent after taking this course?

- Yes
- No

18) What new ideas did you learn from this course?

Post-test Answer Key
 1) At least once a month 2) Yes 3) Yes 4) Yes 5) Yes 6) 911 7) Yes 8) Yes 9) No 10) 15 years old 11) Time outs/rewards & consequences/privileges & limits 12) Yes 13) Yes 14) Yes 15) Yes 16) Your refugee resettlement agency