

Parenting Tips: 5 Reasons to Take a Parenting Class



By

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Though not vocalized enough, parenting is a full-time job. Think of it as your career. Something you need to work at and prep for—whether that be through schooling or experience. Parenting classes offer both. Just like a career, no one expects a newbie to know everything in the beginning. Though once thought of as natural instinct, parenting is a cycle we've learned through observation plus trial and error. The [parenting trend](#) offers safe spaces to explore incorrect theories and learn without doing any term damage to the little ones (physical or psychological).

Classes offer parenting tips and tricks to raising a family, but what are the specific benefits of attending parenting classes?

Parenting classes offer a sense of community and the know-how to those who want to up their parenting game. Whether you're expecting your first child or you're pregnant with your third, there's always room to learn. You can follow the expert parenting advice offered in these classes through level-based classes to begin your journey to more efficient parenting.

1. Judgment free zone: There's not any worse feeling as a parent than to worry you're being judged for your parenting style. Not only will a parenting class give you the skills you need to be an efficient mom or dad, but the class will be full of other parents who feel the same way you do, and you're less likely to be criticized. Never let someone's harsh judgments affect how you think you should bring up your kids, but in a class, you're more likely to find like-minded individuals who won't make you feel like an awful parent because you need some extra help.

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2. Support systems: Even with your partner and family support, raising a child can feel like a lonely job. Taking a parenting class can help you connect with other parents going through the same thing you're going through—whether it's supporting your child through a learning disability or coping through postpartum depression after your second child.

3. Firstborn jitters: Time to put it out there, having a baby is magical and wonderful, but it's terrifying. To new parents,

it may feel like any wrong move could harm your new little angel. That's valid. If you've never had a child before you likely have no idea what you're doing. Attend a parenting class to master the basics and reassure yourself that your parenting skills are up to par.

4. The latest research: Parenting trends and topics are always cycling. It can be a challenge to stay up to date with the newest concerns and tactics to battle them. Taking classes may open your eyes to new information and challenge some instincts that may secretly be harming your kid's self-esteem. For example, praising a child's intellect when they achieve may cause frustration and feelings of failure when they cannot immediately master something. Instead, praise their hard work.

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5. Aid academics: Studies have shown that engaged parents are one of the top factors to an academically successful child. Classes specifically designed to focus on academics will teach the right questions to ask your child and ways to become more involved in their life, like attending school functions and being more involved in homework.

How do you feel about taking a parenting class? Share in the comments below!