

Basic Infant Care Skills

Curriculum Overview

Designed for:

- Middle or high school students
- Childcare providers
- Babysitters
- Anyone caring for infants or toddlers

Length:

This 14- to 25-hour curriculum is comprised of 15 lessons. With supplemental materials, this curriculum can be adapted to a longer block of time. You can also select individual lessons or activities to use in your current curriculum.

Goal:

To equip learners with essential knowledge and skills to confidently care for young infants and toddlers.

Synopsis:

The *Basic Infant Care Curriculum* provides information and hands-on practice of the day-to-day skills needed in caring for an infant. It addresses characteristics required to provide quality childcare and covers health, safety, and emergency procedures for those who work with very young children. The curriculum covers a wide range of topics related to infant care and incorporates the use of active learning methodologies as well as the RealCare Baby® infant simulator for demonstration and practice of techniques.

Curriculum Components:

- Curriculum
- Student materials
- Slide presentations

Learning Objectives:

Lesson 1 – The Important Role of the Caregiver

- Identify and describe the characteristics of effective caregivers suitable for infants and young children
- Recognize and explain age-appropriate behaviors and developmental milestones in children
- Apply appropriate discipline techniques that encourage positive behavior modeling

Lesson 2 – Infant and Toddler Development

- Identify the physical, intellectual, emotional, and social (PIES) development milestones in infants and toddlers
- Describe the importance of play in a child's growth and development
- Respond appropriately to infants and toddlers based on their developmental abilities
- Identify and select appropriate toys for children at various stages of development

Lesson 3 – Preventing Shaken Baby Syndrome

- List and describe the various factors that might cause an infant to cry
- Identify and demonstrate various positive methods or actions a caregiver might use to comfort a crying infant
- Define shaken baby syndrome (SBS) and explain why infants and young children are vulnerable to injury by shaking
- Identify areas of the brain affected by shaking and the resulting physical consequences
- Identify coping methods for stressful situations in caring for one or more infants
- Identify the characteristics or profile of a person most likely to shake an infant
- Formulate a plan for handling frustration, anger, and stress when an infant cries

Lesson 4 – Holding and Feeding

- Identify and demonstrate proper methods for holding and carrying an infant
- Define the nursemaid's elbow and explain the cause
- Demonstrate how to feed an infant
- Compare the benefits of breastfeeding and formula feeding
- Explain the cause of baby bottle tooth decay

Lesson 5 – Bathing and Diapering

- Describe the proper techniques for bathing an infant
- Describe the proper techniques for diapering an infant
- Demonstrate how to safely and effectively bathe and diaper an infant
- Practice caregiving tasks using the RealCare Baby® infant simulator (Baby)

Lesson 6 – Infant Emergency Care and First Aid

- Explain and demonstrate the proper procedure(s) a caregiver should administer in a life-threatening, emergency situation
- Properly understand and implement rescue breathing and choking procedures on infants and children
- Use scenario-based learning to understand how to handle five specific types of safety and first aid procedures
- Define what positional plagiocephaly is and how to use this information to prevent flat head syndrome and reduce SIDS

Lesson 7 – Attachment/Autonomy: Trust and Brain Development

- Identify Erikson's stages of psychosocial development
- Describe the characteristics of each of Erikson's stages and how parents can help their children in the early stages
- Create a daily and weekly schedule for an infant in their care

Lesson 8 – Nurture and the Importance of Play

- Identify the characteristics and skills of nurturing caregivers
- Distinguish between structured and unstructured play
- Understand the value of free play in early childhood

Lesson 9 – Pregnancy and Prenatal Development

- Identify the first signs of pregnancy
- Describe common physical and emotional pregnancy symptoms and discomforts
- Identify the various characteristics of fetal development and categorize them within each trimester of pregnancy

Lesson 10 – Alcohol, Drugs, and Fetal Development

- Gain awareness of the facts and concepts surrounding prenatal alcohol and drug exposure
- Define FAS and FASD
- Describe how nutrients, oxygen, and other substances (e.g., alcohol) reach a developing fetus
- List the effects of prenatal alcohol and drug exposure
- Explain what happens developmentally when a pregnant woman and her fetus consume alcohol or drugs
- Identify the long-term consequences of prenatal alcohol and drug exposure
- Identify guidelines for prevention
- Determine strategies to help a family or mother when prenatal drug or alcohol exposure is a possibility, or when exposure has been diagnosed by a medical professional

Lesson 11 – Responsibilities Relating to Infant Care and Costs

- Determine the costs of pregnancy and raising a child from birth to 18 years of age
- Understand the responsibilities associated with parenting a child

Lesson 12 – The Reality Is... Impact of a Baby on Goals, Relationships, and Time

- Determine the impact that having a child at various ages can have on life goals
- Understand the impact of having a child can have on relationships with many people in our lives

Lesson 13 – RealCare Baby Simulation Experience - Part 1

- Understand and administer care events for Baby
- Understand the responsibilities of taking care of the Baby outside of class

Lesson 14 – RealCare Baby Simulation Experience - Part 2

- Understand and respond to the demands of a young infant
- Master the care of the RealCare Baby® infant simulator during the care simulation experience
- Understand that being a sexually active as a teen can have real and lasting consequences

Lesson 15 – Summary and Assessment

- Reflect on personal responses to the ongoing needs of infant care through discussion and personal reflection