

# Basic Infant Care

## Curriculum Overview

### Designed for:

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

### Length:

The 12.5 to 13-hour course is comprised of 15 lessons organized within three units.

### Goal:

To equip all participants with knowledge and skills to confidently care for young infants and toddlers.

### Synopsis:

Realityworks' *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 child care, and covers health, safety and emergency procedures for those who work with very young children, from birth through toddler ages. 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. The curriculum culminates with an experiential learning exercise encompassed in an extended care simulation experience with RealCare® Baby. Through the care simulation experience participants gain the knowledge and skills necessary to become responsible caregivers. RealCare® Baby is a technologically-advanced infant simulator that gives participants an opportunity to actively experience the responsibilities of care giving. During the care simulation, participants respond to RealCare® Baby's needs – and must determine if they must feed, burp, rock, and change diapers over an extended period of time, typically overnight or over a weekend. This true-to-life simulation allows participants to experience first-hand the level of care an infant requires. Data from the computerized infant simulator is downloaded to an instructor's computer to provide measurable feedback on the participant's performance in the role of caregiver.

### Issues Addressed:

- The important role a caregiver has with a child from infant to toddler stages
- Techniques for proper infant care skills, including soothing a crying infant, good holding and feeding, bathing and diapering techniques
- Promotion of increased knowledge of health and safety of an infant including emergency procedures, breathing emergencies, infant and child CPR and first aid

### Curriculum Components:

- Teacher's Guide – complete 15-lesson curriculum, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student Materials – PDF files of all student activity sheets and homework assignments
- Survey and Assessment Tools – to track student knowledge and attitudes prior to and after the learning experience, including formative (unit quizzes) and summative assessments with answer keys
- Presentation slides in PowerPoint® and Acrobat® PDF formats for creating overhead transparencies if you don't have PowerPoint®
- Hyperlinks to web sites with additional information on the topic being discussed, and resource lists of web sites and other materials for additional information

## **Learning Objectives:**

### **Lesson 1.1 – The Important Role of the Caregiver**

- Identify and describe the characteristics of good caregivers
- Recognize what behaviors to expect from children based on developmental ages and stages
- Apply appropriate discipline techniques to help children model desired behavior

### **Lesson 1.2 – Infant and Toddler Development**

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

### **Lesson 2.1 – Introducing Baby**

- Understand and administer care events for the RealCare® Baby infant simulator
- Understand the responsibilities of taking care of the RealCare® Baby infant simulator outside of class

### **Lesson 2.2 – Soothing a Crying Infant**

- List and describe the various factors that might cause an infant to cry
- Identify and demonstrate a variety of positive methods or actions a care provider might use to comfort a crying infant

### **Lesson 2.3 – Handling Stress and Preventing Shaken Baby Syndrome**

- Define Shaken Baby Syndrome (SBS)
- Explain why infants and young children are vulnerable to injury by shaking Identify areas of the brain that are affected by shaking, and the resulting physical consequences
- Identify methods of coping with 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 2.4 – Holding and Feeding**

- Identify and demonstrate proper methods for holding and carrying an infant
- Define 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 2.5 – Bathing and Diapering**

- Describe infant bathing preparation and safety issues
- Demonstrate how to properly bathe an infant
- Demonstrate the proper steps for changing an infant's disposable or cloth diaper
- Describe the pros and cons of cloth vs. disposable diapers
- Identify the steps in proper glove removal

### **Lesson 2.6 – Schedule and Tracking**

- Identify infant and toddler care needs that should be tracked, and the reasons for tracking them
- Use the Infant/Toddler Schedule to track care needs of infants and toddlers
- List safe sleep methods to help reduce the potential for SIDS
- Identify prevalence and propensity facts about SIDS

### **Lesson 3.1 – Emergency Procedures**

- Self-assess whether or not they can explain and demonstrate the proper procedure(s) a caregiver should administer in a life-threatening emergency situation
- Explain and demonstrate the proper procedure(s) a caregiver should administer in a life-threatening emergency situation
- Demonstrate how to access medical care when needed in a life-threatening emergency situation
- Demonstrate how to call 911 or their local emergency number when needed

### **Lesson 3.2 – Breathing Emergencies**

- Explain and demonstrate the proper procedure(s) a care-giver should administer in a life-threatening emergency situation
- Demonstrate how to access medical care when needed in a life-threatening emergency situation
- Demonstrate how to call 911 or their local emergency number Identify signs of a breathing emergency
- Assess if an infant or toddler is not breathing or having trouble breathing
- Perform rescue breathing for an infant or toddler

### **Lesson 3.3 – Infant and Toddler CPR**

- Explain and demonstrate the proper procedure(s) a caregiver should administer in a life-threatening emergency situation
- Demonstrate how to access medical care when needed in a life-threatening emergency situation
- Demonstrate how to call 911 or their local emergency number
- Perform CPR for an unresponsive infant or child

### **Lesson 3.4 – Safety, First Aid and Infant Health Part 1**

- Identify safety-related situations for infants and toddlers
- Recognize safety-related problems and use proper safety procedures for infants and toddlers
- Recognize an emergency, perform proper first aid, and call 911 or their local emergency number
- Understand and identify how to care for an infant’s or toddler’s safety needs
- Understand and identify how to care for an infant’s or toddler’s first aid needs

### **Lesson 3.5 – Safety, First Aid and Infant Health Part 2**

- Identify safety-related situations for infants and toddlers
- Recognize safety-related problems and use proper safety procedures for infants and toddlers
- Recognize an emergency, perform proper first aid, and call 911 or your local emergency number if needed
- Understand and identify how to care for an infant’s or toddler’s safety needs
- Understand and identify how to care for an infant’s or toddler’s first aid needs

### **Lesson 3.6 – Safe and Comfortable Temperatures and Clothing for Infants**

- Identify good and poor temperature conditions for an infant
- Describe the physiological effects of hypothermia
- Describe the physiological effects of hyperthermia
- Identify safety precautions regarding infants and environmental conditions
- Describe the heating dynamics of a car
- Understand the potential legal issues related to leaving an infant alone in a car
- Identify appropriate infant clothing for environmental conditions, safety and comfort
- Describe the impact that clothing and changing an infant have on the physical, intellectual, emotional and social aspects of infant development

### **Lesson 3.7 – Flathead Syndrome**

- Define positional plagiocephaly
- Describe the causes of positional plagiocephaly
- Identify steps to prevent positional plagiocephaly

### **Lesson 4.1 – Simulation Experience**

- Understand and respond to the demands of a young infant
- Master the care of the RealCare® Baby infant simulator during the care simulation experience

### **Lesson 4.2 – Summary and Assessment**

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

The *Basic Infant Care* curriculum is one of three curricula offered as part of the RealCare® program. Additional curricula offered include *Healthy Choices: Relationships, Sexuality and Family Planning*, a comprehensive teen pregnancy prevention program, and *Parenting: A Guide to Parenting Skills for Life*, which covers child development and the important role that parents play.