Parenting
Curriculum Overview

Designed for:
• High school students
• Young adults
• Prospective parents

Length:
Twelve 45-minute lessons, as well as pre- and post-tests.

Goal:
To help students understand the complex nature of child development and the important role that parents play in the healthy
development of their child.

Synopsis:
Parenting: A Guide to Parenting Skills for Life helps students learn about the stages of development throughout a child’s lifespan,
health and safety issues for infants and toddlers, and ideas for education and play. The program covers the styles of parenting
and their impact and the cost involved when raising a child. As part of the program, students are introduced to the RealCare®
Baby and participate in an extended care simulation experience. The simulation is intended to help students achieve a better
understanding of the time and effort involved in caring for a young infant.

Issues Addressed:
• The stages of trust and brain development of an infant
• The variety of parenting styles used and their impact on a child
• Techniques for nurturing, recreation, health, safety, language improvements and other related topics for infants and toddlers
• Promotion of knowledge about the financial aspects of raising a family

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
• 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
• Microsoft PowerPoint® presentation slides
• 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 – Introduction to Parenting
• Identify the six stages and ages of childhood and begin to think about their ideas on the topic of parenting.

Lesson 2 – Care and Needs of an Infant: 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 3 – Infant Safety, Health and Care 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 4 - Infant Safety, Health and Care 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 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 4.1 – 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 4.1 – Flathead Syndrome
• Define positional plagiocephaly
• Describe the causes of positional plagiocephaly
• Identify steps to prevent positional plagiocephaly

Lesson 5 – 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.

Lesson 6 – Nurturing
• Identify the characteristics and skills of nurturing parents
• Identify the benefit for children of having responsive and affirming parents

Lesson 7 – Education and Literacy Development
• Name the five things a parent can do to improve language development
• Know the qualities of a good book for babies
• Have a conversation with an infant using the critical elements of talking to a baby

Lesson 8 – Recreation (Play)
• Distinguish between parent-directed play and child-directed play
• Understand the value of free play in early childhood

Lesson 9 – Parenting Styles
• Understand the four different styles of parenting
• Evaluate which parenting style is most effective in raising self-motivated, secure, happy children.
• Identify at least three consequences for children if parents do not set limits and say “NO”

Lesson 10 – The 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 11 – Financial Support
• Identify the costs for the variety of infant needs during the first year of life
• Evaluate their current budgets for current lifestyle
• Evaluate their ability to handle the financial responsibilities a baby would present

Lesson 12 – Childcare/Daycare Options and Community Resources
• Participate in or analyze a debate on child care options

Lesson 13 – Posttest and Course Summary
• Reflect on the information provided in the course, conduct a class discussion on the decision to parent, including issues related to financial stability, relationship stability, and personal desire and ability
• Determine or identify their parenting philosophy and long-term parenting goals to guide their child-rearing decisions.
The Parenting: A Guide to Parenting Skills for Life 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 Basic Infant Care, which covers knowledge and skills for caring for young infants and toddlers.