

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.