

► RealCare® Curriculum Overview

RealCare® Total Parenting Experience™ Curriculum									
Experiential Learning Tool	Pregnancy Profile	Drug-Affected Baby and Fetal Alcohol Syndrome Baby		RealCare Baby			Shaken Baby	Choking Baby	Resusci® CPR Baby
Curriculum Title	Understanding Pregnancy	Understanding Prenatal Drug Exposure	Understanding Prenatal Alcohol Exposure	Basic Infant Care	Healthy Choices	Parenting	Understanding Shaken Baby Syndrome	Infant Airway Obstruction Emergency Procedures	Emergency Infant CPR
Focus	Teens' Goals and the Physical Changes of Pregnancy	Preventing In Utero Abuse: Prenatal Drug Exposure	Preventing In Utero Abuse: Fetal Alcohol Syndrome	Child Care Careers	Pregnancy Prevention/Sex Education	Parenting & Child Development	Preventing Abuse: Shaken Baby Syndrome Prevention & Coping Skills	Infant Choking Safety	CPR Safety Procedures
Pages	164	133	113	496	278	126	131	37	48
Lessons	12	1	1	15	17	12	1	1	1
Hours of Teaching Time	19-27	1	1	12.5-13	14	9	1	1	1
Presentation Slides	55	28	30	156	161	57	25	9	15
Lesson Topics	<ul style="list-style-type: none"> Physical Changes Impact on Life Goals Pregnancy Symptoms Infant Development 0-1 Pregnancy Myths and Facts Parenting Practices and Customs Around the World Medical Aspects Birth Process Postpartum Depression Father's Role Financial Impact of Baby Feeling What it is Like to Be Pregnant - 3rd Trimester 	<ul style="list-style-type: none"> Impact on Unborn Child Short-Term Impact Long-Term Impact Cost Hearing the Cry and Seeing Withdrawal Effects on an Infant 	<ul style="list-style-type: none"> FAS and FASD Alcohol and Pregnancy Short- & Long-Term Impact Cost Review of Physical Signs of FAS 	<ul style="list-style-type: none"> Role of the Caregiver Infant & Toddler Development Soothing a Crying Baby Handling Stress and Preventing SBS Holding & Feeding Bathing & Diapering Schedule & Tracking Emergency Procedures Breathing Emergencies Infant & Child CPR Safety First Aid & Infant Health Caregiving Hands-On Practice 	<ul style="list-style-type: none"> Plans and Values Influences Around Us Communication & Self Esteem Communication in Relationships Relationship Continuum Reproductive System, Fertilization & Conception Family Planning - Birth Control Benefits of Abstinence HIV and STIs Pregnancy & Prenatal Development Prenatal Exposure to Drugs or Alcohol The Birth Process Care and Needs of an Infant Impact of Baby on Goals, Relationships and Time Cost of a Baby Hands-On Practice Caring for an Infant 	<ul style="list-style-type: none"> Care and Needs of an Infant Safety, Health and Care Attachment, Autonomy, Trust and Brain Development Nurturing Education and Literacy Development Recreation and Play Parenting Styles Being a Parent - Hands-on Practice Financial Support Child Care and Day Care 	<ul style="list-style-type: none"> Definition Signs & Symptoms Brain Areas Affected Physical Results of SBS How to Soothe a Crying Baby Plan to Manage Frustration Seeing the Impact of Shaking a Baby on the Brain 	<ul style="list-style-type: none"> Identifying Objects That Can Cause Choking Why the Heimlich Maneuver Should NOT Be Used Handling an Infant Airway Obstruction Emergency Hands-On Practice 	<ul style="list-style-type: none"> Assessing an Emergency Situation How to Call for Emergency Medical Assistance How to Perform Infant CPR Hands-On Practice

Healthy Choices Sex Education Curriculum Add-on	
Experiential Learning Tool	RealCare Baby for Middle School Students
Curriculum Title	Life Skills and Healthy Choices
Focus	Sex Education
Pages	196
Lessons	16
Hours of Teaching Time	13
Presentation Slides	147
Lesson Topics	<ul style="list-style-type: none"> Changes, Puberty, Adolescence What I Need to Survive These Years Media Influence on Decision Making Healthy Relationships Sexual Wellness Sexual Harassment STIs/HIV Birth Care and Needs of an Infant Hands-on Practice Caring for an Infant Handling Stress and Preventing Shaken Baby Syndrome An Abstinent Lifestyle Communicating and Saying No

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