

Using the RealCare Baby® Program Throughout a Semester: A Week-by-Week Guide

This week-by-week guide helps you bring the RealCare Baby Program to life throughout the semester.



Using the RealCare Baby® Program Throughout a Semester: A Week-by-Week Guide



Why this Guide?

Preparing students for realworld caregiving requires more than lectures — it takes structured practice, meaningful reflection, and realistic simulation. The RealCare Baby® Program brings these experiences to life, giving learners a hands-on understanding of infant care, responsibility, and the challenges of caregiving. This guide is designed to help you implement the RealCare Baby (Baby) with confidence, offering a week-by-week roadmap that builds skills in infant care and child development.

Whether you're introducing Baby for the first time or refining an established program, this resource supports you in creating a purposeful, well-structured year of experiential learning that truly resonates with students.

What's Inside?

- A week-by-week instructional plan
- Guidance for using Baby and its accessories
- Additional hands-on teaching tool suggestions

How to Use This Guide

Here are a few simple ways to get the most out of this resource:

- Plan your semester at a glance. Each week includes activities from Baby's Basic Infant Care Curriculum, making it easy to map out your course calendar.
- Pair hands-on simulation with classroom instruction. The sequence moves from learning the role of the caregiver to real-world caregiving scenarios.
- Customize based on your class size and schedule. Adjust lessons and activities to fit your time and resources.

This guide is flexible — adapt activities as needed and return to sections throughout the year as students are ready for deeper challenges.



Week 1



Learning Focus

The Important Role of the Caregiver

Lessons to Teach

Basic Infant Care Lesson 1

 *Approximate Teaching Time: 80-95 min*

Classroom Application

- Caregiver Self-Assessment
 - Caregiver Scenarios
 - Caregiver Role-Play
-



Week 2



Learning Focus

Infant and Toddler Development

Lessons to Teach

Basic Infant Care Lesson 2

 *Approximate Teaching Time: 75 min*

Hands-On Simulation

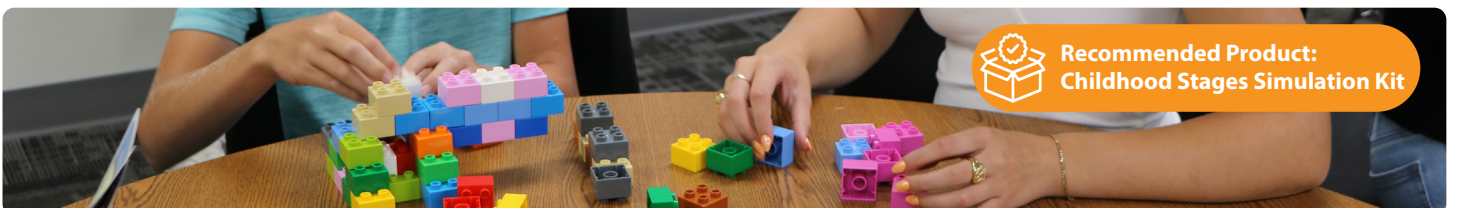
- Teacher demonstration of tummy time using Baby

Additional Recommended Learning Aids

- Childhood Stages Simulation Kit

Classroom Application

- Physical, intellectual, emotional, and social development discussion and deeper dive



Recommended Product:
Childhood Stages Simulation Kit



Week 3



Learning Focus

Preventing Shaken Baby Syndrome

Lessons to Teach

Basic Infant Care Lesson 3



Approximate Teaching Time: 85-100 min

Hands-On Simulation

- Teacher demonstration using Baby
- Practice holding and rocking care events individually

Classroom Application

- The 5 S's of Soothing an Infant
- My Plan to Manage Frustration
- Infant Care Pledge



Week 4



Learning Focus

Holding and Feeding

Lessons to Teach

Basic Infant Care Lesson 4



Approximate Teaching Time: 85-125 min

Hands-On Simulation

- Baby (demo mode)
- Practice holding, feeding, and burping care events individually

Classroom Application

- Holding and Feeding Techniques
- Breastfeeding versus Bottle/Formula Feeding Small Group Discussion
- Holding and Feeding Scenarios





Week 5



Learning Focus

Bathing and Diapering

Lessons to Teach

Basic Infant Care Lesson 5



Approximate Teaching Time: 90-105 min

Hands-On Simulation

- Baby (demo mode)
- Practice diaper change care event
- Simulate infant bathing

Classroom Application

- Bathing and Diaper Techniques
- Bathing Safety
- Bathing Observation
- Diapering Observation and Scenarios
- Infant Care Pledge





Week 6



Learning Focus

Infant Emergency Care and First Aid – Accidents and CPR

Lessons to Teach

Basic Infant Care Lesson 6



Approximate Teaching Time: 90-105 min

Additional Recommended Learning Aids

- Infant CPR Baby
- Choking Baby

Classroom Application

- Accident Scenario
- Emergency Procedures
- Infant CPR and Choking
- What's In the Bag



Recommended Product:
Infant CPR and Choking Babies





Week 7



Learning Focus

Poisoning, Falls, Bruises, Car Seat Safety, Broken Bones, Burns, Heat Exposure, Infant Illness, and SIDS

Lessons to Teach

Basic Infant Care Lesson 6



Approximate Teaching Time: 110-120 min

Hands-On Simulation

- Teacher demonstration using Baby in safe sleep position
- Practice taking Baby's temperature using the RealCare Baby Guide app

Additional Recommended Learning Aids

- Common Childhood Illnesses Baby
- Common Respiratory Diseases Baby

Classroom Application

- Practice Scenarios
- Group Scenarios
- Car Seat Safety





Week 8



Learning Focus

Attachment/Autonomy: Trust and Brain Development

Lessons to Teach

Basic Infant Care Lesson 7



Approximate Teaching Time: 90-105 min

Classroom Application

- Erikson's Stages of Psychosocial Development
 - Daily Schedule Planning
-



Week 9



Learning Focus

Nurture and the Importance of Play

Lessons to Teach

Basic Infant Care Lesson 8



Approximate Teaching Time: 80 min

Hands-On Simulation

- Baby (demo mode)
- Practice play care event individually
- Practice talking to Baby in a short simulation to experience voice recognition interaction

Classroom Application

- Nurturing Discussion
- Play Scavenger Hunt and Journaling



Week 10



Learning Focus

Pregnancy and Prenatal Development

Lessons to Teach

Basic Infant Care Lesson 9



Approximate Teaching Time: 60-80 min

Classroom Application

- Fetal Development Everyday Object Comparison Month to Month
- Pregnancy and Birth Plan Development
- Trimester Characteristics Game

Additional Recommended Learning Aids

- Pregnancy Profile 2.0 Simulator
- Fetal Development Kit



Recommended Product:
Pregnancy Profile 2.0 Simulator



Recommended Product:
Fetal Development Kit



Week 11



Learning Focus

Alcohol, Drugs, and Fetal Development

Lessons to Teach

Basic Infant Care Lesson 10



Approximate Teaching Time: 55-130 min

Additional Recommended Learning Aids

- FAS Baby
- Drug-Affected Baby

Classroom Application

- FAS Animation
- FAS Fact Sheet
- Using What You Know Activity Project



Recommended Product:
Drug Affected Baby



Week 12



Learning Focus

Responsibilities Relating to Infant Care and Cost

Lessons to Teach

Basic Infant Care Lesson 11



Approximate Teaching Time: 110-140 min

Classroom Application

- Financial Cost to Raise a Child Group Research Activity
 - The Cost of Living as I know It
 - The First Year Expenses Activity
 - Hospital Delivery Care and Costs
-



Week 13



Learning Focus

The Reality is... Impact of a Baby on Goals, Relationships, and Time

Lessons to Teach

Basic Infant Care Lesson 12



Approximate Teaching Time: 45-65 min

Classroom Application

- Life Goals Identification
- Impact of a Child on Relationships



Week 14



Learning Focus

RealCare Baby Simulation Experience Part 1

Lessons to Teach

Basic Infant Care Lesson 13



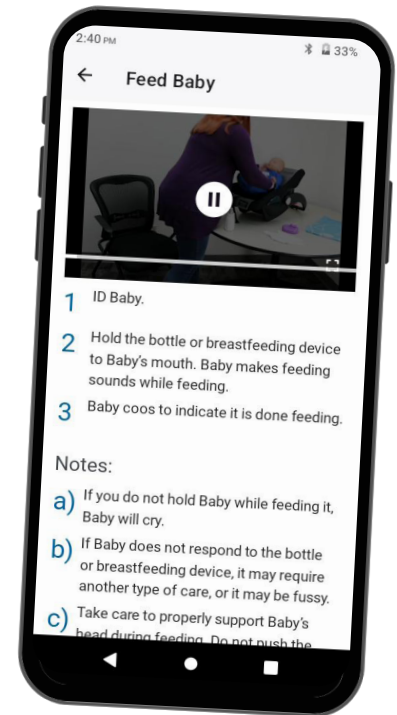
Approximate Teaching Time: 45 min

Hands-On Simulation

- RealCare Baby Simulation Rotation (2 nights)
- Use RealCare Baby Guide app scenarios and writing prompts

Classroom Application

- Introduction to Baby
- Simulation Forms
- A Crying Infant activity
- Introduction to the RealCare Baby Guide app





Week 15



Learning Focus

RealCare Baby Simulation Experience Part 2

Lessons to Teach

Basic Infant Care Lesson 14



Approximate Teaching Time: 45 min

Hands-On Simulation

- Baby Simulation Rotation (2 nights)
- Use App Scenarios and Writing Prompts

Classroom Application

- Baby in Demo Mode
- Tracking Practice
- Readiness Quiz
- Infant/Toddler Schedule
- Caregiver Journal





Week 16



Learning Focus

Summary and Assessment

Lessons to Teach

Basic Infant Care Lesson 15



Approximate Teaching Time: 75 min

Hands-On Simulation

- Baby Simulation Rotation (2 nights)
- Use App Notes section for reflection

Classroom Application

- Baby Check-In
 - Review Assessment Rubric and Reporting Results
 - Reflection
 - Self-Assessment
-



Week 17



Learning Focus

Career Exploration in Childcare

Lessons to Teach

Career Exploration Lessons



Approximate Teaching Time: 120-235 min

Hands-On Simulation

- Access free lesson plans at www.realityworks.com

Classroom Application

- Career as a Child Care Teacher
- Career as a Child Care Center Director
- Career as a Nanny



Week 18



Learning Focus

Career Exploration in Human Services

Lessons to Teach

Career Exploration Lessons



Approximate Teaching Time: 390 min

Hands-On Simulation

- Access free lesson plans www.realityworks.com

Classroom Application

- Careers in Early Childhood Development and Services
- Careers in Family and Community Services
- Personal Care Services Careers



Wrapping Up Your RealCare Program Semester

By the time students complete the full RealCare Program, they've developed a strong foundation in infant care, child development, and health and safety. With hands-on practice, real-time problem solving, and scenario-based learning woven throughout the year, your learners have taken meaningful steps toward future success in child development and infant care settings.

Next Steps & Extension Opportunities

Consider expanding learning by:

- Build infant care skills checklist. Students create a peer-teaching resource based on what they learned during the simulation.
- Create an infant care education campaign. Students create posters, videos, or social media content about safe infant care, shaken baby prevention, or healthy bonding.
- Host an open house or RealCare Baby Showcase. Student display their logs, reflection summaries, and insights for families or younger students.



Discover more hands-on childcare training tools

We hope this guide supports you throughout the year and gives you the tools you need to create meaningful, engaging learning experiences in your classroom. If you'd like additional learning aids and resources focused on childcare career preparation, visit our website: www.realityworks.com