Family and Consumer Sciences Curriculum Overview

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### RealCare Baby
- **15 lesson hours**
- **Basic Infant Care - Child Care Careers**
  - Role of the Caregiver
  - Infant & Toddler Development
  - Soothing a Crying Baby
  - Handling Stress and Preventing SBS
  - Holding & Feeding
  - Bathtime & Dapering
  - Schedule & Tracking
  - Emergency Procedures
  - Breathing Emergencies
  - Infant & Child CPR
  - Safety First Aid & Infant Health
  - Caregiving
  - Hands-On Practice

- **17 lesson hours**
- **Healthy Choices - Pregnancy Prevention and Sex Education**
  - 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 & STIs
  - Pregnancy & Prenatal Development
  - Prenatal Exposure to Drugs or Alcohol
  - The Birth Process
  - Care and Needs of an Infant
  - Reproductive System, Fertilization & Conception
  - Cost of a Baby
  - Hands-On Practice
  - Caring for an Infant

- **12 lesson hours**
- **Parenting & Child Development**
  - 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

- **16 lesson hours**
- **Life Skills and Healthy Choices - Sex Education**
  - Changes, Puberty, Adolescence
  - What I Need to Know 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

### Birth Process Kit and Birth Model Set
- **2-3 lesson hours**
- **Understanding Labor and Delivery**
  - The Birth Process
  - Postpartum Depression

### Child Care Design Center
- **4 lesson hours**
- **Early Childhood Classroom Design**
  - Career Exploration in Early Childhood/Child Care Occupations
  - Guidelines and Best Practices for Classroom Design
  - Designing a Child Care Classroom

### Choking Baby
- **1 lesson hours**
- **Infant Airway Obstruction**
  - Identifying Objects That Can Cause Choking
  - Why the Heimlich Maneuver Should NOT Be Used
  - Handling an Infant Airway Obstruction
  - Hands-On Practice

### Down Syndrome Baby
- **1 lesson hour**
- **Understanding Down Syndrome**
  - Awareness of Facts and Causes
  - Common Misconceptions
  - Potential Characteristics
  - Short and Long-Term Effects
  - National and International Statistics

### Drug-Affected Baby
- **1 lesson hour**
- **Understanding Prenatal Drug Exposure**
  - Impact on Unborn Child
  - Short-Term Impact
  - Long-Term Impact
  - Cost
  - Hearing and Seeing Withdrawal Effects

### Fetal Alcohol Syndrome Baby
- **1 lesson hour**
- **Understanding Prenatal Alcohol Exposure**
  - FAS and PASD
  - Short-Term Impact
  - Long-Term Impact
  - Cost
  - Review of Physical Signs of FAS

### Fetal Development Kit and Pregnancy Torso
- **7-9 lesson hours**
- **Understanding Fetal Development**
  - Fetal Development
  - Pregnancy Symptoms and Discomforts
  - Exploration of Pregnancy and Childbirth-Related Careers
  - Preventing Foodborne Illness Outbreaks
  - The Temperature Danger Zone
  - Preventing Cross-Contamination
  - Exploring Culinary and Food Service Careers

### Food Safety Kit
- **8-10 lesson hours**
- **Understanding Basic Food Safety**
  - Introduction to Basic Food Safety
  - Foodborne Illnesses
  - Preventing Foodborne Illness Outbreaks
  - The Temperature Danger Zone
  - Preventing Cross-Contamination
  - Exploring Culinary and Food Service Careers

### Human Reproductive Systems Kit
- **3-4 lesson hours**
- **Understanding Human Reproductive Systems**
  - Reproductive Systems, Fertilization, Conception
  - Conception Through Embryonic Development
  - Assessment

### Premie Baby
- **1-2 lesson hours**
- **Understanding Premature Infants**
  - All About Premature Infants
  - Caring for a Premie Baby

### Pregnancy Profile
- **12 lesson hours**
- **Understanding Pregnancy**
  - 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

### Resusci® CPR Baby
- **1 lesson hours**
- **Emergency Infant CPR**
  - Assessing an Emergency Situation
  - How to Call for Emergency Medical Assistance
  - How to Perform Infant CPR
  - Hands-On Practice

### Shaken Baby
- **1 lesson hours**
- **Understanding Shaken Baby Syndrome**
  - 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

### Twin Pregnancy Model Set
- **1 lesson hours**
- **Basics of Twin Pregnancy**
  - Risk Factors Associated with Twin Pregnancy
  - Statistics Associated with the Likelihood of Twin Births
  - Describe a Variety of Twin Types
  - Assessment