

# ► Family and Consumer Sciences Curriculum Overview

Realityworks curriculum comes with lesson plans, presentation slides, assessments, and other student materials.

Experiential Learning Tools	Curriculum Length	Curriculum Title and Focus	Lesson Topics		
<b>RealCare Baby</b>	15 lesson hours	Basic Infant Care - Child Care Careers	<ul style="list-style-type: none"> <li>• Role of the Caregiver</li> <li>• Infant &amp; Toddler Development</li> <li>• Soothing a Crying Baby</li> <li>• Handling Stress and Preventing SBS</li> </ul>	<ul style="list-style-type: none"> <li>• Holding &amp; Feeding</li> <li>• Bathing &amp; Diapering</li> <li>• Schedule &amp; Tracking</li> <li>• Emergency Procedures</li> <li>• Breathing Emergencies</li> </ul>	<ul style="list-style-type: none"> <li>• Infant &amp; Child CPR</li> <li>• Safety First Aid &amp; Infant Health</li> <li>• Caregiving</li> <li>• Hands-On Practice</li> </ul>
	17 lesson hours	Healthy Choices - Pregnancy Prevention and Sex Education	<ul style="list-style-type: none"> <li>• Plans and Values</li> <li>• Influences Around Us</li> <li>• Communication &amp; Self Esteem</li> <li>• Communication in Relationships</li> <li>• Relationship Continuum</li> <li>• Reproductive System, Fertilization &amp; Conception</li> </ul>	<ul style="list-style-type: none"> <li>• Family Planning - Birth Control</li> <li>• Benefits of Abstinence</li> <li>• HIV and STIs</li> <li>• Pregnancy &amp; Prenatal Development</li> <li>• Prenatal Exposure to Drugs or Alcohol</li> <li>• The Birth Process</li> </ul>	<ul style="list-style-type: none"> <li>• Care and Needs of an Infant</li> <li>• Reproductive System, Fertilization &amp; Conception</li> <li>• Cost of a Baby</li> <li>• Hands-On Practice</li> <li>• Caring for an Infant</li> </ul>
	12 lesson hours	Parenting & Child Development	<ul style="list-style-type: none"> <li>• Care and Needs of an Infant</li> <li>• Safety, Health and Care</li> <li>• Attachment, Autonomy, Trust and Brain Development</li> <li>• Nurturing</li> </ul>	<ul style="list-style-type: none"> <li>• Education and Literacy Development</li> <li>• Recreation and Play</li> <li>• Parenting Styles</li> </ul>	<ul style="list-style-type: none"> <li>• Being a Parent - Hands-on Practice</li> <li>• Financial Support</li> <li>• Child Care and Day Care</li> </ul>
	16 lesson hours	Life Skills and Healthy Choices - Sex Education	<ul style="list-style-type: none"> <li>• Changes, Puberty, Adolescence</li> <li>• What I Need to Survive These Years</li> <li>• Media Influence on Decision Making</li> <li>• Healthy Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Sexual Wellness</li> <li>• Sexual Harassment</li> <li>• STIs/HIV</li> <li>• Birth</li> <li>• Care and Needs of an Infant</li> <li>• Hands-on Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Caring for an Infant</li> <li>• Handling Stress and Preventing Shaken Baby Syndrome</li> <li>• An Abstinent Lifestyle</li> <li>• Communicating and Saying No</li> </ul>
<b>Birth Process Kit and Birth Model Set</b>	2-3 lesson hours	Understanding Labor and Delivery	<ul style="list-style-type: none"> <li>• The Birth Process</li> <li>• Postpartum Depression</li> </ul>		
<b>Child Care Design Center</b>	4 lesson hours	Early Childhood Classroom Design	<ul style="list-style-type: none"> <li>• Career Exploration in Early Childhood/Child Care Occupations</li> <li>• Guidelines and Best Practices for Classroom Design</li> <li>• Designing a Child Care Classroom</li> </ul>		
<b>Choking Baby</b>	1 lesson hours	Infant Airway Obstruction	<ul style="list-style-type: none"> <li>• Identifying Objects That Can Cause Choking</li> </ul>	<ul style="list-style-type: none"> <li>• Why the Heimlich Maneuver Should NOT Be Used</li> </ul>	<ul style="list-style-type: none"> <li>• Handling an Infant Airway Obstruction Emergency</li> <li>• Hands-On Practice</li> </ul>
<b>Down Syndrome Baby</b>	1 lesson hour	Understanding Down Syndrome	<ul style="list-style-type: none"> <li>• Awareness of Facts and Causes</li> <li>• Common Misconceptions</li> </ul>	<ul style="list-style-type: none"> <li>• Potential Characteristics</li> <li>• Short and Long-Term Effects</li> </ul>	<ul style="list-style-type: none"> <li>• National and International Statistics</li> </ul>
<b>Drug-Affected Baby</b>	1 lesson hour	Understanding Prenatal Drug Exposure	<ul style="list-style-type: none"> <li>• Impact on Unborn Child</li> <li>• Short-Term Impact</li> </ul>	<ul style="list-style-type: none"> <li>• Long-Term Impact</li> <li>• Cost</li> </ul>	<ul style="list-style-type: none"> <li>• Hearing and Seeing Withdrawal Effects</li> </ul>
<b>Fetal Alcohol Syndrome Baby</b>	1 lesson hour	Understanding Prenatal Alcohol Exposure	<ul style="list-style-type: none"> <li>• FAS and FASD</li> <li>• Short-Term Impact</li> </ul>	<ul style="list-style-type: none"> <li>• Long-Term Impact</li> <li>• Cost</li> </ul>	<ul style="list-style-type: none"> <li>• Review of Physical Signs of FAS</li> </ul>
<b>Fetal Development Kit and Pregnancy Torso</b>	7-9 lesson hours	Understanding Fetal Development	<ul style="list-style-type: none"> <li>• Fetal Development</li> <li>• Pregnancy Symptoms and Discomforts</li> <li>• Exploration of Pregnancy and Childbirth-Related Careers</li> </ul>		
<b>Food Safety Kit</b>	8-10 lesson hours	Understanding Basic Food Safety	<ul style="list-style-type: none"> <li>• Introduction to Basic Food Safety</li> <li>• Foodborne Illness</li> </ul>	<ul style="list-style-type: none"> <li>• Preventing Foodborne Illness Outbreaks</li> <li>• The Temperature Danger Zone</li> </ul>	<ul style="list-style-type: none"> <li>• Preventing Cross-Contamination</li> <li>• Exploring Culinary and Food Service Careers</li> </ul>
<b>Human Reproductive Systems Kit</b>	3-4 lesson hours	Understanding Human Reproductive Systems	<ul style="list-style-type: none"> <li>• Reproductive Systems, Fertilization, Conception</li> <li>• Conception Through Embryonic Development</li> <li>• Assessment</li> </ul>		
<b>Preemie Baby</b>	1-2 lesson hours	Understanding Premature Infants	<ul style="list-style-type: none"> <li>• All About Premature Infants</li> <li>• Caring for a Preemie Baby</li> </ul>		
<b>Pregnancy Profile</b>	12 lesson hours	Understanding Pregnancy	<ul style="list-style-type: none"> <li>• Physical Changes</li> <li>• Impact on Life Goals</li> <li>• Pregnancy Symptoms</li> <li>• Infant Development 0-1</li> <li>• Pregnancy Myths and Facts</li> </ul>	<ul style="list-style-type: none"> <li>• Parenting Practices and Customs Around the World</li> <li>• Medical Aspects</li> <li>• Birth Process</li> <li>• Postpartum Depression</li> </ul>	<ul style="list-style-type: none"> <li>• Father's Role</li> <li>• Financial Impact of Baby</li> <li>• Feeling What it is Like to Be Pregnant - 3rd Trimester</li> </ul>
<b>Resusci® CPR Baby</b>	1 lesson hours	Emergency Infant CPR	<ul style="list-style-type: none"> <li>• Assessing an Emergency Situation</li> </ul>	<ul style="list-style-type: none"> <li>• How to Call for Emergency Medical Assistance</li> </ul>	<ul style="list-style-type: none"> <li>• How to Perform Infant CPR</li> <li>• Hands-On Practice</li> </ul>
<b>Shaken Baby</b>	1 lesson hours	Understanding Shaken Baby Syndrome	<ul style="list-style-type: none"> <li>• Definition</li> <li>• Signs &amp; Symptoms</li> <li>• Brain Areas Affected</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Results of SBS</li> <li>• How to Soothe a Crying Baby</li> <li>• Plan to Manage Frustration</li> </ul>	<ul style="list-style-type: none"> <li>• Seeing the Impact of Shaking a Baby on the Brain</li> </ul>
<b>Twin Pregnancy Model Set</b>	1 lesson hours	Basics of Twin Pregnancy	<ul style="list-style-type: none"> <li>• Risk Factors Associated with Twin Pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• Statistics Associated with the Likelihood of Twin Births</li> </ul>	<ul style="list-style-type: none"> <li>• Describe a Variety of Twin Types</li> <li>• Assessment</li> </ul>