# Family and Consumer Sciences Curriculum Overview

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

## Experiential Learning Tools

<table>
<thead>
<tr>
<th>Curriculum Length</th>
<th>Curriculum Title and Focus</th>
<th>Lesson Topics</th>
</tr>
</thead>
</table>
| 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
- Bathing & Grooming
- Schedule & Tracking
- Emergency Procedures
- Breathing Emergencies
- Infant & Child CPR
- Safety First Aid & Infant Health
- Caring for a Baby
- 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 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 Abnormal Lifestyle
- Communicating and Saying No |

## Birth Process Kit and Birth Model Set

| Length   | Understanding Labor and Delivery | The Birth Process
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>2-3 lesson hours</td>
<td>- Postpartum Depression</td>
<td></td>
</tr>
</tbody>
</table>

## Child Care Design Center

<table>
<thead>
<tr>
<th>Length</th>
<th>Early Childhood Classroom Design</th>
</tr>
</thead>
</table>
| 4 lesson hours | - Career Exploration in Early Childhood/Child Care Occupations
- Guidelines and Best Practices for Classroom Design
- Designing a Child Care Classroom |

## Choking Baby

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lesson hours</td>
<td>- Temperature Danger Zone</td>
</tr>
</tbody>
</table>

## Down Syndrome Baby

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 1 lesson hour | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Drug-Affected Baby

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 1 lesson hour | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Fetal Alcohol Syndrome Baby

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 1 lesson hour | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Fetal Development Kit and Pregnancy Torso

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 7-9 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Fetal Development Kit and Pregnancy Torso

<table>
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<tr>
<th>Length</th>
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| 7-9 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Fetal Safety Kit

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 8-10 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Human Reproductive Systems Kit

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 3-4 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Infant CPR Manikin

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
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</thead>
</table>
| 1 lesson hour | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Knife Skills Kit

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
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</thead>
</table>
| 2-3 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Preemie Baby

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 1-2 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Pregnancy Profile

<table>
<thead>
<tr>
<th>Length</th>
<th>Understanding Labor and Delivery</th>
</tr>
</thead>
</table>
| 12 lesson hours | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Shaken Baby

<table>
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<th>Understanding Labor and Delivery</th>
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</table>
| 1 lesson hour | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
- National and International Statistics
- Hearing and Seeing Withdrawal Effects |

## Twin Pregnancy Model Set

<table>
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<th>Understanding Labor and Delivery</th>
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| 1 lesson hour | - Awareness of Facts and Causes
- Common Misconceptions
- Potential Characteristics
- Short and Long-Term Effects
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- Hearing and Seeing Withdrawal Effects |

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