Lesson Overview

This lesson introduces students to the complex role of becoming a parent. Students work in groups to begin thinking about the many aspects involved in the role of parenting. The pretest will give the teacher an understanding of students’ prior knowledge on the subject of parenting, and will provide students the opportunity to consider what background knowledge they currently possess.

Lesson Objectives

After completing this lesson, students should be able to:

• Identify the six stages and ages of childhood and begin to think about their ideas on the topic of parenting.

Lesson at a Glance

<table>
<thead>
<tr>
<th>Activity</th>
<th>Materials</th>
<th>Preparation</th>
<th>Approximate Class Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOCUS</td>
<td>Pretest</td>
<td>Print/photocopy pretest for each student</td>
<td>15 minutes</td>
</tr>
<tr>
<td>LEARN</td>
<td>Slide 2 - Parenting Questions – or use handout</td>
<td>Print/photocopy the Parenting Questions list: One copy per group of 5 students, or use slide 2</td>
<td>25 minutes</td>
</tr>
<tr>
<td>REVIEW</td>
<td>Course Schedule – slide 3 or handout</td>
<td>Print/photocopy Course Schedule for each student or use slide 3 and have students record pertinent information in planners</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

Note: All student materials (worksheets, handouts, pretest/posttest) are located in the Student Materials folder.

National FACS Education Standards Supported: 15.1, 15.4
FOCUS: Pretest/posttest

15 minutes

Purpose:
Participants take a pretest about parenting and child development to help you and students gauge their prelearning knowledge about the subject.

Materials:
- Pretest (labeled Parenting Test)

Facilitation Steps:
1. Give each student a copy of the pretest.
2. After 10 minutes have students correct their own test as you read the answers. This helps them identify the areas they don’t understand.
1. What are the six stages of childhood?
   1. ___________________________________
   2. ___________________________________
   3. ___________________________________
   4. ___________________________________
   5. ___________________________________
   6. ___________________________________

2. Which of the following is the safest position to lay an infant to sleep?
   a. Left side
   b. Right side
   c. Tummy
   d. Back

3. Name two benefits for children when parents possess the nurturing skills set.
   1. ___________________________________
   2. ___________________________________

4. Explain the attachment theory, including the key ingredients for a child to attach to his/her parents.
   ___________________________________
   ___________________________________
   ___________________________________
   ___________________________________
   ___________________________________

5. True/False: Most learning occurs after the age of 5 when children start kindergarten. _____________

6. Name the five things parents can do to significantly improve language development.
   1. ___________________________________
   2. ___________________________________
   3. ___________________________________
   4. ___________________________________
   5. ___________________________________

7. Which of the following is not a characteristic of a “good” children’s book:
   a. Rhythmic appeal
   b. Repetition
   c. Short words
   d. Colorful pictures

8. Which of the following infant equipment/supplies can be considered optional?
   a. Clothing
   b. Car seat
   c. Changing table
   d. Crib

9. Until what age does the American Academy of Pediatrics recommend NO television? _____________

10. What three clues should a parent look for to know that a baby is done with the current play activity?
    __________________ ____________________ __________________

11. List two benefits of unstructured play:
    1. ___________________________________
    2. ___________________________________

12. Which of the following is not a factor in the loss of unstructured play?
    a. Hurried lifestyle
    b. Too many toys
    c. Increased participation in school readiness activities
    d. Changes in family structure
Parenting—Lesson One
Introduction to Parenting

13. Match each of the following parenting styles with its characteristics by placing the letter of the associated characteristic in the space next to the parenting style.

<table>
<thead>
<tr>
<th>Parenting Style</th>
<th>Characteristic</th>
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<tbody>
<tr>
<td>___ Permissive</td>
<td>a. Clearly states rules and discourages independence</td>
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<tr>
<td>___ Authoritarian</td>
<td>b. Disciplinary methods used by this parent are supportive</td>
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<td>c. Often neglectful because of drug use or immaturity</td>
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<td>___ Uninvolved</td>
<td>d. More responsive than demanding</td>
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14. Match Erikson’s stages of development to the correct age by placing the letter of the age in the space next to its associated stage.

<table>
<thead>
<tr>
<th>Stage</th>
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<tbody>
<tr>
<td>___ Fidelity: Identity vs. Role Confusion</td>
<td>a. Infants, 0 to 1 year</td>
</tr>
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<td>___ Will: Autonomy vs. Shame &amp; Doubt</td>
<td>b. Toddlers, 2 to 3 years</td>
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<td>___ Competence: Industry vs. Inferiority</td>
<td>g. Middle Adulthood, 35 to 65 years</td>
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<td>___ Hope: Trust vs. Mistrust</td>
<td>h. Seniors, 65 years onwards</td>
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15. What are three characteristics of quality childcare?
1. ___________________________________
2. ___________________________________
3. ___________________________________

16. Name two benefits of a child having a stay-at-home parent up until age 3.
1. ___________________________________
2. ___________________________________

17. Directions: For the following scenario, write both a logical and natural consequence.

A brother and sister won’t stop fighting with each other over a toy.

Natural Consequence:

Logical Consequence:

18. What are three consequences (short- or long-term) for a child if a parent fails to set limits and say “No?”

1. ___________________________________
2. ___________________________________
3. ___________________________________
Parenting—Lesson One
Introduction to Parenting

Parenting Pre/Posttest

Name: _______________________________
Class Period: __________________________

1. What are the six stages of childhood?
   1. Infant (birth to 1 year)
   2. Toddler (1 – 3)
   3. Pre-schooler (4-5)
   4. Child (6-9)
   5. Adolescent (10-12)
   6. Teenager (13-19)

2. Which of the following is the safest position to lay an infant to sleep?
   a. Left side
   b. Right side
   c. Tummy
   d. Back

3. Name two benefits for children when parents possess the nurturing skills set. (Any of the following)
   • The best chance of healthy development
   • Better academic grades
   • Healthier behaviors
   • More positive peer interactions
   • An increased ability to cope with stress

4. Explain the attachment theory, including the key ingredients for a child to attach to his/her parents.
   Attachment theory is the bond that children have with their parents as a result of needs being responded to in a timely and sensitive manner. Key Ingredients: Affirmation and Affection

5. True/False: Most learning occurs after the age of 5 when children start kindergarten. False

6. Name the five things parents can do to significantly improve language development.
   1. Echoing
   2. Recasting
   3. Restating
   4. Labeling
   5. Reading

7. Which of the following is not a characteristic of a “good” children's book:
   a. Rhythmic appeal
   b. Repetition
   c. Short words
   d. Colorful pictures

8. Which of the following infant equipment/supplies can be considered optional?
   a. Clothing
   b. Car seat
   c. Changing table
   d. Crib

9. Until what age does the American Academy of Pediatrics recommend NO television? Age 2

10. What three clues should a parent look for to know that a baby is done with the current play activity?
    bored over-stimulated restless

11. List two benefits of unstructured play:
    • Executive function is used
    • Practicing of private speech-self regulation development
    Others: Provides an opportunity for children to use creativity and develop their imagination, physical, cognitive, and emotional skills; opportunity for parents to be fully engaged with child—learn about child’s emotions/temperament.

12. Which of the following is not a factor in the loss of unstructured play?
    a. Hurried lifestyle
    b. Too many toys
    c. Increased participation in school readiness activities
    d. Changes in family structure

www.realityworks.com
13. Match each of the following parenting styles with its characteristics by placing the letter of the associated characteristic in the space next to the parenting style.

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15. What are three characteristics of quality childcare? Possible answers:
- Ongoing caregiver training
- 3-1 child-caregiver infant ratio
- Positive discipline techniques are used
- Safe environment (baby/child-proofed)
- Adults read to the child at least twice a day

16. Name two benefits of a child having a stay-at-home parent up until age 3. Possible answers:
- Security and comfort
- Fewer sick days for kids
- Flexible schedule
- Stronger ability to trust primary caregiver (mom or dad)

17. Directions: For the following scenario, write both a logical and natural consequence.

A brother and sister won’t stop fighting with each other over a toy. (Answers may vary but should be realistic for natural and logical consequences.)

Example answer:

Natural Consequence: Someone gets hurt

Logical Consequence: The toy is taken away from both of them

18. What are three consequences (short-or long-term) for a child if a parent fails to set limits and say “No?” Possible answers:
- Poverty
- Obesity
- Lower education
- Violence
- Increased stress
LEARN: Parenting Attitudes

20 minutes

Purpose:
In this activity, students share their thoughts about parenting by answering questions in a small group.

Facilitation Steps:
1. Divide class into groups of five and hand out the list of questions, one list per group, or display the list – slide 2.
2. Assign a number to each student in each group and have them think about their question for a moment and jot down their thoughts.
3. Have students take turns within their group and tell what their question is and their answer to it.
4. Reconvene as a large group and ask for volunteers with different questions to share their thoughts.

Materials:
- Parenting Questions – slide 2, or handout located in Student Materials folder
Parenting Questions

Name: _______________________________
Class Period: __________________________

1. What do you think are the most important jobs of a parent?

2. At what point in life do you think it’s a good time to become a parent? What accomplishments do you think are needed before becoming a parent?

3. What qualities do you admire about someone you think is a good parent? Share who it is if you like.

4. Do you think it’s important for the parenting role to be shared by two people? Why/Why not?

5. Which of the following stages in a child’s life do you think would be the most difficult to parent? Which would be the easiest? Why?
   - Infant (birth to 1 year)
   - Toddler (1-3)
   - Pre-schooler (4-5)
   - Child (6-9)
   - Adolescent (10-12)
   - Teenager (13-19)
REVIEW: Course Schedule
10 minutes

Purpose:
This activity introduces students to the topics to be covered in the course.

Facilitation Steps:
1. Hand out the *Course Schedule* to each student or display the slide and have students jot down pertinent information.
2. Introduce the course topics / schedule and discuss.

Materials:
- *Course Schedule* - slide 3, or handout
The *Parenting: A Guide to Parenting for Life* curriculum is composed of the following lessons. Approximate lesson times are included.

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Approximate Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction to Parenting</td>
<td>45 minutes</td>
</tr>
<tr>
<td>2</td>
<td>Care and Needs of an Infant –Introducing Baby</td>
<td>45 minutes</td>
</tr>
<tr>
<td>3</td>
<td>Safety, Health, and Care – part 1</td>
<td>45 minutes</td>
</tr>
<tr>
<td>4</td>
<td>Safety, Health, and Care – part 2</td>
<td>45 minutes</td>
</tr>
<tr>
<td>5</td>
<td>Attachment/Autonomy: Trust and Brain Development</td>
<td>45 minutes</td>
</tr>
<tr>
<td>6</td>
<td>Nurturing</td>
<td>45 minutes</td>
</tr>
<tr>
<td>7</td>
<td>Education and Literacy development</td>
<td>45 minutes</td>
</tr>
<tr>
<td>8</td>
<td>Recreation and Play</td>
<td>45 minutes</td>
</tr>
<tr>
<td>9</td>
<td>Parenting Styles</td>
<td>45 minutes</td>
</tr>
<tr>
<td>10</td>
<td>The Simulation Experience</td>
<td>45 minutes</td>
</tr>
<tr>
<td>11</td>
<td>Financial Support</td>
<td>45 minutes</td>
</tr>
<tr>
<td>12</td>
<td>Child Care/Day Care Options and Community Resources</td>
<td>45 minutes</td>
</tr>
<tr>
<td></td>
<td>Course Summary and Posttest</td>
<td>30-45 minutes</td>
</tr>
</tbody>
</table>