

# *Parenting & Child Development*

## Course Syllabus



### **Supervising Teacher**

Name: Jana Schaefer  
Email: [janaschaefer@idahoidea.org](mailto:janaschaefer@idahoidea.org)  
Phone: 208-340-7662

**Course Description:**    2 semesters            2 credits            grades 9-12

*\*Required prerequisite of Young or Teen Living*

This is a two-semester course that emphasizes parenting choices and parenting decisions. Content includes pregnancy stages of prenatal development and the physical, intellectual, social and emotional development of the infant and young child. This course is designed to strengthen parenting and guidance skills, positive family relationships, safety, and health practices. Students will learn to evaluate childcare services and to explore careers related to young children.

### **Recommended Textbook Options:**

Glencoe: The Developing Child or  
Glencoe: Parenting: Rewards and Responsibilities  
\*required activity guide available from instructor or at:  
<http://www.pte.state.id.us/FamilyandConsumer/FACSCurriculum.htm>

### **Recommended Supplemental Materials or Software:**

*Optional:*  
*Glencoe: The Developing Child Student Activity Manual*

### **Supplies or Equipment:**

Computer, textbook and Parenting and Child Development Activity Guide

### **End of Course Assessment:**

Parenting and Child Development has 8 anchor assignments and are required for course completion.

### **Course Evaluation:**

40% of the course grade is determined from anchor assignments and the remaining 60% of the grade is daily work assignments determined by the parent.

## Pacing Guide

The topics and standards for this course have been divided between the two semesters.

Semester 1(Fall)	Semester 2 (Spring)
1. Content Standard: ANALYZE ROLES AND RESPONSIBILITIES OF PARENTING	3. Content Standard: ANALYZE GROWTH AND DEVELOPMENT OF CHILDREN
2. Content Standard: ANALYZE PHYSICAL AND EMOTIONAL FACTORS RELATED TO BEGINNING THE PARENTING PROCESS	4. Content Standard: EVALUATE PARENTING PRACTICES TO GUIDE HEALTHY DEVELOPMENT OF CHILDREN
	5. Content Standard: EXAMINE CHALLENGES FACED BY FAMILIES

In order to fulfill this pacing requirement, the recommended texts have been broken down by chapter. Covering the chapters in the order listed will insure that all topics will be covered during the appropriate semester.

### *The Developing Child by Glencoe*

Semester 1(Fall)	Semester 2 (Spring)
Unit 1: Chapters 1-3	Unit 4: Chapters 10-12
Unit 2: Chapters 4-6	Unit 5: Chapters 13-15
Unit 3: Chapters 7-9	Unit 6: Chapters 16-18
	Unit 7: Chapters 19-23

### *Parenting: Rewards and Responsibilities*

Semester 1(Fall)	Semester 2 (Spring)
Unit 1: Chapters 1-6	Unit 4: Chapters 17-20
Unit 2: Chapters 7-12	Unit 5: Chapters 21-24
Unit 3: Chapters 13-16	Unit 6: Chapters 25-28

## **I-DEA Student Honor Code:**

With any form of valid proof of dishonesty with regard to student work or testing, the instructor may elect from a range of actions. Academic dishonesty could lead to a zero grade for the assignment or even failure for the entire course following consultation between the instructor, Secondary Supervisor, and Director. **All students must adhere to the Honor Code:**

*“On my honor, I will maintain the highest possible standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”*

# **CURRICULUM FRAMEWORK**

## **Parenting and Child Development**

### **1. Content Standard: ANALYZE ROLES AND RESPONSIBILITIES OF PARENTING**

#### **1.01 Competency: ANALYZE FACTORS THAT CONTRIBUTE TO READINESS FOR PARENTING**

##### **PERFORMANCE INDICATORS:**

1. Identify qualities needed by effective parents
2. Explain the implications of self-esteem and self-awareness
3. Explain the rewards and responsibilities of parenting
4. Distinguish between sexuality and sexual activity
5. Examine emotions and emotional maturity
6. Analyze parenting choices and decisions
7. Distinguish between good and bad choices and their consequences
8. Describe challenges and risks faced by teen parent
9. Evaluate reasons some people choose not to parent
10. Explain the decision-making process related to becoming parents

#### **1.02 Competency: EXAMINE THE REALITIES OF BECOMING A PARENT**

##### **PERFORMANCE INDICATORS:**

1. Explain popular myths about parenting
2. Determine personal adjustments for parenting
3. Examine parenting roles throughout the life cycle
4. Determine the financial responsibilities of parenthood
5. Analyze the legal responsibilities of parents through the life cycle

#### **1.03 Competency: EXAMINE THE STRUCTURE, ROLES AND FUNCTIONS OF FAMILIES**

##### **PERFORMANCE INDICATORS:**

1. Explain ways families may be formed
2. Explain family structures
3. List functions of the family
4. Explain how families have changed over the years
5. Describe stages of the family life cycle
6. Explain influences that make each family unique

### **2. Content Standard: ANALYZE PHYSICAL AND EMOTIONAL FACTORS RELATED TO BEGINNING THE PARENTING PROCESS**

#### **2.01 Competency: EXPLAIN THE BIOLOGICAL PROCESS OF HUMAN PRODUCTION**

##### **PERFORMANCE INDICATORS:**

1. Explain the reasons to plan for parenthood
2. Identify factors that influence family planning decisions
3. Explain the male and female role in reproduction
4. Explain the importance of pre-pregnancy health of mother and father
5. Explain the role of heredity and genetics
6. Identify causes of infertility
7. Explain legal and ethical impacts of reproductive technology
8. Examine implications of alternatives to biological parenthood

**2.02 Competency: EXAMINE PREGNANCY AND PRENATAL DEVELOPMENT**  
PERFORMANCE INDICATORS:

1. Describe the process of conception
2. Describe highlights of month-by-month prenatal development
3. Identify signs that may indicate pregnancy
4. Describe physical and emotional changes that occur during pregnancy
5. Analyze factors contributing to the overall health of the mother and father
6. Explain the father's role during pregnancy.
7. Describe complications that may occur during pregnancy

**2.03 Competency: ANALYZE PRENATAL CARE THAT AFFECTS THE HEALTH OF THE PARENTS AND THE CHILD**

PERFORMANCE INDICATORS:

1. Explain the importance of quality prenatal medical care early in pregnancy
2. Describe medical care needed
3. Examine nutritional needs during pregnancy
4. Explain why proper weight gain is important
5. Explain the importance of exercise
6. Examine factors that increase health risks to mother and baby

**2.04 Competency: EXAMINE CHILDBIRTH PREPARATION DECISIONS**  
PERFORMANCE INDICATORS:

1. Explain the benefits of prepared childbirth classes
2. Compare available birthing options and financial consequences
3. Determine essential baby supplies for the newborn
4. Compare breast-feeding and bottle-feeding
5. Explain parental leave
6. Determine factors to consider when selecting a doctor for the baby

**2.05 Competency: EXAMINE THE PROCESS OF LABOR AND DELIVERY**  
PERFORMANCE INDICATORS:

1. Describe the signs of labor
2. Explain common procedures before, during and after birth
3. Identify key events during the stages of labor
4. Compare childbirth methods
5. Explain the importance of bonding
6. Describe appropriate post-natal care for mother and infant
7. Analyze the father's role during childbirth and post-natal period
8. Explain the role of family in the birthing process

**3. Content Standard: ANALYZE GROWTH AND DEVELOPMENT OF CHILDREN**

**3.01 Competency: EXPLAIN CHANGES DURING THE FIRST DAYS AFTER BIRTH**

PERFORMANCE INDICATORS:

1. Describe the appearance and abilities of a newborn
2. Demonstrate proper techniques for holding, feeding, bathing and dressing a newborn
3. Describe a newborn's sleeping habits

**3.02 Competency: ANALYZE THE DEVELOPMENT OF INFANTS FROM BIRTH**

## **TO ONE YEAR**

### **PERFORMANCE INDICATORS:**

1. Describe physical, emotional, social, and intellectual development of infants
2. Explain strategies to enhance development of infants through activities and play
3. Examine the nutritional needs of infants
4. Analyze hygiene, health and safety needs of infants
5. Explain strategies to provide preventive health care services
6. Analyze developmental theories of infants
7. Examine brain research related to infant learning and development
8. Describe strategies to meet individual developmental challenges and special needs
9. Practice infant care using baby simulator or other hands-on experience

### **3.03 Competency: EXAMINE THE DEVELOPMENT IN TODDLERS AND PRESCHOOLERS**

#### **PERFORMANCE INDICATORS:**

1. Describe physical, emotional, social, and intellectual needs and growth patterns
2. Describe strategies to enhance development of children through activities and play
3. Prepare developmentally appropriate activities and instructional aids
4. Plan and supervise play and other activities to help children grow and develop
5. Explain the nutritional needs of young children
6. Plan and supervise age-appropriate food experiences
7. Explain the hygiene, health, and safety needs of young children
8. Describe strategies to provide preventive health care services
9. Analyze developmental theories in growth and development of children
10. Examine brain research related to early childhood learning and development
11. Plan, organize, and operate a preschool and/or other teaching experience
12. Document observations in a daycare, preschool or early childhood setting

### **3.04 Competency: ANALYZE FACTORS OF CHILD WELL-BEING IN IDAHO AND THE U.S.**

#### **PERFORMANCE INDICATORS**

1. Identify risk factors that affect child well-being
2. Analyze the short-term and long-term effects of these risk factors on development, school performance, and quality of life
3. Explore negative outcomes associated with risk factors of young children
4. Examine community-wide strategies to strengthen families to enhance child well-being
5. Outline programs proven successful in improving child well-being

### **4. Content Standard: EVALUATE PARENTING PRACTICES TO GUIDE HEALTHY DEVELOPMENT OF CHILDREN**

#### **4.01 Competency: ANALYZE POSITIVE PARENT/CHILD RELATIONSHIPS**

##### **PERFORMANCE INDICATORS:**

1. Describe the vital role of parents in children's development
2. Explain how children learn behavior patterns
3. Analyze various parenting styles
4. Describe age-appropriate expectations for children
5. Demonstrate appropriate communication skills at various stages of development
6. Explore ways to encourage children to express feelings
7. Examine nurturing practices that support growth and development

8. Plan and organize activities that are age appropriate for preschoolers

**4.02 Competency: EXPLORE INFLUENCES OF CULTURE AND ENVIRONMENT ON GROWTH AND DEVELOPMENT**

**PERFORMANCE INDICATORS:**

1. Investigate how children are viewed in a variety of ethnicities and cultures
2. Explain how culture and ethnicity influence child-rearing practices
3. Explore personal attitudes that influence cultural bias
4. Explain the impact of social, economic and technological forces on growth and development
5. Examine the effects of gender on individual development
6. Examine the effects of life events on physical and emotional development

**4.03 Competency: EXPLORE PARENTAL RESPONSIBILITY TO NURTURE, GUIDE, AND DISCIPLINE**

**PERFORMANCE INDICATORS:**

1. Distinguish between guidance, discipline, and punishment
2. Identify importance of developmentally appropriate expectations
3. Analyze short-term and long-term outcomes of guidance, discipline, and punishment
4. Evaluate alternative approaches for guidance and discipline of children
5. Explain how individual differences, relationships, and situations influence choice of guidance and discipline techniques
6. Identify strategies for encouraging responsible behavior
7. Practice positive guidance and discipline to promote self-discipline, self esteem, and socially responsible behavior
8. Plan, organize, and operate a preschool and/or other teaching experience
9. Document observations in a daycare, preschool or early childhood setting

**5. Content Standard: EXAMINE CHALLENGES FACED BY FAMILIES**

**5.01 Competency: ANALYZE THE MANAGEMENT OF MULTIPLE PERFORMANCE INDICATORS:**

1. Identify the multiple roles of parents
2. Evaluate options for the physical care of children
3. Analyze the effects of career options on lifestyle and child rearing
4. Apply management processes to balance home and work responsibilities
5. Identify methods of managing various stress and crisis situations

**5.02 Competency: EXPLORE CHILD CARE SERVICES**

**PERFORMANCE INDICATORS:**

1. Analyze factors affecting child-care decisions
2. Identify available child-care alternatives
3. Compare costs vs quality related to child care options
4. Examine criteria for evaluating quality child-care services
5. Evaluate child-care services available to parents
6. Describe common concerns of parents who use substitute child care

**5.03 Competency: EXAMINE THE CONSEQUENCES OF LOSS AND OTHER FAMILY STRESSORS**

**PERFORMANCE INDICATORS:**

1. Explain the effects of the loss of a child
2. Explain the effects of parental death and divorce on children

3. Research the effects of children raised in single parent, and blended households
4. Analyze the effects of substance abuse and domestic violence
5. Describe strategies to meet the needs of children with developmental challenges and special needs
6. Explain the effects of job loss and financial crises on the family
7. Review current laws related to parenting
8. Summarize community resources available for parents

**5.04 Competency: EXAMINE CHILD ABUSE AND NEGLECT**

**PERFORMANCE INDICATORS:**

1. Define child abuse and child neglect
2. Analyze factors that contribute to situations of child abuse and neglect
3. Analyze outcomes of child abuse and child neglect
4. Provide strategies for managing anger, frustration, separation, and loss
5. Examine legal responsibilities for reporting suspected child abuse and neglect
6. Identify strategies to break the cycle of abuse and neglect

**5.05 Competency: RESEARCH SOURCES OF PARENTING INFORMATION, SUPPORT AND ASSISTANCE**

**PERFORMANCE INDICATORS:**

1. Explain the needs for parenting information, support, and assistance
2. Identify components of an effective parenting support system
3. Identify sources of parenting information, support, and assistance within the community
4. Develop criteria for evaluating parenting information, support and assistance
5. Evaluate external support systems that provide services to parents
6. Examine the phenomenon of grandparents raising grandchildren