

**PREGNANCY  
PREVENTION/  
PARENTING  
AND  
CHILD CARE**



Can provide appropriate supervision for child.	PPCC-7	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
	PPCC-8	Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
	PPCC-9	Min	N/A	Min	N/A	Min	N/A	Min	N/A
	PPCC-10								
	PPCC-11								
	PPCC-12								
	PPCC-14								
	PPCC-35								
	PPCC-12	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
	PPCC-14	Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
	Min	N/A	Min	N/A	Min	N/A	Min	N/A	
Is comfortable being alone with child.	PPCC-7	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
	PPCC-16	Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
	NP-129	Min	N/A	Min	N/A	Min	N/A	Min	N/A
Knows how to bathe child and change diapers.	NP-119								
Knows how to access community resources (WIC, PHN).	<a href="http://www.benefits.gov">www.benefits.gov</a>	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
	PPCC-36	Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
		Min	N/A	Min	N/A	Min	N/A	Min	N/A
Knows how to engage child in appropriate play (reading, singing, drawing, building things, etc.).	PPCC-9	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
		Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
		Min	N/A	Min	N/A	Min	N/A	Min	N/A
Knows the available options for regular childcare.	PPCC-3	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
	PPCC-4	Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
	PPCC-5	Min	N/A	Min	N/A	Min	N/A	Min	N/A
	PPCC-6								
Selects appropriate people to periodically baby-sit with child.	PPCC-25	Max	Stdby	Max	Stdby	Max	Stdby	Max	Stdby
	PPCC-37	Mod	Indep	Mod	Indep	Mod	Indep	Mod	Indep
		Min	N/A	Min	N/A	Min	N/A	Min	N/A



Spends "quality" time with child each day (talking, playing together, listening to the child, etc.).	PPCC-45	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	PPCC-46	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	PPCC-47	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	PPCC-48	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	NP-1	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
Knows where to go for help with parenting.	NP-2	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	NP-3	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	NP-4	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	NP-115	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
	PPCC-55	Max Mod Min	Stdby Indep N/A	Max Mod Min	Stdby Indep N/A
LOOK ONLINE!!!					

## BIRTH CONTROL METHODS

The following is a list of birth control methods that may be used by women and/or men. These methods – or information about them - are available at Planned Parenthood of Southern New England's 19 health centers. If you see a method you are interested in using, ask us for more information!

**ABSTINENCE**...is not having any sexual intercourse that can result in pregnancy. This method avoids the use of medications or hormones and there is no financial cost.

**THE BIRTH CONTROL PILL**...contains hormones that prevent pregnancy by preventing the ovary from releasing an egg. They help to keep periods regular and decrease the cramps that some women have with their periods.. Pills must be taken each day at as close to the same time as possible to be effective. They do not provide protection from sexually transmitted infections.

**THE MALE CONDOM**...is a sheath made of latex, polyurethane or animal skin that covers the penis before intercourse to keep sperm from joining an egg. The latex condom provides the most protection from many sexually transmitted infections but the polyurethane condom can be used if you have a latex allergy. Planned Parenthood has free latex condoms in all of our health centers.

**THE FEMALE CONDOM**...is a latex lining inserted into a woman's vagina before vaginal intercourse. It prevents sperm from joining an egg. The method may be used by women whose partner is unwilling to use male condoms. It provides protection against most sexually transmitted infections.

**DepoProvera; The shot** ...is an injection (shot) of hormone given to a woman every 12 weeks. This hormone prevents the release of an egg from the ovary. Side effects may include weight gain and irregular bleeding. Contraception may last as long as six months after the last shot although women should consider themselves at risk for pregnancy once they miss one injection. It does not protect against sexually transmitted infections.

**THE DIAPHRAGM OR FemCap**...is a shallow cup shaped cap. This cap is placed in the vagina to cover the cervix each time the woman has intercourse to prevent sperm from meeting an egg. These methods are used along with spermicidal cream or jelly and must be left in place after intercourse. These methods may provide some protection from sexually transmitted infections.

**EMERGENCY CONTRACEPTION (EC)** ... is medication taken by a woman up to 120 hours after unprotected vaginal intercourse. It is more effective if taken within 72 hours. EC prevents a fertilized egg from implanting in the uterus. Planned Parenthood sells EC to have available at home in case you need to use it. It does not protect from sexually transmitted infections.

**IMPLANON**... is a flexible plastic rod the size of a matchstick that is put under the skin of your arm. It provides contraception for three years. Implanon contains the hormone progesterone and works by stopping the release of an egg from your ovary. It also thickens the mucus in your cervix to keep sperm from reaching the egg and changes the lining of your uterus to prevent a pregnancy from growing there. Possible side effects include irregular bleeding and weight gain. It does not protect from sexually transmitted infections.

**THE IUD (INTRAUTERINE DEVICE)** ...is a small plastic device placed in the uterus. The IUD contains copper or hormones that keep sperm from joining an egg. IUDs may be kept in place for 5-12 years depending on the type of IUD. It does not protect from sexually transmitted infections.

OVER

## Client Information for Informed Consent

### EMERGENCY CONTRACEPTION PILLS (ECPs) (MORNING-AFTER PILLS)

ECPs help prevent pregnancy after unprotected vaginal intercourse. It may be that the condom broke. Or you didn't use birth control. Or you were forced to have sex.

A woman's body makes two hormones — estrogens and progestins. ECPs contain a progestin like the one made by your body. Certain birth control pills are also prescribed for emergency contraception. Some are progestin-only. Some combine both estrogen and progestin. Make sure you follow your clinician's instructions for taking them.

The hormone progestin helps to keep you from getting pregnant. It keeps eggs from leaving the ovaries. It makes cervical mucus thicker. This keeps sperm from getting to the eggs. In theory, ECPs could prevent a fertilized egg from attaching to the lining of the uterus. But that has not been proven.

Start your ECPs as soon as possible. The sooner you start, the better. Use them every time you have unprotected sex. ECPs reduce the risk of pregnancy by 75-89 percent if started within the first 72 hours after intercourse. They reduce the risk of pregnancy if started up to 120 hours – five days – after unprotected intercourse. You may ask for ECPs when you need them, or you may get them in advance. Getting them in advance will let you take them as soon as possible if you ever need to.

ECPs will not end a pregnancy. Don't use them if you are already pregnant. If you're not sure, you may want to have a pregnancy test. If you are pregnant, or if you become pregnant after taking ECPs, there is no evidence that they will harm the pregnancy.

Women who take ECPs do not seem to have the risks associated with combined hormone birth control pills. These rare but serious risks include blood clots, heart attack, and stroke. In fact, many experts believe that ECPs are so safe they should be available over the counter for all women no matter their age.

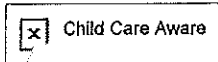
Possible side effects clear up quickly. They include

- dizziness, headaches, breast tenderness
- nausea
- vomiting — rare for progestin-only ECPs
- bleeding between periods — rare for progestin-only ECPs

Taking ECPs can affect your next period. It could be early or late, lighter or heavier, or shorter or longer. Or it could be the same as usual. You're more likely to have problems with your next period if you use ECPs more than once during your cycle.

There are two other options. The copper IUD (intrauterine device) can also be used for emergency contraception. It reduces the risk of pregnancy if inserted within five days of unprotected intercourse. It may also be left in place for ongoing contraception. Or you can choose to "wait and see." We are happy to discuss all your options with you.

OVER



Printed on *Child Care Aware* (<http://childcareaware.org>)

[Home](#) > 5 Steps To Choosing Care

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## 5 Steps To Choosing Care

### Start Early

Start looking as far in advance as you can. No matter what type of care you are considering - a child care center or care in someone else's home - finding the right child care option can take some time.

### Make a Call

Begin your search by calling your local experts - your Child Care Resource and Referral (CCR&R) agency. CCR&Rs can give you the facts about child care, and a list of child care options in your area that may meet your needs. In addition to what is in this brochure, make sure to ask your CCR&R:

- What are the licensing requirements in my area?
- How can I get information about complaints and licensing violations?
- Does my family qualify for any child care financial assistance programs?

### Visit and Ask Questions

Visit the child care options you are considering. Find out about these key indicators of quality:

- **Adult to Child Ratio.** Ask how many children there are for each adult. The fewer the children for each adult, the better for your child. You want your child to get plenty of attention. The younger your child, the more important this is. Babies need an adult to child ratio of no more than 1:4 (one adult for four infants), while four-year-olds can do well with a ratio of 1:10 (one adult for 10 children).
- **Group Size.** Find out how many children are in the group. The smaller the group, the better. Imagine a group of 25 two-year olds with five adults, compared to a group of 10 with two adults. Both groups have the same adult to child ratio. Which would be calmer and safer? Which would be more like a family?
- **Caregiver Qualifications.** Ask about the caregivers' training and education. Caregivers with degrees and/or special training in working with children will be better able to help your child learn. Are the caregivers involved in activities to improve their skills? Do they attend classes and workshops?
- **Turnover.** Check how long caregivers have been at the center or providing care in their homes. It's best if children stay with the same caregiver at least a year. Caregivers who come and go make it hard on your child. Getting used to new caregivers takes time and energy that could be spent learning new things.
- **Accreditation.** Find out if the child care provider has been accredited by a national organization. Providers that are accredited have met voluntary standards for child care that are higher than most state licensing requirements. The National Association for the Education of Young Children (NAEYC) and The National Association for Family Child Care (NAFCC) are the two largest organizations that accredit child care programs.

### Make a Choice

Think about what you saw at each visit, and make the best choice for your child and family.

### Stay Involved

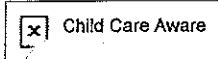
The work isn't over when you find good care for your child. You and your child's caregiver are partners now.

Here are some ways to be involved:

- Have parent-caregiver meetings regularly, and ask questions.
  - Offer to volunteer time when needed, like participating in clean up days, fixing broken toys.
  - Be there for your child's birthday party.
- Visit your child at child care and read a book aloud.

PPCC-3





Powered on *Child Care Aware* (<http://childcareaware.org>)

[Home](#) > Choosing Child Care

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## Choosing Child Care

More and more, research tells us that our children's healthy development depends on safe and positive experiences during the first few years of life. If you are a parent who works during these early years, choosing good child care is one of the most important decisions you will ever make for your child.

To help you make the right choice for your child, researchers have identified 13 research-based guidelines to think about when choosing a child care program.

You might want to visit several different child care programs, either centers or family child care homes, before you decide which one is best for your family. Call each child care program and schedule an appointment for your visit. Once you are there, stay for at least an hour to watch activities, check the surroundings, and ask questions. The checklist below provides a place for you to note which guidelines are met. Research shows that if a program follows guidelines, it is more likely to be a safe and healthy place for your child. Your state or county may have other guidelines to help ensure health and safety in child care programs.

Considering these guidelines can help you find a place where you feel comfortable leaving your child.

### Supervision

- Are children supervised at all times, even when they are sleeping?
- How do the caregivers discipline children? (Hint: Discipline should be positive, clear, consistent, and fair.)

### Handwashing and Diapering

- Do all caregivers and children wash their hands often, especially before eating and after using the bathroom or changing diapers?
- Is the place where diapers are changed clean?
- Do caregivers always keep a hand on the child while diapering?
- Do caregivers remove the soiled diaper without dirtying any surface not already in contact with stool or urine?
- Do caregivers clean and sanitize the surface after finishing the changing process? (Hands should be scrubbed with soap and warm running water for at least 20 seconds and then rinsed and dried. The water faucet should be turned off with a paper towel.)

### Director Qualifications

- Does the director of a child care center have a bachelor's degree in a child-related field?
- Has the director worked in child care for at least two years?
- Does the director understand what children need to grow and learn?

### Lead Teacher Qualifications

- Does the lead teacher in a child care center have a bachelor's degree in a child-related field?
- Has the teacher worked in child care for at least one year?
- Does the teacher give children lessons and toys that are right for their ages?

- Is the playground regularly inspected for safety?  
Is the playground surrounded by a fence?  
If there is a sandbox, is it clean?
- Are the soil and playground surfaces checked often for dangerous substances and hazards?
- Is equipment the right size and type for the age of children who use it?

**Produced by:**

National Resource Center for Health and Safety in Child Care (1-800-598-5437)  
University Of Colorado Health Sciences Center at Fitzsimons  
Campus Mail Stop F541, PO Box 6508, Aurora, CO 80045 - 0508

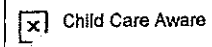
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U.S. Department of Health and Human Services  
Office of the Assistant Secretary for Planning and Evaluation and Maternal and Child Health Bureau  
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## Evaluating Providers

The following points are good ways to measure the quality of a child care home or center.

### Caregivers/Teachers

- Do the caregivers/teachers seem to really like children?
- Do the caregivers/teachers get down on each child's level to speak with the child?
- Are children greeted when they arrive?
- Are children's needs quickly met even when things get busy?
- Are the caregivers/teachers trained in CPR, first aid, and early childhood education?
- Are the caregivers/teachers involved in continuing education programs?
- Does the program keep up with children's changing interests?
- Will the caregivers/teachers always be ready to answer your questions?
- Will the caregivers/teachers tell you what your child is doing every day?
- Are parents' ideas welcomed? Are there ways for you to get involved?
- Do the caregivers/teachers and children enjoy being together?
- Is there enough staff to serve the children? (Ask local experts about the best staff/child ratios for different age groups.)
- Are caregivers/teachers trained and experienced?  
Have they participated in early childhood development classes?

### Setting

- Is the atmosphere bright and pleasant?
- Is there a fenced-in outdoor play area with a variety of safe equipment? Can the caregivers/teachers see the entire playground at all times?
- Are there different areas for resting, quiet play and active play? Is there enough space for the children in all of these areas?

### Activities

- Is there a daily balance of play time, story time, activity time and nap time?
- Are the activities right for each age group?
- Are there enough toys and learning materials for the number of children?
- Are toys clean, safe and within reach of the children?

### In General

- Do you agree with the discipline practices?
- Do you hear the sounds of happy children?
- Are children comforted when needed?
- Is the program licensed or regulated?
- Are surprise visits by parents encouraged?
- Will your child be happy there?

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PPCC-5

# Child Care Centers

Child Care Centers care for children in groups. All states require centers to be licensed. The definition of licensed child care varies by state or territory.

Licensing does not insure quality but it does set minimum health, safety and caregiver training standards which centers must maintain. All states inspect centers at least once a year.

Parents choose centers because they believe that larger groups, multiple caregivers and state inspections make programs safer for their children and make the arrangement more dependable. They respect the reputation of the child care program or the institution sponsoring the program.

PPCC-6

## In-home Caregivers

In-home caregivers provide care for children in the child's home. They include live-in and live-out nannies and housekeepers. Most states do not regulate in-home caregivers, but some states regulate nanny-placement agencies. Many states do, however, require in-home caregivers receiving child care subsidy payments to be screened through a criminal history check and/or child abuse and neglect clearance. A few require minimal training in health and safety.

### *Why Do Parents Choose In-home Caregivers?*

Parents choose in-home care because they believe their children will be safer and more secure in their own home. They believe that if they employ the caregiver to work in their home, they have more control over the care their children will receive.

Some parents find in-home care is a more convenient arrangement for the family and it may provide more flexibility. If there are several children involved, they may find that in-home care is not significantly more expensive than other forms of care.

PPCC-6

Your Child's Age: **Baby**

All About Babies - Newborn - Bathtime

**Newborn**

**3-6 Months**

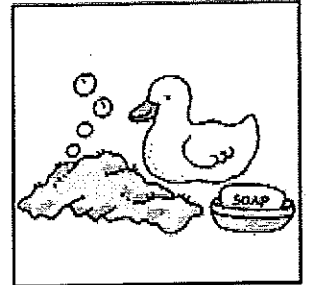
**6-12 Months**

**Articles About Your Baby**

- Bathtime
- Mealtime
- Playtime
- Sleepytime
- Growing and Changing Out in the World
- Keep It Safe
- Crying and Comforting On the Changing Table

**Bathtime ~ Newborn**

Check with your pediatrician about how often your baby should be bathed. Most new babies do not need a bath everyday. Instead of a bath you can "top and tail" her by gently washing her scalp with a washcloth and thoroughly cleaning her diaper area.



Plan when you give your baby a bath. Have everything you will need close at hand. Decide where you will place your baby for drying and dressing. Have everything ready before you begin, because first baths make many new parents nervous. Some parents are more confident, so find your own comfort level. Getting used to the feel of your baby takes a little time. Wait until you feel ready to hold her, when she's slippery with soap and water.

Babies are bathed in different settings--bathroom or kitchen sinks, baby bathtubs on the floor, a large pan of water on a table, or the family bathtub. Find the place that is most comfortable for you.

Always, always, always keep your hands on your baby during your bathtime. Let the phone and doorbell ring!



Be sure to check the water temperature carefully. Test the temperature by dipping your elbow into the water. If it's OK for you, then it's OK for your baby. New babies have sensitive skin and can't tolerate water that is too warm. Water that is too cold is shocking and uncomfortable for them as well.

Many babies love bathtime from the beginning. Don't be discouraged if your baby doesn't. It may take some time for her to get used to this new experience. She'll be unwrapped and exposed, and water is a new sensation. Be patient and help her grow into the experience.

New babies don't need bath toys; there is time ahead for rubber ducks and boats. A warm, loving, comfortable introduction to the pleasures of water and bathtime is all they need. Your loving smile, supportive hands, and gentle voice are the "bath toys" for now.

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PPCC-7

Your Child's Age: 

All About Babies - 6-12 Month Old - Bathtime

Newborn

3-6 Months

6-12 Months

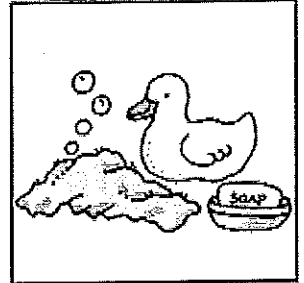
## Articles About Your Baby

[Bathtime](#)[Mealtime](#)[Playtime](#)[Sleepytime](#)[Growing and Changing](#)[Out in the World](#)[Keep It Safe](#)[Crying and Comforting](#)[On the Changing Table](#)**Bathtime** ~ 6-12 Months

For your baby, bathtime is more than just getting clean. It can be great fun for some babies. They love the water, some bathtime play, gentle splashing, and your enthusiastic pleasure.

After a busy day, a warm bath can be a relaxing beginning to a bedtime routine. Your baby will know that day is drawing to a close when bathtime comes at the same time of the day.

Your baby may enjoy a few toys at bathtime now. Ducks and boats are a great way to begin. Pour water for her to "catch" and show her how to splash!



Some babies still don't like bathtime and are uneasy in the water. Respect your baby's feelings and continue to make bathing as comfortable, pleasant, and short as possible. She may need more experience before she likes bathtime.

Continue to keep bathtime safe by having everything ready before you begin. Always stay with your hands by your baby. Ignore the phone and doorbell and any other household distractions. Rubber bath mats and infant bath seats add safety and security to bathtime. Use what works best for your situation to reduce slips and slides.

Keep your bath toys in an open container or mesh bag and dry them after each use to prevent mold and mildew. Bath toys do need to be replaced from time to time.

Some parents enjoy taking a bath with their baby, some do not. When both of you feel so inclined, give it a try.!



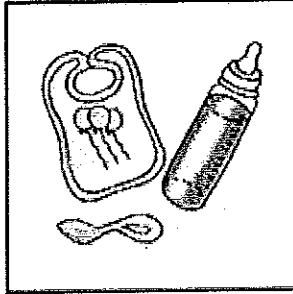
Your Child's Age: **Baby**

All About Babies - Newborn - Mealtime

**Newborn**   **3-6 Months**   **6-12 Months**

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**Mealtime** ~ Newborn

You will spend a time and energy feeding your new baby. Whether you bottle or breast feed, your baby needs to eat frequently to sustain her rapid growth during these early months.

You and your baby are new partners, and it will take a little time to learn your baby's style--how much, how fast, how often to burp, and how to have a comfortable feeding position for both of you. You'll

learn this fairly quickly. A hungry new baby gives you lots of practice! The decision to bottle or breast feed is personal. Whatever you decide, try to involve both parents in this part of your baby's life. For nursing babies, a relief or water bottle can be given by Dad or other family member.

Most babies don't have solid food during this time. Rely on your pediatrician to keep track of your baby's growth and help you plan when to introduce solids.

Some days babies are more hungry than usual and some days less. They may be having a growth spurt or simply want less food. Food needs tend to vary during this time. Respond to your baby as needed.

Regular and gentle burping helps your baby expel air that can make her uncomfortable after feeding. Be sure to help her!

A baby's digestive system is new and needs some time to get going smoothly. Be prepared for gastric upsets that may make your baby uncomfortable. Help her through the discomfort. Gradually she will settle into a mealtime routine, schedule, and position that works for her. As she gets older and her digestive system matures, these upsets will diminish.

As your baby grows she will be able to go longer between feedings. This process takes awhile, but eventually that tiny tummy will be able to hold enough nourishment to enable her to sleep a longer time at night.



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Your Child's Age: **Baby**

All About Babies - 6-12 Month Old - Mealtime

Newborn

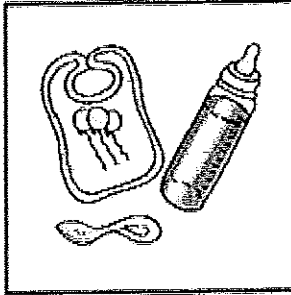
3-6 Months

6-12 Months

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## Mealtime ~ 6-12 Months



By now your baby is eating solid food and is learning what to do with food and how to actually swallow it. Pureed foods will be followed by chunkier ones and small pieces of finger food. Eventually your baby will be sharing most items in your family's diet. Your pediatrician will supervise the introduction of each type and amount of food depending on your baby's growth and nutritional needs.

Your baby will begin to feed himself. Have two spoons ready at mealtime--one for your baby to enjoy eating with and one for you to actually get the food to his mouth. A large supply of sponges and a sense of humor also come in handy!

As soon your pediatrician gives you the go ahead, feel free to introduce finger foods--small pieces of food that he can pick up and get into his mouth on his own. This gives him a wonderful experience developing his coordination and a great triumph of independence and success. Your baby has his own appetite and stomach. It's impossible to know how hungry another person is. Respect his decision to stop eating, when he is ready. If you have concerns about the amount he eats, talk with your pediatrician.

Continue to introduce foods one at a time to assess any allergic reactions and to give your baby an opportunity to get used to a new flavor and texture. Wait a while and then try foods your baby rejected another time. He may come to like them the second time around.

As your baby becomes stable sitting up and can sustain an upright position, you will be ready to move him to a high chair. Always, always, always use the seat belt provided on your high chair to keep him safe.

Your baby's high chair can help him gradually become part of the family dinner hour. You might feed him first and then give him some finger foods on his tray to occupy him while you have your dinner.

Don't forget to include your baby in the dinnertime conversation! Mealtimes are wonderful for talking about what's happening, and helping your baby learn the names of his food and utensils. Your time in the kitchen together helps his language development.



Your Child's Age:

All About Babies - Newborn - Playtime

**Newborn**   **3-6 Months**   **6-12 Months**

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- [Keep It Safe](#)
- [Crying and Comforting On the Changing Table](#)



**Playtime ~ Newborn**

You are your baby's first and best "toy". Being with you is pleasurable-- looking at your face, feeling your warmth and comfort, hearing your voice, and recognizing your scent are all opportunities for your baby to get to know you. So play lots together and enjoy getting acquainted.

A few simple toys are all you need during these first months as your baby begins to focus and notice the world around her. A rattle, some plastic rings, a hanging mobile--all begin to attract her attention.

After a few months, you'll be able to play more actively with your baby. Try dancing in a circle to your favorite music. Or move her gently through the air like an airplane. Find ways of moving together that you both enjoy.



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Your Child's Age: **Baby**

All About Babies - 6-12 Month Old - Playtime

**Newborn**   **3-6 Months**   **6-12 Months**

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[Playtime](#)

[Sleepytime](#)

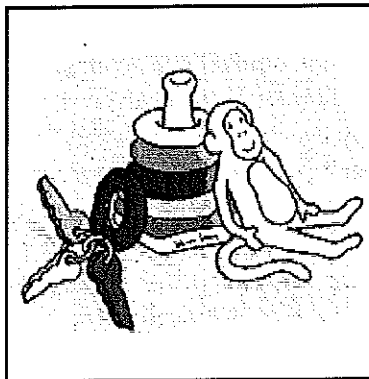
[Growing and Changing](#)

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## Playtime ~ 6-12 Months

It's true that play is baby's work. Playtime is everyday, all day, everywhere, and anywhere! Your baby is ready, full of energy, and acquiring new skills all the time. Play helps him learn about the world and make sense of what's going on around him. At the same time, your baby is developing his motor and language skills.

Your baby can now play on his own with you close by. Place a few toys he enjoys within easy reach and watch him go! Your presence and encouragement will go a long way!

Your baby also needs you to play with him to show him how things work, to describe what is happening, and to deepen his involvement with the activity. When you play together with your baby, he will get more involved and play longer. So join in the fun!

Your baby's eagerness to play can be a part of your everyday care of him. Be playful with him. Your repertoire of songs, nursery rhymes, finger plays, silly faces and noises, as well as a few toys in your diaper bag come in handy when he is upset and in need of distraction.

Your baby is fascinated that objects disappear and reappear. After all, he is trying to figure out where you are when you are not with him and whether or not you will be back! This is prime time for peek-a-boo games of all sorts. Use your hands, a scarf, a stuffed toy. Cover your face. Cover your baby's face if he's comfortable. You'll have a great time playing peek-a-boo wherever you are!

Your baby needs toys that he can hold on his own, toys that demonstrate cause and effect, and toys that he can begin to stack and manipulate. Soft cuddly toys are wonderful to hold and play with as well.

A few toys at one time are all your baby needs. If he seems to lose interest in a toy, put it in the closet, and let some time go by. When you bring it out again, your baby may find it exciting to explore with his new skills.

Look around you for wonderful everyday items for your baby to play with. Pots, pans, plastic containers, wooden spoons, or an old pocketbook make great playthings. Also check for rough or sharp edges. Show him how to put things in the purse or bang on pots and he is on his way! Keep a few different-sized, colorful balls in your toy collection. Roll one to your baby and encourage him to "catch" it. At first, this might be simply touching the ball. Eventually his hands will find it. Before long he will even roll it back! Encourage your crawling baby by rolling the ball slightly beyond him. He'll be on the move to get it!

A large inflatable beach ball offers lots of fun. Roll it to your baby, and he will reach out to its bright colors and appealing shape and size. Use it as a drum to tap on. Toss it up and watch him crawl to get it! Place your baby, tummy down, on the ball and roll him gently back and forth. Be



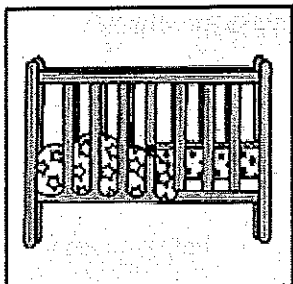
Your Child's Age: Baby

All About Babies - Newborn - Sleepytime

**Newborn**   **3-6 Months**   **6-12 Months**

**Articles About Your Baby**

- [Bathtime](#)
- [Mealtime](#)
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- [On the Changing Table](#)



### Sleepytime ~ Newborn

New babies sleep many hours every day although the number of hours varies for each baby. Get to know your baby and begin to pay attention to when and how long he sleeps. Gradually a pattern emerges and life becomes more predictable.

Babies should be put on their backs with no pillows or bedding around them. Some like to be swaddled when they are very young to feel more safe and secure. New babies don't know the difference between night and day. You will be helping your baby learn the difference. Begin now by keeping nights dark and quiet. Very slowly and gradually babies learn this important distinction. Meanwhile, expect to be up frequently with your days and nights merged together.

Pick up or let cry? Always pick up a new baby who is distressed, so you can comfort her and figure out what she needs. You want her to know that you are there for her!



**JUST FOR YOU!** Parents need sleep, too! If you are worn out and exhausted, it will be harder to care for your baby during your many hours together. If you can, sleep or nap when she does. Have other family members or a friend care for her so you can rest. Find ways to relax--a hot bath, a magazine, a cup of tea, or your favorite TV show. Although you can expect to be tired as you adjust to parenthood, try to stay as rested and relaxed as you can.

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Try to put your baby in her crib when she is still slightly awake. Sometimes she may fall asleep while eating or being rocked. But, if you do frequently put her to bed when she is still slightly awake, she will gradually learn to go to sleep on her own.

Put your baby to sleep on her back or side. But don't be surprised if she wakes up on her stomach in another part of her crib!

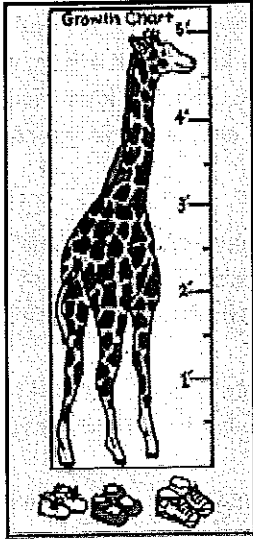
Your Child's Age: **Baby**

### All About Babies - Newborn - Changing and Growing

**Newborn**   **3-6 Months**   **6-12 Months**

#### Articles About Your Baby

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### Changing and Growing ~ Newborn

Your new baby is here, and it is time to get to know each other. Babies differ greatly in temperament, and you learn who your baby is as the days go on. Your baby's temperament will influence your first days as a parent. An easy-going baby who sleeps a lot is different from a sensitive, hard-to-settle baby who seems to hardly sleep at all. Enjoy the baby you have!

Your baby grows and changes dramatically during these first months. Your pediatrician, who knows your baby's physical development best, will monitor weight gain and feeding schedules. Before you know it, you baby will be eating larger amounts and become a more filled out, rounded version of his newborn self!

Some babies begin to sleep for longer periods of time by the end of these first few months. Others need more time and help from you. Your baby's potential for longer periods of sleep at one stretch is increasing, and a more predictable routine is on its way.



Your baby begins to know you and to respond to faces, voices, and outside stimulation. However, he will still be able to sleep through almost anything and can nap wherever he is. It takes time for your new baby's digestive system to settle in. Discomfort diminishes, and mealtimes will become easier and more pleasurable for both of you.

Your baby's first smile! Here's the best change of all, and it happens in these early months. One day he will look at you and smile. You will know that you are well on your way as a new parent.

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Your Child's Age: Baby

**All About Babies - 6-12 Month Old - Growing and Changing**

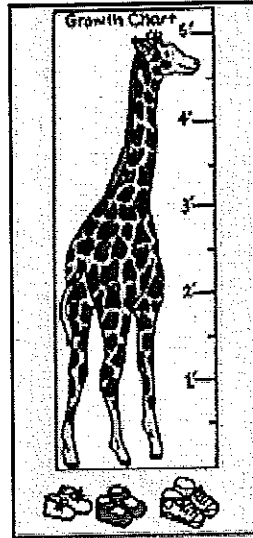
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**Growing and Changing ~ 6-12 Months**

Your baby is in love with the world! Everything is new and exciting, and there is so much to explore and discover. As part of your daily routine, enjoy going out every day for fresh air, a change of scene, and an introduction to all the world has to offer.

Babies don't need fancy places. The "everyday" is fascinating! Look at the bright colors of fruit in the supermarket. Stop by a local garden or park. Watch children playing. Visit the pet store. Rediscover what's around you by sharing it with your baby.

Your baby feels safe and secure, if he's with you. However, he may be uneasy if a stranger, even a well-meaning one, approaches. Talk with your baby to let him know you are there. Be a buffer between him and anyone new.

Find a balance between time at home and time outside. Babies need both. Too much time away from home can be more stimulating than your baby can handle. Time in his comfortable, familiar surroundings may be what he needs.



Keep your equipment--stroller, carrier, or car seat--in good repair and packed with what you need for your day's excursion. Be prepared for a spontaneous decision to stay out longer, visit a friend, or stop for a "picnic."

When your baby wakes at night, make sure she is OK. Then help her back to sleep by doing as little as possible--rub her back or sit quietly. Keep the room dark and quiet, settle her down and gently communicate that nighttime is for everyone to sleep.

Try to keep your child's crib as her place for sleeping. Use other parts of your home for play areas.

Your Child's Age: Baby ▾

All About Babies - Newborn - Keep it Safe

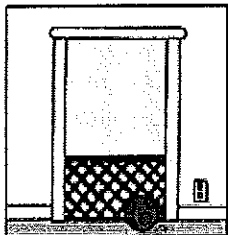
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**Keep it Safe ~ Newborn**

Think safety from the beginning! Keeping your baby healthy and safe is a major part of being a parent. Check with your pediatrician for what warrants a call to the doctor. Find out what your doctor wants you to have in your home for medical emergencies and learn which emergency room you would use in case you need one.

Now is a good time to prepare emergency information for anyone who stays with your baby-- even if it's a family member. Include your pediatrician's name, address, phone number, and all other emergency locations. Leave money and directions for someone to get there.

Always, always, always--use a car seat for your baby when you travel. Be sure it is the correct type for a young infant and that it is properly installed. Be an educated consumer when buying or renting a car seat.

Even though your baby is not yet moving, get into the habit of always having a hand on her when she is on the changing table. Be especially careful around water including her bath. Your baby's skin should not be overexposed to the sun. Use carriage hoods, hats, stroller umbrellas and whatever you need to keep your baby protected. Check with your pediatrician for other suggestions.

Keep your baby away from the edge of the bed. If you bring your baby into your bed, be cautious about blankets, quilts, and pillows. Never leave her unattended.

Consider taking an Infant-Toddler CPR course to be prepared for emergencies. You will be spending a lot of time during the coming years with young children. It may give you peace of mind to know that you are prepared.!



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Your Child's Age: 

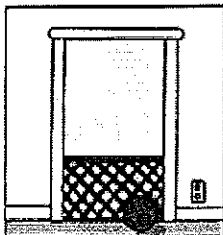
## All About Babies - 6-12 Month Old - Keep It Safe

Newborn

3-6 Months

6-12 Months

## Articles About Your Baby

[Bathtime](#)[Mealtime](#)[Playtime](#)[Sleepytime](#)[Growing and Changing](#)[Out in the World](#)[Keep It Safe](#)[Crying and Comforting](#)[On the Changing Table](#)**Keep It Safe** ~ 6-12 Months

Your baby is on the move and needs you to watch her at all times.

Now is the time to child-proof your home totally! Look at the world from your baby's point of view. Remove anything within her reach that could become a problem. Remember that many things will end up in her mouth. Be especially vigilant of tiny items on the floor. As she pulls herself up, remove anything not strong enough to support her. Check with your pediatrician's office for a full baby-proof guide.

Your baby will be learning to stand during this time. Be sure to lower her crib mattress as far as it goes!

If the doorbell rings, or you must do something that takes you away from your baby, you will need a safe spot to put her down. A playpen or gates to keep her in a safe room will help. In a pinch, you can always use her crib.

Always, always, always use a car seat, protection from the sun, and seat belts in strollers and high chairs. No matter how much she protests, safety can never be compromised. Use blanket sleepers rather than pillows and covers.

Babies put many things in their mouths including their toys. Wash their toys regularly without becoming too worried about dirt and germs. Again, your pediatrician can guide you. Update your emergency information regularly so that anyone who cares for your child has it available.



## Independent Living Skills Module V

### PREGNANCY AND HEALTH SKILLS

#### SKILL ASSESSMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team, try to answer each of the questions as honestly as possible. After completing this independent living skill assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know about this</i>	<i>I need to know more about this</i>	<i>I know about this</i>
1. Understand why early and regular pre-natal care (going to the doctor is important for a healthy normal baby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Understand that on the first visit to the obstetrician, he/she will ask for the mother's complete medical history and father's history, if known.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Understand why the doctor will ask the patient questions about herself and father, if they smoke, drink, take any medications/drugs, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Understand why the obstetrician will monitor a woman's weight during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Understand how the doctor can estimate when the baby will be born.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Understand why it is so important for the mother-to-be to go to the doctor/clinic for regularly scheduled check-ups.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Understand why a woman must immediately report to the doctor any unusual pain, bleeding, or swelling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Understand what physical changes will occur in a woman's body during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Understand why it is normal for a woman to experience many different emotions (joy, fear, pride, sadness, guilt, etc.) during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Understand why it's important for a woman to talk about these feelings with someone she trusts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Understand why some exercise is good for a mother-to-be and her baby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Know that schools have special programs for pregnant teens.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Know where to go to get free or low-cost pregnancy testing and pre-natal care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## Independent Living Skills Module V

### PHYSICAL AND HEALTH CARE

#### SKILL ASSESMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team, try to answer each of the questions as honestly as possible. After completing this independent living skill assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know about this</i>	<i>I need to know more about this</i>	<i>I know about this</i>
1. Know why babies look blue for the first few days of live.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Know why a baby will have a soft spot on top of his/her head.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Know that newborn babies have an inch or more of umbilical cord still attached after birth and that it will turn black and fall off by itself in the first 2 weeks of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Know that it is normal for both boy & girl babies to have swollen breasts & genitals for a few days after birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know why a newborn human being is very helpless and depends completely on his/her parents or other caregivers for survival.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know what happens to a baby's weight during the first 2 or 3 days after birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know why newborn babies, even when not crying will hiccup, shake and startle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Know why parents should keep track of their babies' bowel movements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Know what babies are able to do at birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Know when babies can see clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Know what foods newborn babies can digest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Know how to dress babies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Know when parents can put their babies in bath water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Know why babies look blue for the first few days of live.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Know why a baby will have a soft spot on top of his/her head.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Independent Living Skills Module V

36. Know the names and schedule of vaccinations given to babies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Know how to determine if a baby is sick and when a call or visit to the doctor is necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Know how and when to burp a baby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Now that we have established that a baby will depend completely on his/her parents at all times, let's learn about what is involved in caring for a newborn.*

### CARING FOR YOUR NEWBORN

In this section we will focus on skills necessary to care for your newborn, such as feeding and burping. The "Responding to Your Child's Needs" section in this module focuses on parenting and child development of infants, toddlers and children.

#### Section I: Feeding

##### Breast-Feeding

As we discussed previously, while bottle-feeding will be fine, breast-feeding has certain advantages.

- Breast milk is the most natural food for babies
- It is easier for babies to digest.
- It has all the nutrients needed by an infant.
- It may protect against the development of allergies.
- It provides temporary protection against many diseases an infant might contract.

If you have made the decision to breast-feed, take a look at the following information.

- Talk to your doctor or nurse about how to best prepare yourself for nursing.
- Once the baby is born, you should wear nursing bras that provide you with sufficient support as nursing mothers have large and engorged breasts. Nursing bras make breast-feeding easier because of the design of the bra.
- It will take an average of three to six days after the baby is born until the milk comes in. During this time babies will feed on Colostrum liquid that is released from the breasts prior to the mother's beginning to produce milk. Colostrum has wonderful nutrients for the baby.

## Independent Living Skills Module V

### PHYSICAL AND HEALTH CARE

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- It will take an average of three to six days after the baby is born until the milk comes in. During this time babies will feed on Cholestum liquid that is released from the breasts prior to the mother's beginning to produce milk. Cholestum has wonderful nutrients for the baby.

## **FAMILY PLANNING CLINICS – CONNECTICUT**

Planned Parenthood of Connecticut is the grantee for State of Connecticut family planning funds. The family planning clinics provide reproductive health care services for males and females, including clinical exams, contraception information and prescriptions, emergency contraception, pregnancy testing and counseling, STD and HIV testing and counseling, and other reproductive health services. Some sites provide pregnancy termination services. To find your closest clinic, call (800)230-7526, (800-230-PLAN) and your call will be routed to the closest Planned Parenthood health center. Or go to the Planned Parenthood website.

In addition to addressing medical needs, you also have to learn how to take care of your baby's physical needs.

**Changing Diapers**

It is important to change a baby regularly for his/her comfort, health, and to avoid diaper rash. A baby's skin is very delicate and needs to be clean and dry. Therefore, you should change your baby as soon as he/she wets or soils the diaper. A newborn baby needs to be changed approximately 10 to 12 times a day. After the baby is born, his/her first bowel movement will consist of a black-green substance called Meconium. After that it will change to regular bowel movements that are yellow/brown. Most caregivers use wipes to clean the baby and ointment, such as Desitin or Balmex, to prevent diaper rash.

Note to fathers: Changing a baby's diaper is as much your responsibility as it is the mother's. By helping to change the baby, you contribute to your child's health and well being. It is a misconception that changing a baby is a woman's task. Most fathers these days share that responsibility.

**Choosing the Right Kind of Diaper**

There are two kinds of diapers available: cloth and disposable. Let's look at the pros and cons of both so you can decide which kind best meets your preferences and needs.

	<b>Cloth</b>	<b>Disposable</b>
+	They are reusable, therefore, cheaper and good for the environment.	They are easy to use, practical, and great for travel.
-	They need to be washed and are not as practical, particularly when you travel.	They are expensive and not good for the environment.

**ACTIVITY**

Evaluate the information above and choose which kind of diaper will best meet your needs.

My choice is \_\_\_\_\_ diapers because \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ACTIVITY**



Practice giving a sponge bath to a doll. Also, make sure to ask the nurses in the hospital to show you how to wash your baby.

### THE TUB BATH

You can give your older baby a bath in a regular tub, a baby tub or the kitchen sink. Parents usually prefer a smaller tub because it is easier. Whatever type of bath, remember to be prepared ahead of time.

You will need:

- Towel
- Washcloth
- Soap
- Shampoo
- Pajamas
- Diaper
- Ointment

**Never leave your baby unattended in any kind of tub, not even for a few seconds!**

The symptoms of <b>POLIO</b> are:	Fever, headache, upset stomach, sore throat, muscle pain and stiffness
The symptoms of <b>HIB</b> are:	Fever, headache, stiff neck, convulsions, and severe sore throat.
The symptoms of <b>MEASLES</b> are:	Fever, red spots, chills; can lead to pneumonia and brain damage.
The symptoms of <b>RUBELLA</b> are: (German Measles)	Slight fever and rash.
The symptoms of <b>PERTUSSIS</b> are: (Whooping Cough)	Coughing fits; can lead to pneumonia.
The symptoms of <b>TETANUS</b> are: (Lockjaw)	Muscle aches, headaches, breathing and heart problems.
The symptoms of <b>DIPHTHERIA</b> are:	Sore throat, fever, chills and blocked windpipe.
The symptoms of <b>HEPATITIS B</b> are:	Acute fever, loss of appetite, nausea, and malaise (feeling awful), muscle aches, sometimes a rash in young children.
The symptoms of <b>VARICELLA</b> are: (Chicken Pox)	Generalized rash and mild fever.
*Ask your doctor for advice regarding the need for immunizations for flu, typhoid, yellow fever and other diseases.	

### HEALTH CARE SCHEDULE

Regular medical appointments are very important to a child’s health. Most doctors follow the Project Good Health Medical Protocol and Periodicity Schedule for regular check-ups.

#### DOCTOR’S VISITS

Preparing yourself and your child for a visit to the doctor can make the appointment more pleasant and productive. Consider the following preparations for regularly scheduled medical appointments.

- Explain to your child what the visit is for and what will happen so the child won’t be frightened.
- Prepare questions for the doctor ahead of time.
- Provide information on the child’s past illnesses, family history and behavior.

Wennel's daughter, 7-month-old Augusta, is teething. She is cranky and irritable. She is running a slight temperature and seems to be in pain. Her gums look slightly inflamed. What would you do?

What symptoms or conditions would prompt you to call the doctor?

You and your doctor will have a better relationship if you can talk things over and understand each other's concerns.

When you notice any of the following symptoms, you must call your doctor:

- Any severe fall
- Head injury
- Prolonged vomiting and/or diarrhea
- Rash in or around diaper area that doesn't clear up
- Blood in urine or stool
- Cold or flu symptoms (cough, runny nose, fever, rash)
- Fever
- Unexplained swelling of joints, glands, or in any other body areas
- Noticeable changes in eating or sleeping habits, skin color, body temperature or bowel/bladder routines
- Continual pulling on ears or rubbing eyes
- Rashes
- Sores in mouth or white coating on tongue
- Sudden or repeated episodes of crying, crankiness or moodiness.

**Remember to be extra alert for these symptoms until a child is able to talk and tell you where it hurts!**

## **YOUR MEDICINE CABINET**

You must also have certain medical supplies in a safe place (a place that is out of reach by a child) to respond to first aid needs or to take care of a minor illness.

### **FEVER THERMOMETER**

If your child has a temperature, you should always contact your doctor as it is an indication of illness and/or infection. Doctors often recommend that you give the child medication to lower the child's temperature. If you cannot reach your doctor, you still may want to give your child medication, carefully following the directions on the label to bring down his/her temperature. For babies under age two, your pediatrician will have to decide how much medication is appropriate.

Particularly high fevers can be very dangerous to babies and children as they can cause convulsions. If your child has a high fever, over 104 degrees, you must contact your doctor or hospital immediately. Also don't over dress your baby if he/she has a high temperature. Since the goal is to reduce his/her body temperature to normal, too many clothes will do the opposite and add warmth.

***DO NOT PUT A BABY/CHILD WITH A FEVER IN A COLD/LUKE WARM BATHTUB AS HE/SHE MAY GO INTO SHOCK!***

**ACTIVITY**

Visit your drugstore and obtain children's fever medication. Read the directions carefully and fill out the chart below.

AGE	Dosage	How Often
0-6 months		
6 months-12 months		
12 months-24 months		
2-3 years		
3-4 years		

**SYRUP OF IPECAC**

Syrup of Ipecac is used incase of poisoning or accidental indigestion of harmful substances. It causes the child to vomit. (For more information refer to the poisoning/safety section). But, do not use Syrup of Ipecac unless you have contacted your pediatrician or the Poison Information Center and they instructed you to do so!

**ACTIVITY**

Visit your drugstore and obtain Syrup of Ipecac. Read the label and directions carefully and record your findings in the box below:

**BANDAIDS-TWEEZERS-GAUZE PADS-TAPE-ANTISEPTIC LOTION OR CREAM**

Minor cuts and scratches must be washed with soap and water. You may want to use an antiseptic cream prior to covering the cut/scratch with a Band-Aid. You must contact your doctor for larger cuts and wounds, or cuts on the face or close to the eyes.

Rash				
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- Most toys are labeled for ages of children. Before buying a toy, check to see if it is age appropriate.
- Do not allow your child to play with electrical toys that have frayed or loose wires. These toys should be thrown away if repairs would cost too much. Check to make sure that all electrical wiring states **UL Approved**.
- Toys with sharp points, jagged edges and rough surfaces are extremely dangerous. Don't buy them!
- If your child is on a riding toy, keep him or her away from stairs, porches, cars and pools.
- Check all toys to make certain that they do not have small detachable parts that could be swallowed or get stuck in your child's throat, nose or ears.

*Check All Toys for These Hazards*

- Sharp spikes or pins that have become exposed if your child has pulled the toy apart.
- Long cords or strings on toys. If the cord is longer than 12 inches, cut it shorter.
- Squeakers or other noise makers that are not attached to the toy and that could be removed and swallowed.
- Caps, guns and other toys that produce a very loud noise and could damage your child's hearing.
- Buttons, nuts, bolts and clamps that are loose.

**STIMULATING YOUR CHILD'S DEVELOPMENT**

As stated previously any kind of interaction that promotes the development of trust for your baby is very important. As your child grows, it's also essential to continue giving your child love and attention; this is how a happy, solid parent-child relationship builds. As your baby becomes more aware of the world around him, it is important to provide him with the opportunities to explore his world safely. For babies, this begins with his looking around. Once babies can hold up their own heads, it is important to provide them with an opportunity to see their world. Babies who were born prematurely, however often cannot lift up their head as early as full term infants. To assure that these babies will meet their developmental needs you may want to use early intervention services to learn how to help your child meet that need.

Use the chart below to keep track of activities and interactions that promote these kind of developmental milestones.

Type of interaction/activity	Frequency	Meets developmental need of:

**TOYS/PLAY**

Another important element of a child's development is toys and play. Too often, however, parents/relatives/friends go overboard in buying toys for infants and very young babies. Many of these toys will not contribute to a baby's development.

Young babies are stimulated by and interested in contrasts, such as black and white. Young babies also like mirrors and different textures. They like soft music. (Actually some psychologists believe that listening to classical music will positively impact a baby's intelligence and ability to learn.)

**But most of all babies like you!** They like to be held and study your face. They like to hear your voice when you speak to them, read to them and sing to them. These kinds of things are much more important than all the toys in the world!

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# DISCIPLINE

Infants and babies do not have any need for discipline. As stated earlier in this section, some people may think that it is important to put their children on a rigid schedule for eating and sleeping so that it will make life easier. Some believe that immediately responding to a baby's needs will spoil him. However, most people believe that children must develop their own schedules and that responding to your child's needs rather than spoiling them will provide them with a sense of security while creating a parent/child bond that will have positive effects for a life time.

## CHILDREN LEARN WHAT THEY LIVE

They learn to feel guilty.

If children live with tolerance,  
They learn to be patient.

If children live with encouragement,  
They learn confidence.

If children live with praise,  
They learn to appreciate.

If children live with fairness,  
They learn justice.

If children live with security,  
They learn to have faith.

If children live with approval,  
They learn to like themselves.

If children live with acceptance and friendship,  
They learn to find love in the world.

Dorothy Law Nolte



### **Learning and Exploration**

Older babies and toddlers have to learn many new skills to become more independent. They will have to be confident enough to explore new things and try to accomplish new tasks. It is important for parents to allow children to explore while always accommodating safety needs. It is equally important to provide an opportunity for your toddler to get reassurance and security in between his explorations. He will respond to smiles, praise and positive reinforcement which will give him the confidence to venture out again. If parents do not provide an opportunity for this kind of learning, their children may develop skills at a slower rate and have less self-confidence than those children who receive positive support for their learning explorations. Continued lack of this support and encouragement for children may lead to low self-esteem and learning anxiety.

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limits to learn. Therefore, the responsibility of parents is to teach and to allow their child to learn in the best possible ways. Consistent limits help a child learn and feel safe while exploring because someone is watching and caring. It is important for parents to understand that toddlers who test limits, have temper tantrums and do not follow their parents instructions are not “bad” or “naughty”. They simply do what they have to in order to accomplish the developmental task of becoming more independent. So, once your child is capable of moving around and exploring his or her world, you will have to think about how you want to set limits.

In other words, you need to think about how you want to teach your child. A child’s way to learn and a parent’s way to teach must be adjusted to the child’s age and ability. For example, an 18-month-old child is probably too young to be disciplined through “time-out” (to sit a child in a chair for designated time out space in the same room with a parent for a short period of time, usually not longer than 1 or two minutes for a toddler). However, a two-year-old may benefit from this kind of limit setting.

Another part of this thought process must include what it is you would like to teach your child, such as “the stove is hot” and simple social interactions, or “hitting other children is not good.” Regardless of what you would like to teach your child, it is important that he/she know that even if she misbehaves you always love him/her without conditions.

*Use the following chart to establish what you would like your child to learn and how you would teach him/her through limit setting and positive reinforcement.*

- *Essential things I would like my toddler to learn (safety issues):*
  
- *Other things I would like my toddler to learn (social skills):*
  
- *How I would set limits/discipline my child:*
  
- *How I would provide positive reinforcement to my toddler:*

### **Consistency is Key**

When children begin to learn right from wrong and what they should and should not do, it is vital that parents are consistent and clear in their messages. Inconsistency will confuse children and make it very difficult to get your point across without major frustrations for you and your child.

Try to avoid a battle of wills or power struggles. They will only result in lots of frustration for both of you.

Use the space below to list all the things you could teach your child by using your creativity, i.e. playing a game.

Teaching goal	Game/Creative Strategy

*Remember, while parenting a toddler can be challenging at times, it is also very rewarding! It is important for parents to allow themselves to enjoy their toddlers and to have fun together.*

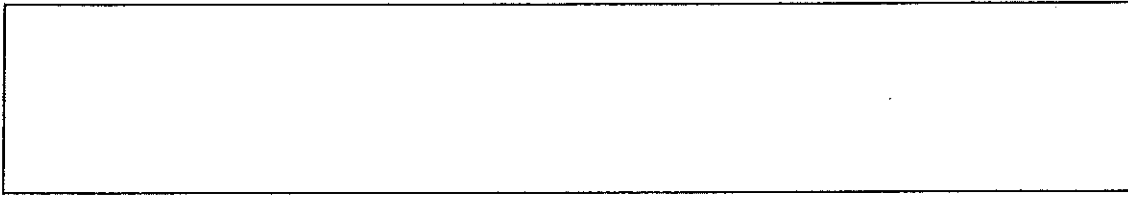
**STIMULATION/TOYS**

Older babies and toddlers need appropriate stimuli to continue to develop their mental capacities and skills. As children this age are very curious, they are usually very easy to engage in play and activities. They love to explore through hands on activities and using their senses of touch and smell. They are interested in the cause and effect of things; for example, they can spend long periods of time filling and emptying containers. They enjoy playing in the sand and throwing a ball. Expensive toys are not necessary. As a matter of fact, many children are more interested in the wrapping paper and box that a gift comes in rather than the gift itself. Simple household items, such as Tupperware containers and spoons can provide entertainment and learning opportunities for children. Also, inexpensive but long lasting items like building blocks are great. Blocks promote a lot of skill development, particularly in the areas of fine motor development. Children this age will learn through play. Therefore, the more options we give toddlers to play in stimulating ways, the more they will learn.

They will begin to use crayons at this age; the large, easy to grip ones are very popular with toddlers, as are finger paints. Another great educational toy is the shape sorter, which helps toddlers develop fine motor skills and learn shapes.

*Always remember, however, that while toddlers occasionally can play by themselves, no toy will be as important and valuable as the time you spend playing with your child.*

**Reading** is also a wonderful activity to engage in with your child at any time of day. Teaching your child to enjoy reading books will be an investment you and she/he will benefit from for life. Children also enjoy listening to stories, learning nursery rhymes



### STIMULATION/TOYS

Children in this age group enjoy many different kinds of games, play, field trips, toys and arts and crafts. As their skills and language become more sophisticated, they can enjoy a much broader range of activities. Children in this age group continue to be very curious and need to have many different opportunities to learn how the world works. They also need plenty of options to develop their motor skills through activities such as running, playing ball games, drawing, and playing with blocks. Expensive toys are not necessary and, just as with younger children, play and interaction with parents and caregivers is essential. Also any kind of play that involves fantasy and “make believe” is great for children’s intellectual development. Many children this age use imaginary things in their play; some may even have imaginary friends. Some children may tell fantastic stories while others may pretend to be a certain character or personality that often centers on heroes and figures from television. Unless such behaviors become excessive, there is nothing to worry about; it is all part of normal child development.

Again, expensive toys are not necessary and simple items, such as cardboard boxes, blocks and construction paper and crayons will provide hours of fun. You also can make toys yourself like paper airplanes. Many household items make great toys and cereal boxes, empty paper towel rolls, etc. make great art supplies. Simple outdoor games, such as hopscotch and jump rope, can be very entertaining as well. You can make your own bubbles and buy sidewalk chalk very reasonably. You can also invent your own games for your child. Simple word games are fun and educational. You can invent scavenger hunts and convert your living room into a pirate ship. You can make puppets with your child and put on performances using those puppets. You can cook gourmet meals in the sandbox and a great big ocean in your sink. Actually, all these activities are very healthy for your child’s development and often much better than any kind of an action figure or store bought toy.

### ACTIVITY

*What kind of games are you going to play with your child? What kind of supplies/toys will you use? What kind of toys could you make yourself and what kind of games could you invent?*

*Why do you think parents let their children watch too much TV?*

*What can you do as a parent to limit your child's time watching TV?*

### **Outings**

Children in this age group love to go on outings and field trips, such as to the museum and playground. *Using the information from the previous chapter and information from your local park and recreation committee, establish a list of outings and field trips you would take your child age 2, 3, 4, or 5 on in the summer, fall, winter and spring.*

Also, there are many inexpensive and free programs offered through your local YMCA, library, and the playground commission. For example, your local library may offer story hours or invite popular book characters to sign autographs. Check out your neighborhood options.

## **CHOOSING A CARETAKER FOR YOUR CHILD**

Every parent needs some help and an occasional break from parenting. Many times parents will turn to family, friends and professionals for assistance with babysitting and

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**Wilma**, 18, has to take an entrance exam for college. The day before the exam, her daycare provider lets her know that she will be closed for the rest of the week because of a death in her family and will not be able to take care of Wilam's daughter Emily, age three. When her Aunt Isabel calls, Wilma tells her about the problem with daycare. Aunt Isabel offers to baby-sit for her while she is taking the exam. Wilma is not sure what to do. Aunt Isabel has a history of substance abuse and often passed out when she drank too much. She went to a treatment program but relapsed. She is a good person when she is sober, but one never knows when she will start to drink.

*What advice would you give to Wilma? Why?*

**Emma**, 18, thinks she is in love. She met this great guy at a school dance two weeks ago and they have been dating ever since. He called her today and asked if he could come over. Emma agreed thinking that this would also be a great opportunity for Charles to meet her daughter, Brianna, who is two-and-a-half years old. When he comes over, he is great with Brianna and plays with her. At five o'clock Emma tells him that she will have to leave soon to bring Brianna to the sitter and then go to her night GED program. But Charles replies that she doesn't need to do that because he could stay and take care of her. Emma is somewhat surprised at that offer and not sure what to do.

*What advice would you give to Emma?*

*Do you think that being attracted or "in love" with someone may affect your judgment about choosing appropriate caregivers for your child(ren)? Why? Why not?*

Will he/she be able to provide a safe environment?			
Does the person understand safety needs of children?			
Is the person even-tempered?			
Does he/she have any history of impulsive/violent behaviors?			
Does the person have any history of sexually inappropriate or offending behaviors?			
Does he/she have any history of substance abuse?			
Will the person have no more than six children in the home?			
Have you known this person for a period of time?			
Does he/she have good references?			
Will the person be able to offer age-appropriate interactions?			
Does he/she have experience with children?			
Does the person have a telephone in the home?			
Is the person of a mature age?			
Is the home free of guns?			
Does the person usually make good and reasonable decisions?			

*Use this check list to evaluate who may and may not be an appropriate caretaker for your child. If you're not entirely sure about someone, you should not let him/her take care of your child.*

Appropriate Caretaker	Inappropriate Caretaker	Questionable Caretaker



## BIRTH CONTROL/STD PREVENTION

METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION
Continuous Abstinence	Only 100% safe & effective method of birth control & STD protection No side effects.	May be affected by peer pressure	NONE	100%	YES
<b>Condoms</b>					
Unlubricated	Easy availability. Effective STD prevention.	Might tear. Ineffective if used incorrectly or with oil-based lubricant (Vaseline).	\$.50/ea	90%	YES
Lubricated	Easy availability. Effective STD prevention.	Might not stay in place. Ineffective if used incorrectly or with oil-based lubricant	\$.50/ea	90%	YES
Sheepskin	Easy availability.	No STD prevention	\$2.50/ea	90%	NO
<b>Female Condom</b>	STD protection. Easy Availability. Effective in STD prevention. Gives females more control	Possible difficulty with insertion. Might not stay in place	\$2.50/ea	72-97%	YES
<b>Spermicidal Cream, Jelly, Foam</b>	Easy availability.	Possible irritations. Ineffective STD Prevention. Should be used with a condom	\$8.00	72-97%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION
Norplant	6 Capsules inserted in a female's arm that protects against pregnancy for 5 years.	Does not protect against STDs. Medical procedure is needed for insertion. Possible hormonal side effects include headaches, depression, weight gain.	\$500-\$600	99.9%	NO
Depo Provera	Hormone shot which protects against pregnancy for 12 weeks.	No STD prevention. Possible side effects include weight gain, headaches, and depression.	\$30 - \$75	99.7%	NO
Pill	Can help protect against certain cancers, pelvic inflammatory disease and ovarian cysts. Can help menstrual cramps & acne.	No STD prevention. Must be taken daily to be effective. Rare health risks like heart attack & stroke.	\$8 - \$25 per month	99.9 %	NO
Diaphragm or Cervical Cap	Can last for several years.	No STD prevention. Needs to be fitted to a Women's body. Needs to be used with spermicidal jelly or cream to be an effective form of birth control. Might cause irritations. Might be difficult to use.	\$20 plus \$8 for spermicidal jelly or cream	82 - 94%	NO

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METHOD	PROS	CONS	COST	EFFECTIVENESS	STD PROTECTION
IUD (Intrauterine Device)	Can protect against pregnancy for up to eight years after physician inserts device in the uterus.	No STD prevention Chance of tubal infection and puncture of uterus wall. Might increase cramps. Medical procedure needed for insertion and removal	\$150.00	98%	NO
Sterilization (Women)	Operation which blocks the tubes for permanent pregnancy prevention.	No STD prevention. Permanent procedure Which should not be considered by anyone who might want to have children in the future Chance of medical complications.	\$1,200  Usually at least partially covered by Medicaid or insurance	99.7%	NO
Vasectomy (Men)	Operation which blocks the tubes which carry sperm for permanent pregnancy prevention	No STD prevention. Permanent procedure which should not be considered by anyone who might want to have children in the future Chance of medical complications	\$300 Usually at least partially covered by Medicaid or insurance	99.7%	NO

## **METHODS THAT DO NOT WORK**

### **Occasional Abstinence**

If abstinence is not practiced continually, it loses its effectiveness in preventing pregnancy and STD's. Be realistic about yourself and your behaviors. If you think you are not able to abstain 100% for any reason, you should consider other birth control/STD prevention methods.

### **Withdrawal**

Withdrawal is not an effective method of birth control or STD protection.

### **Douching**

Douching immediately after sex is not a method which prevents STD's or pregnancy.

### **Natural Family Planning**

This highly complex system of monthly calendars and body temperature has a very high likelihood of failure and does not protect against STD's.

### **Chances, Wishing, and Hope**

Relying on chances, wishes, or hopes will not prevent pregnancy or STD's. If you are sexually active and use no means of birth control or STD prevention, you must be prepared for pregnancy and disease. It can happen to you!

## Independent Living Skills Module V

**Pregnancy**—If a woman's choice is to carry the baby through the nine months of pregnancy, she must realize that during this time the fetus (baby) will be totally dependent upon her for good care. Pregnancy is the beginning of the mother/child relationship. How well everything goes throughout the pregnancy, birth and afterwards depends upon the mother's actions during pregnancy. She must eat nourishing foods and have lots of rest.

Using cigarettes, alcohol or drugs can seriously harm the baby by increasing his/her risk of physical or mental handicaps. It is important that she get medical attention as soon as she suspects pregnancy and keep all follow-up doctor appointments. Teenagers must take special care during pregnancy because babies of young mothers are more likely to be born prematurely and at a low birth weight.

It is important to take folic acid **before and during** pregnancy. Lack of folic acid can cause birth defects. You can get folic acid in orange juice and one-a-day vitamins. Ask your doctor for more information.

Since a variety of health problems can occur as a result of poor nutrition, lack of prenatal care or simply due to the physical immaturity of the young mother, it is essential that she take special care of herself and her baby during pregnancy.

A father-to-be can fulfill a very important role during his partner's pregnancy—beginning with participation in the decision making. Parenthood is a lifetime responsibility—one that must be taken seriously.

### *For Females*

Evaluate Your Habits. Do you think that your lifestyle supports a healthy pregnancy and therefore, a better chance for a healthy baby? Why? Why not?

It is important to eat right during pregnancy. Do you think you eat healthy foods?

## Independent Living Skills Module V

Pregnancy can put much physical and emotional strain on you. Do you think you can deal with the possible stress factors accompanying pregnancy?

STD's and HIV/AIDS can put a child at significant risk for birth defects and serious disease. If you think you may have contracted an STD, it is vital to get tested. If you think you may be HIV positive, you should find out as soon as possible. If an HIV+ pregnant woman takes certain medications (AZT) during pregnancy, she will greatly reduce the risk of her baby becoming infected during pregnancy and birth! Evaluate your risks for STD's and HIV.

*For Males*

Although females carry a child, pregnancy is a shared responsibility. Guys who think they can just walk away or ignore issues related to pregnancy are irresponsible and wrong. Just like birth control and STD prevention, pregnancy is NOT just a female issue but the responsibility of both partners. So, if you have had unprotected sex, you have to deal with the consequences and think about the following questions:

Have you talked to your partner about expectations and decisions regarding pregnancy?

Yes

No

What are or would be your expectations? And, what kind of decisions would you have to consider?

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Do you think you can support your partner in maintaining and developing a healthy life style?  
Why or why not?

STD's and HIV/AIDS can put a baby at serious risk for birth defects and disease. If you think you have contracted an STD and/or HIV, you need to get tested as soon as possible. If you test positive, you need to let your partner know as soon as possible so that she can obtain the appropriate medical care. Also, if you test positive for an STD, do not continue sexual activity as you will be putting your partner and child at risk.

Do you have the financial and emotional resources to support your partner and meet her needs while preparing for the birth of your child? Why or why not?

Are you prepared to accompany your partner to prenatal appointments and participate in birthing classes?

Yes

No

Are you prepared for the changes pregnancy will bring to your relationship and your life? Why or why not?



# ~~\_\_\_\_\_~~ Dependent Living Skills Modu

~~\_\_\_\_\_~~ Parenting a child can be both a ve  
~~\_\_\_\_\_~~ possible for a young mother/fathe  
~~\_\_\_\_\_~~ successful parents. They give the  
~~\_\_\_\_\_~~ themselves. They love their child  
~~\_\_\_\_\_~~ parent. Age, in and of itself, is n  
~~\_\_\_\_\_~~ year-old parents neglect their chi  
~~\_\_\_\_\_~~ of parenting. However, teen par  
~~\_\_\_\_\_~~ involved in childcare. New pare  
~~\_\_\_\_\_~~ their new baby healthy.

While loving a baby is essential,  
rent for an apartment, pay for m  
responsibilities come home mar  
paying the bills, balancing the b  
system and the available resour

However, the most important o  
them for love, care and sustena  
young parents that involves a c  
make. Most often, young pare  
Recreational activities like mo  
due to the demands of parenthe  
parents may not have the copir  
parenthood, nevertheless, is a j  
whether or not it may be right

What are your thoughts about

Do you believe you are ready

## Independent Living Skills Module V

### PARENTHOOD

Parenting a child can be both a very rewarding and a challenging experience. It is certainly possible for a young mother/father to do a fine job of parenting. Many young people are successful parents. They give their children the love they need, sometimes at great sacrifice to themselves. They love their children deeply. But it is difficult to know who will be a good parent. Age, in and of itself, is not the determining factor of being a good parent. Some thirty-year-old parents neglect their children while some 18-year-old mothers and fathers do a fine job of parenting. However, teen parents are often not prepared for the extent of responsibility involved in childcare. New parents must learn how to feed, bathe, diaper and nurture and keep their new baby healthy.

While loving a baby is essential, having enough money to feed and clothe him or her, pay the rent for an apartment, pay for medical care, etc. are also very basic needs. Along with parental responsibilities come home management duties: meal planning, grocery shopping, cooking, paying the bills, balancing the budget, etc. A new parent must also learn about the social service system and the available resources, e.g. WIC, food stamps, TLP programs, support groups.

However, the most important of all, parents must know that the baby is totally dependent upon them for love, care and sustenance. The child's needs must come first, before all else. For many young parents that involves a complete change of life style that they have to be prepared to make. Most often, young parents' time is completely consumed by school, childcare and work. Recreational activities like movies, dances or simply hanging out with friends are rarely possible due to the demands of parenthood. Parenting is also quite stressful at times and many young parents may not have the coping skills necessary to deal with difficult situations. The choice of parenthood, nevertheless, is a personal one and the following questions will help you to evaluate whether or not it may be right for you.

What are your thoughts about becoming a mother/father at this time?

Do you believe you are ready at this time in your life to parent a child? Why or why not?