

Chapter 1 Learning about Children

1-1 Making a difference in Children's Lives

Benefits of Studying Children

Learn why children feel, think, and act the way they do

Typical behaviors

Discover **caregivers'** importance

Enjoy children more

Learn about career opportunities

Learning through Play

Views of Childhood

Comparing Childhood Past and Present

Health, Education, Love, Work, Play, Dress

Why teens are in a good position to learn about child development

1-2 Studying Children

Why is Childhood Crucial?

Brain Development

Neurons (nerve cells)

Stimulation

Repetition

Characteristics of Development

-is similar for everyone

-builds upon earlier learning

Sequence

-proceeds at an individual rate

-different areas of development are interrelated

-is a lifelong process

Influences on Development

Heredity – Nature

Environment – Nurture

Lifelong Growth and Development

Human life cycle

Developmental tasks

Development beyond childhood

-Adolescence

-Young adulthood

-The thirties

-Middle age

-Late adulthood

-Very late adulthood

The Role of **Self-esteem** in Development

How can we help children develop self-esteem?

-give praise

-set realistic goals

-model self-esteem

-don't be overly critical

-encourage new activities

-be honest about mistakes

Chapter 2 – The Challenges of Parenting

2-1 Parenting and Families

Parenting: A Learning Process

Requires good judgment

-When to help, when to step back

-Encourage children to try new things

-Changes as a child grows older

Have reasonable expectations

Develop parenting skills

- classes, books, family & friends, observation, babysitting, child care jobs

The Changes that Parenthood Brings

The Challenges of Parenthood

-New responsibilities

-Changes in lifestyle

-Emotional adjustments

fear, frustration, worry, jealousy, depression

-Changes in relationships

-Employment

The Rewards of Parenthood

Joy, Pride, Wonder, Sense of accomplishment

Making Decisions about Parenthood

-**Emotional Maturity**

-Desire for Parenthood

-Health considerations

-Financial concerns

2-2 Teen Parenthood

Teen Sexuality

Sexuality, hormones

Making responsible decisions about sexuality

-Values & sexuality

trust, self-respect, respect for others, commitment, loyalty

Consequences of Sexual Activity

-STD's/STI's

-Pregnancy

health risks, education, financial problems, emotional & social stress

- Deciding to abstain - **abstinence**

When Teen Pregnancy Occurs

Establish **paternity**

Weighing the options

-single parenthood

-marriage

-**adoption – open adoption or confidential adoption**

-abortion

Chapter 3 Building Strong Families

3-1 Families: The Context for Parenting

Functions of the family

Meeting Basic Needs:

Physical, Social, and Emotional

Preparing Children to live in Society

Through: example, communication, religious training, play

Family Structure

Nuclear families

Single parent families, ***custodial parent***

Blended Families

Extended families

Joining a Family

Birth

Legal process - ***legal guardian***

Adoption or ***Foster Children***

The Family Life Cycle

Beginning Stage: establish home & relationship

Parental Stage 1: prepare for & adjust to parenthood

Parental Stage 2: work to meet children's needs

Parental Stage 3: launching stage – children leave home

Middle Age: couple renews relationship, prepares for retirement

Retirement: stop working & adjust to free time

Trends affecting Families

Mobility

Aging population – ***intergenerational***

Technology

Workplace changes

Sources of Family Support

Friends, relatives, co-workers

Professionals:

doctor, social worker, counselor, religious advisor, etc.

Building a Strong Family

Characteristics of strong families

Accepting

Nurturing

Supportive

Spend time together

Shared responsibilities

Shared values

Forming traditions:

Celebrations, Family traditions, Patterned family interaction

Handling Family Conflict

Keep Cool

Be an active listener

Use positive body language

3-2 Effective Parenting Skills

Meeting Children's Needs

Physical: food, clothing, shelter, safety

Emotional & Social

Nurture: love, support, concern, opportunity for enrichment

Intellectual

Stimulating environment: Sensory stimulation

Reading/books

Games

Deprivation

Parenting Styles

Authoritarian

Assertive-Democratic

Permissive

Guiding Children's Behavior

Understanding Guidance

Guidance

Self-discipline

Conscience

Being a role model

Setting limits

-Does the limit allow the child to learn, explore, & grow?

-Is the limit fair & age appropriate?

-Does the limit benefit the child, or is it for the adult's convenience?

Limits should be clear

Limits should be firmly & consistently applied

Positive Reinforcement

Be Specific

Use it as soon as possible after the behavior

Recognize small steps

Help children take pride in their actions

Tailor the encouragement to the needs of the child

Use wisely

Dealing with Inappropriate behavior

Know the difference between intentional and unintentional behavior

Use punishment wisely

Negative reinforcement

Natural consequences

Logical consequences

Loss of privileges

Time-out

Poor discipline techniques

Bribing

Making children promise to behave

Shouting or yelling

Shaming or belittling

Threatening to withhold love

Exaggerating the consequence

Be consistent with guidance

Chapter 4 Prenatal Development

4-1 – The Developing Baby

The Menstrual Cycle – average is 28 days - first day is 1st day of period

Ovaries, Ovum, Ovulation, Fallopian tubes, Uterus

Conception

Sperm

Conception/fertilization

The Germinal Stage – first two weeks - no cell specialization

Zygote

Cell division

Implantation

The Embryonic Stage – third through 8th week – cells begin to specialize

Embryo

Amniotic sac

Amniotic fluid

Placenta

Umbilical cord

The Fetal Stage – eighth week until birth - human characteristics form

Fetus

Human organs & organ systems develop

Movement begins

Most growth occurs

Preparing for Birth

Gestation – 40 weeks from the first day of last menstrual cycle

Physical Changes for Mother

Baby's weight shifts downward – *lightening*

Fetus is usually head-down

4-2 Genetics

The Genetic Package

Heredity

Chromosomes – 23 pairs - 1 of each from mom - 1 of each from dad

made of DNA, each contains many genes

males have an X & Y chromosome

females have two X chromosomes

Genome

Dominant & Recessive Genes

Dominant gene

Recessive Gene

Multiple Births

Fraternal twins – two eggs, fertilized by two different sperm

Could be the same gender or different gender

Identical twins – one egg, one sperm. Zygote split.

Twins are same sex with same DNA

Conjoined twins – zygote did not split completely

Infertility

Options for infertile couples

Adoption

Artificial insemination

In vitro fertilization

Ovum transfer

Surrogate mother

4-3 Problems in Prenatal Development

Losing a Baby

Miscarriage – baby dies before week 20

Stillbirth – baby dies after week 20 (when fetus is considered viable, or able to survive)

Parents experience grief and may be helped by counseling

Birth Defects

Serious problems that threaten the health or lives of babies:

Abnormality in body structure

Malfunction of body organs or systems

Causes of birth defects:

Environmental causes (Baby's environment)

Poor nutrition

Disease or infection during pregnancy

Harmful substance use

Medications

Exposure to hazardous substances: chemicals, radiation, etc.

Hereditary causes

Recessive inheritance – when both parents passed on a recessive gene

Dominant inheritance – one parent passed on the defective gene

Sex-linked conditions – only affect one sex

Chromosome errors

Not due to genetics, but to a problem when egg or sperm cells are developing

Ex. Down Syndrome - an extra copy of chromosome 21

Interaction of heredity and environment

Prevention & Diagnosis of Birth Defects

Health evaluation

Genetic counseling

Avoid unhealthy substances and certain medications

Prenatal tests

Ultrasound – or sonogram - uses sound waves to make a video image

Amniocentesis – testing a sample of amniotic fluid

Alpha-fetoprotein – tests the mom's blood

Chorionic villi sampling – samples tissue of membrane surrounding fetus

4-4 Avoiding Dangers to the Baby

Alcohol and Pregnancy

Fetal Alcohol Syndrome (FAS)

produces a wide range of physical & mental disabilities that last a lifetime

Fetal Alcohol Effects – less severe

Other Drugs

Prescription & over the counter medications

Caffeine – can cause low birth weight (less than 5 ½ pounds)

Nicotine – low birth weight, respiratory infections, allergies

Illegal drugs – linked to sudden infant death syndrome (SIDS)

Inhalants

X Rays – should be avoided if possible

Hazardous Substances & Chemicals

Paint, pesticides, solvents, etc

Infections

Can be passed on to the unborn baby

STD's – Many of these can cause serious harm to babies

Chapter 5 Preparing for Birth

5-1 A Healthy Pregnancy

Early signs of Pregnancy

Missed period, full feeling in abdomen, tiredness, frequent urination, swollen breasts, nausea, vomiting

Medical Care during Pregnancy

Obstetrician

The first exam – BP, weight, pulse
Medical history, pelvic measurement
Urine tests
Blood tests - anemia, Rh factor

Due date: 40 weeks (nine months & one week) after first day of last period

Checkups: first 6 – 7 months, once per month

7 & 8th month – twice per month

9th month – once per week

gestational diabetes – only occurs during pregnancy

preeclampsia – very high blood pressure – requires bedrest

Normal discomforts of Pregnancy

Nausea, vomiting, tiredness, heartburn, shortness of breath, varicose veins, leg cramps, lower back pain

Serious complications

Vaginal bleeding, unusual weight gain, severe abdominal pain, fever, blurred vision

Excessive swelling of face & hands

Nutrition During Pregnancy

Protein, vitamins, minerals, carbohydrates, & fats

Teens – nutrition is even more important – their own bodies are still developing

Weight Gain During Pregnancy

Usually gain 25 – 35 pounds

Baby, placenta, amniotic fluid, uterus, breast tissue, blood

Personal Care and Activities

Rest, exercise, hygiene

Emotional health – try to reduce stress

Depression – if severe, seek professional help

5-2 Preparing for Baby's Arrival

Prepare other children in the family for a new baby

Supplies needed for the new baby

Decisions about feeding

Breast Feeding vs. bottle feeding - formula

Advantages & disadvantages of both

Pediatrician

Making a budget

Fixed expenses vs. Flexible expenses

Estimating health care costs

Doctors fees, hospital fees

Insurance

Other costs

Child care

Maternity clothes

Balancing work and Family

Maternity/Paternity leave

Family and Medical leave Act

5-3 Childbirth Options

Prepared Childbirth

Labor – baby moves out of uterus into vagina

Delivery – the actual birth

Who will Deliver the baby?

Obstetrician

Family Doctor

Midwife

Where will the baby be born?

Hospital

Home

Alternative birth center

6-1 Labor and Birth

Lightening

Cervix

“Bloody show”

“Water breaking”

Contractions

Fetal monitoring

Premature labor

False labor

Inducing labor

Stages of labor

Stage 1:	Contractions		
	Dilation	Crowning	Transition
Stage 2:	Birth of baby		
Stage 3:	“Birth” of placenta		

Cesarean birth

Pain relief – epidurals

Premature birth

6-2 The Newborn

Umbilical cord

Fontanel

Lanugo

Vernix

Milia

The Apgar Scale: Heart rate, Breathing, Muscle tone, Color, Response to stimulation

6-3 The Postnatal Period

Bonding

Colostrum

Jaundice

Lactation Consultants

“Rooming in”

Premature babies

Mom’s needs: rest, exercise, nutrition, medical checkups

Baby Blues

Postpartum Depression