

# Family Studies

Career and Tech Ed: FACS

Grade(s) 10th - 12th, Duration 1 Semester, .5

Credits

Elective Course

## Course Overview

Family Studies reflects the transition to a Parenting course for the 21st Century as the student will explore how to build and maintain healthy relationships. In addition, students will focus on parenting practices that will foster the physical, intellectual, emotional, and social growth of children which in turn will impact the home, workplace, and community.

Parental consent is required for this course. It involves explicit discussions and representations of pregnancy and childbirth. Baby-Think-It-Over activities take place at home as well as at school and may be disruptive of family plans.

## Scope And Sequence

Timeframe	Unit	Instructional Topics
7 Week(s)	Parenting Concepts	1. The role of parents 2. Parenting rewards, roles, and responsibilities 3. Effective Parenting Strategies
11 Week(s)	Parenting Practices	1. Beginning a Family 2. Adapting to Parenthood 3. Nutrition, Health, and Safety 4. Child Care Options and Play

## Materials and Resources

Hildebrand, V. (2007) [Parenting Rewards and Responsibilities](#)  
Brisbane, H. (2006) [The Developing Child](#)  
The Empathy Belly Pregnancy Simulator Teaching Resource  
The Baby-Think-It-Over Program Resource Guide, 2005  
Ryder, V. and Decker, C. (2006) [Parents and Their Children](#)  
Teacher Selected Videos

## Prerequisites

None

## Course Details

**Unit:** Parenting Concepts

**Duration:** 7 Week(s)

### Unit Overview

Family Studies reflects the transition to a Parenting course for the 21st Century as the student will explore how to build and maintain healthy family relationships.

**Topic:** The role of parents

**Duration:** 2 Week(s)

### Topic Overview

The learner will analyze the impact of the role of parents on the development of healthy individuals, families, and communities.

### Learning Targets

#### Functions of Families

Students will:

List the basic functions of the family unit. (knowledge)

Discuss the role of parents in building strong families, and create a brochure that promotes ways to build strong families. (synthesis)

Develop a list of activities parents can do to make a positive difference in their children's lives. (synthesis)

Describe lasting qualities of a healthy functioning family. (knowledge)

#### Stages of the family life cycle

Students will:

List and describe the stages of the family life cycle. (knowledge)

Determine how variations to the family life cycle may occur. (evaluation)

Utilize knowledge of the family life cycle stages to locate and interview a parent who has been through each of the stages. A written summary of the interview will include information about the challenges, rewards, and life changes associated with each stage. (application)

Analyze the stages of the life cycle and determine which seems most challenging. Discuss why. (analysis)

#### Current issues affecting parents

Students will:

Analyze the pros and cons and the impact of dual-working parents on families. (analysis)

Discuss the possible impact of various career path decisions on families. (synthesis)

Develop a list of safety concerns for children in today's society. (synthesis)

Determine ways to develop safer neighborhoods/environments for today's children. (evaluation)

Discuss the impact that technology and the media have on families. Differentiate between the positive and negative impacts. (synthesis)

Predict the consequences of an "overscheduled" family. (synthesis)

#### Family cultural differences

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Students will:

Show and share an item, photo, writing or poem that represents your personal cultural background. (knowledge)

Discuss how parenting practices may differ between cultures. Brainstorm and then research specific examples. (synthesis)

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Career opportunities

Students will:

Discuss how Family and Consumer Science careers support families. (comprehension)

Identify careers that need a foundational knowledge in child development or parenting skills. (knowledge)

Organize relevant career information for future personal use. (application)

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**Topic:** Parenting rewards, roles, and responsibilities

**Duration:** 2 Week(s)

## Topic Overview

The learner will examine the responsibilities and rewards associated with parenthood.

## Learning Targets

Rewards, Roles, and Responsibilities of Parenthood

The student will:

Create a collage illustrating rewards, roles, and responsibilities of parenthood. Share and discuss to generate a class list. (synthesis)

Explain Maslow's Hierarchy of Human Needs and determine how parents can help meet their children's needs at the first 4 levels. (evaluation)

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Reasons for Becoming a Parent

The students will:

Create a list of reasons why people become parents. (synthesis)

Analyze reasons and distinguish good reasons for becoming a parent from poor ones. (analysis)

Analyze the common myths and realities of parenting. (analysis)

Discuss the possible consequences of an individual believing in a myth and/or becoming a parent for a poor reason. (synthesis)

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Parenting Legal Rights and Responsibilities

Students will:

Research and explain the Family Medical Emergency Leave Act. (comprehension)

Define Emancipation. (knowledge)

Explain child care power of attorney and guardians. Discuss when these circumstances might exist. (synthesis)

Explain the termination of parental rights and why it occurs. (comprehension)

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Personal Financial Readiness for Parenthood

Students will:

Determine which current activities you enjoy that might be difficult to afford if you had children. (evaluation)

Determine the approximate cost for an infant during the first year of life by researching prices for a list of essential items. (evaluation)

Research the cost of raising a child to the age of 18. (synthesis)

Create a sample budget for new parents. Analyze expenses and decide which are of the greatest priority. (synthesis)

Discuss factors a couple should discuss when trying to decide if they are ready to have children. (synthesis)

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**Topic:** Effective Parenting Strategies

**Duration:** 3 Week(s)

## Topic Overview

The learner will assess parenting skills and practices needed to facilitate growth and development.

## Learning Targets

Management Skills and Strategies

The students will:

Compare managing a business to that of managing a family. (comprehension)

Define the word prioritize. (knowledge)

Discuss how parents set priorities for themselves and their family. (synthesis)

Examine the importance of goal setting. (analysis)

Compose a set of goals for a child and/or parent. (analysis)

Analyze current life goals and develop a plan for achieving those goals. (analysis)

Define the word resource and explain what it means to manage one's resources. (application)

Explain the four steps in the management process. (comprehension)

Determine situations in which it would be beneficial to use the management process. (evaluation)

Explain the steps to the decision making process. (comprehension)

Utilize the decision making process for a given family situation. (application)

Describe the components of the practical reasoning strategy for solving problems. (knowledge)

Utilize the problem solving strategy for given parenting/family situations. (application)

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Interpersonal skills

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The students will:

Recognize the importance of communication, teamwork, leadership, and conflict resolution in promoting healthy family relationships. (analysis)

Role play given situations demonstrating both good and poor communication skills. (comprehension)

Determine which communication strategies promote a positive self-esteem. (evaluation)

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## Parenting Styles

The students will:

Describe and compare the three basic styles of parenting: Democratic, Permissive, and Authoritarian. (comprehension)

Recognize the style of parenting being used in a skit and/or television clip. (analysis)

Predict what parenting style you might use when you become a parent. Describe the personal values and goals that influence your decision. (synthesis)

Describe the possible consequences of two parents utilizing two very different styles of parenting. Predict how this situation may impact the family and the couple's relationship. Determine what could be done to help overcome this problem. (evaluation)

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## Principles of Positive Guidance

The students will:

Differentiate between discipline and punishment. (analysis)

Define abuse and neglect (knowledge), and discuss the impact of each to the child, family, and society. (synthesis)

Determine ways to encourage positive behaviors that will help to limit behavior problems. (evaluation)

Discuss the importance of age-appropriate expectations. (synthesis)

Summarize the guidelines parents should consider when setting limits. (comprehension)

Demonstrate how to redirect a child's attention. (application)

Assess Shaken Baby Syndrome. (evaluation)

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## Unit: Parenting Practices

Duration: 11 Week(s)

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### Unit Overview

Students will focus on parenting practices that will foster the physical, intellectual, emotional, and social growth of children which in turn will impact the home, workplace, and community.

### Topic: Beginning a Family

Duration: 3 Week(s)

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#### Topic Overview

The learner will analyze some of the choices and care practices couples address as they begin a family.

#### Learning Targets

Preparing for a healthy pregnancy

The students will:

Discuss the factors involved in facilitating a healthy pregnancy. (synthesis)

Create a brochure that identifies and explains habits that facilitate a healthy pregnancy. (synthesis)

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#### Infertility

The students will:

Research and summarize techniques for treating infertility. (comprehension)

Assess the legal and ethical issues surrounding infertility treatment methods. (evaluation)

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#### Genetics and Common Disorders

The students will:

Explain dominant and recessive traits, and identify when each will be expressed. (comprehension)

Determine the ethical consequences of parents selecting the gender of their child. (evaluation)

Research an assigned genetic disorder or birth defect. Write a paper describing the defect, possible ways to prevent the defect, treatment options, and support group availability. Summarize this information to the class in an oral presentation. (comprehension)

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#### Alternatives to Biological Parenthood

The students will:

Identify reasons why couples may select an alternative method for parenthood. (knowledge)

Examine the adoption process. (analysis)

Differentiate between adoptive parents and foster parents. (analysis)

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#### Prenatal Development

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The students will:

Summarize the major events and changes that occur during each trimester of pregnancy. (knowledge)

Prepare an illustration or visual that describes the development of the zygote, embryo, and fetus during pregnancy. (comprehension)

Define miscarriage and stillbirth. (application)

Identify warning signs during a pregnancy. (knowledge)

Describe and evaluate the use of the prenatal testing techniques of ultrasound, amniocentesis, and chorionic villi sampling. (evaluation)

Describe an ectopic pregnancy, preeclampsia, and gestational diabetes. (comprehension)

Assess the importance of receiving prenatal health care. (evaluation)

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## Physical Changes and Activities

The students will:

Summarize physical changes and possible discomforts for the expectant mother. (comprehension)

Determine the daily activities that promote the expectant mother's health during pregnancy. (analysis)

Identify activities and practices that create potential health risks during pregnancy. (knowledge)

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## Childbirth Options

The students will:

Identify and compare the various types of birth facilities. Discuss the pros and cons of each. (synthesis)

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## Labor and Delivery

The students will:

Explain each of the signs of labor: lightening, effacement, dilation, and contractions. (comprehension)

Describe how Braxton-Hicks contractions differ from real contractions. (knowledge)

Explain the three stages of labor: the events/changes during each stage and what the expectant mother may experience at each stage. (comprehension)

Describe breech presentation and possible complications. (knowledge)

Explain and analyze the use of cesarean deliveries. (analysis)

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## Newborn

The students will:

Assess the importance of the Apgar Scale. (evaluation)

Describe routine postnatal care. (knowledge)

Discuss bonding. (comprehension)

Summarize routine newborn care. (comprehension)

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**Topic:** Adapting to Parenthood

**Duration:** 2 Week(s)

### Topic Overview

The learner will evaluate the emotional impact of beginning a family, and identify and evaluate resources and services available to families.

### Learning Targets

#### Hormonal and Emotional Changes

The students will:

Explain baby blues and postpartum depression. (comprehension)

Evaluate the possible consequences of emotional changes. (evaluation)

Discuss methods for handling mixed emotions. (synthesis)

Identify factors that may increase emotional distress. (knowledge)

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#### Managing Multiple Roles

The students will:

Assess role changes that may lead to family conflict after the addition of a new family member. (evaluation)

Discuss strategies for effective time management. (comprehension)

Assess the importance of effective communication. (evaluation)

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#### Special Needs Children

The students will:

Explain why abilities between children may differ. (evaluation)

Define and give examples of disabilities. (knowledge)

Discuss how having a child with special needs impacts the child and family. (synthesis)

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#### Support Systems and Community Resources

The students will:

Identify educational resources for students with special needs. (knowledge)

Research and compile a list of private and community resources for children with special needs. (synthesis)

Research and evaluate local organizations and facilities that provide low cost medical care. (evaluation)

Create a handout identifying parental support groups and agencies in the area, and write a brief summary evaluating each. (evaluation)

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#### Volunteer and Leadership Opportunities

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The students will:

Examine school organizations that provide leadership opportunities. (analysis)

Research FCCLA and examine how it helps students develop leadership and career skills. (analysis)

Locate local volunteer opportunities that would facilitate the development of leadership and career skills. (knowledge)

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**Topic:** Nutrition, Health, and Safety

**Duration:** 4 Week(s)

## Topic Overview

The learner will recommend effective ways to meet the nutritional, health, and safety needs of a child. (evaluation)

## Learning Targets

### Growth and Development

The students will:

Discuss basic physical development milestones for each of the stages of development. (comprehension)

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### Nutrition needed for Health and Growth

The students will:

The student will list the six major nutrient groups. (knowledge)

Plan a menu for a child using the current government-sponsored Food Guidelines. (synthesis)

Compile a list of healthy snack choices. (synthesis)

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### Personal Hygiene and Sleep Habits

The students will:

Discuss basic personal hygiene. (synthesis)

Describe the importance of practicing dental care skills at an early age. (comprehension)

Recommend ways to make bath time enjoyable. (evaluation)

Describe when a child shows readiness for toileting. (comprehension)

Define enuresis and explain the steps a parent can take to address this issue. (comprehension)

Discuss the importance of a bedtime routine. (synthesis)

Recommend ways to deal with sleeping problems. (evaluation)

Discuss Sudden Infant Death Syndrome. (synthesis)

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### Preventive Health Care Practices

The students will:

Assess the importance of regular medical check-ups and dental care. (evaluation)

Discuss the importance of childhood immunizations and be aware of recommended immunizations. (synthesis)

Evaluate the reliability of sources of information when selecting health care services. (evaluation)

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### Common Childhood Illnesses

The students will:

Compare and contrast the symptoms of a cold, sore throat, and the flu. Determine basic treatment methods for each. (analysis)

Assess the dangers of giving children aspirin. (evaluation)

Create a plan for handling/managing a childhood illness. (application)

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### Home Safety Concerns

The students will:

Discuss the importance of childproofing a home and recommend methods for childproofing. (synthesis)

Summarize safe bathing techniques. (comprehension)

Rate various toys for child safety. (evaluation)

Discuss mealtime safety issues. (synthesis)

Plan strategies for keeping children safe at playgrounds and swimming pools. (synthesis)

Recommend steps parents might take to help them protect their children from harmful strangers. (evaluation)

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### Safety on the Road

The students will:

Discuss safety on the road: car seats, seat belts, bicycle, and pedestrian.

Assess the importance of proper car restraints: car seats, booster seats, and seat belts. ( evaluation)

Explain current Kansas car seat law. (comprehension)

While participating in the Baby Think It Over Simulation, demonstrate proper car seat techniques. (application)

Discuss bicycle and pedestrian safety issues. (synthesis)

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### Emergency First Aid

The students will:

Explain the basic steps to take when a child is in an emergency situation. (comprehension)

Demonstrate basic First Aid, CPR, and AED skills. (application)

Compile an emergency plan for a caregiver or babysitter. (synthesis)

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**Topic:** Child Care Options and Play

**Duration:** 2 Week(s)

## Topic Overview

The learner will evaluate childcare services and options.

## Learning Targets

### Childcare and Childhood Education Alternatives

The students will:

Discuss the need for suitable, affordable childcare services and education and predict how these services might impact the family and society. (synthesis)

Differentiate between childcare and early childhood education programs. (analysis)

Recommend factors for parents to consider as they weigh the different childcare options. (evaluation)

Compare the basic childcare options and analyze the pros and cons of each. (analysis)

Compare the basic early education programs and analyze the pros and cons of each. (analysis)

### Components of a High Quality Childcare Program

The students will:

Explain what it means when a facility is labeled as being licensed or accredited. (comprehension)

Evaluate the importance of the childcare centers goals and philosophy in relationship to parental goals and philosophy. (evaluation)

Create a checklist for parents to use as a tool for assessing and selecting a childcare center. (synthesis)

### Care for School-Aged Children

The students will:

Discuss options available for the care of school-aged children. (synthesis)

Define latchkey children and determine how to know when it is appropriate to leave a child home alone. (analysis)

### Brain Development

The students will:

Evaluate the importance of providing activities to young children to stimulate brain development. (evaluation)

Recommend strategies parents can use to nurture the desire to learn. (evaluation)

Explain concept development and give examples of activities that promote the development of each concept. (application)

Create a matching game to facilitate memory development in children. (synthesis)

Describe activities parents can do to promote language development, reading skills, and math skills. (comprehension)

Discuss the importance of creativity and imagination in children's play. (synthesis)

Evaluate the impact of providing children with music and art opportunities. (evaluation)

### Stages of Play

The students will:

Describe each type of play: Repetitive, Constructive, Symbolic, and Games. (comprehension)

Evaluate the benefits of play to the development of the child. (evaluation)

Working as a team member, plan and implement a preschool play activity to foster age related developmental needs. (synthesis)