

Planning to Parent

Day 1: Infant Health

Grades 9 and 10, Lesson #16

Time Needed

one class period

Student Learning Objectives

To be able to...

1. Explain that loving and secure touch is important for healthy infant development.
2. Identify at least 2 advantages of breastfeeding.
3. Correctly identify, within 2 months, appropriate expectations for at least 5 milestones of infant development.
4. Recognize that parenting is an expensive, time-consuming, awesome responsibility.

Agenda

1. Explain the lesson's purpose and relevance.
2. Hand out the Infant Health Worksheet. Have students read it silently.
3. Explain the role of the 14 Staff of the stations (there are slight changes from yesterday's game) and play the Infant Health Game.
4. Have the 14 Staffers read the Worksheet aloud and elaborate using Transparencies.
5. Summarize and present Awards.

Materials Needed

One per student of...

Infant Health Worksheet

One set of...

the *Clue* pages (cut and taped to 85 index cards or photocopied onto cardstock then cut.)

Five per class period of...

Baby Expert Award (from Lesson 14)

One transparent set of...

Infancy Transparencies 1-3

INDEX CARDS (85, see above)

14 RED PENS

14 HAND-DRAWN SIGNS -- Sheets of paper, each with a large block letter (A-N)

* Rearrange the classroom as in yesterday's lesson, but with fourteen "game" stations or plan the same alternative small group game as you did yesterday.

To Do

Look up local phone numbers and web addresses for services to struggling teen parents to complete *Infancy Transparency 3*, for instance:

- ⇒ programs that offer home visits and teach parenting skills and an understanding of early childhood development
- ⇒ agencies which provide emergency assistance paying the rent to low-income families or material help such as used baby clothes
- ⇒ programs offering non-judgmental pregnancy options (adoption, abortion, parenting) counseling,

Where?

- ⇒ In King County (WA) ...
 - call the Community Information Line at 2-1-1 or 206-461-3200
 - or go to www.crisisclinic.org
 - or have a student contact the Teen Link Help Line (a teen-answered confidential help line) at 206-461-4922 or 866-TEEN-LINK
- ⇒ Elsewhere, call your local United Way or 2-1-1 provider. To find yours ...
 - go to <http://national.unitedway.org>
 - or <http://www.211.org/>

Rearrange the classroom as you did yesterday or, alternately, set up small teams with noisemakers.

Activities

1. Explain the lesson's purpose and relevance:

Babies born to teens are more likely than babies born to women in their twenties to have congenital conditions (birth defects). There are three major reasons for this; who can tell me what they are?

*Right: **lack of prenatal care** (or late entry into care), **poor nutrition**, and use of **alcohol and other drugs** before and during pregnancy. You learned, yesterday, what a person, especially a teen, can do to increase the odds of a healthy pregnancy.*

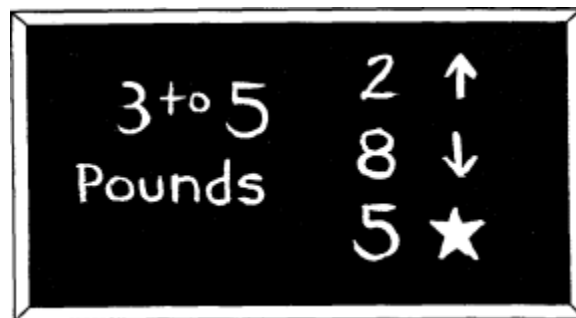
Did you know that babies of teens are also more likely to die in the first year of their lives? Today we'll explore what a person can do or needs to know, to increase the odds of a healthy infancy.

2. Have the room arranged as it was yesterday, but with fourteen, instead of eleven, game stations. Hand out the *Infant Health Worksheet*. Have students read it silently.
3. A. Explain how the role of the fourteen volunteer Staffers differs from their role yesterday:

*At your game station, you will each find between ONE and TEN CLUES. Your job will be to show them to students who come to your game station ... in order (clue 1, clue 2, etc.), just like the Staffers did yesterday. There is one way your job will differ from the job of yesterday's Staffers: some answers are numbers, rather than words. For these there are no clues. The Player must make a guess you may say only three things: "**higher**," "**lower**," or "**good**."*

*Suppose the answer were "3 to 5 pounds." If the Player at your game station guessed, "2 pounds," **you** would say, "**higher**." Then the Player might guess "8 pounds," and **you** would say, "**lower**." Maybe the Player would guess, next, "5 pounds," so you would say, "good," and you would **show the student the correct answer**. The Player would write the **whole correct answer** on his or her Worksheet: "3 to 5 pounds."*

NOTE: Write the numbers on the blackboard as you walk through the example above.



Continue with the instructions: **As soon as a student guesses the correct answer you may tell her/him that she/he is right** - -. no matter how many clues have been given at that point. I am handing you red pens to mark down how many clues, or how many guesses, the Player needed to arrive at the correct answer. Remember to only show clues to one person at a time; others must wait patiently in line at your game station. You can also ask them to stand back to back, so that the next person in line cannot see over the shoulder of the one guessing.

Explain the rules of the exercise to the whole class:

*This is a game very similar to the one we played yesterday. This time, you see that there are 14 unfinished portions on your Worksheets and 14 game stations around the room. Don't forget to whisper, so others can have the fun of guessing, too. And don't forget that, when the answer is a **number**, the Staffer cannot show you any clues: you must **guess**.*

Answer any questions students have about how the game is played, especially if anyone was absent yesterday. Begin the game.

Call "Time" about **20 minutes** before the end of the period, as more debriefing is required today than yesterday.

3. **B. Alternately:** As in Lesson 15, if it is too complex to make and staff game stations you can divide the class into groups of 4-6 people and give each group a bell or other simple noisemaker (drum, rattle). Read the questions from the worksheet aloud, stopping to read clues at each blank. For visual clues, you may draw or do a charade. The group confers quietly as you read, draw and act out clues. They decide upon an answer and ring their noisemaker. The first group to ring in must say their answer aloud, in unison. If they are correct, they get a point. If they are incorrect, a point gets subtracted from their score, and other groups may ring in to guess.
4. Have the 14 Staffers – or volunteers -- each read her or his portion of the Worksheet aloud, as you did in Lesson 15. *

As the *Worksheet* is being read aloud, each person (Staffers as well as Players) will fill in any still-empty blanks on his or her Worksheet (for Staffers, this will mean filling in the whole thing).

After Staff A (sitting at Station A) finishes, pause to remind the class of something they learned in lesson 2: that **babies who receive insufficient nurturing and affectionate touch can actually die from the deprivation** ... even if otherwise properly cared for.

* The answers to the Worksheet are:

- A. attention, cuddling
- B. breastfeed, antibodies
- C. 8 to 10 inches
- D. 20 to 40 minutes
- E. smile

- F. sit up
- G. crawl
- H. walk
- I. say
- J. 3 or 4 years
- K. feelings
- L. 2 or 3 years
- M. \$1,100.-1,300.
- N. \$450.-600.

After Staff B finishes, show Infancy Transparency 1. Read the question on the Transparency aloud:

“What are the advantages of breastfeeding?”

If the class doesn't come up with all of the following, you can supply these answers:

- It helps the baby grow strong and healthy; breast milk provides a **complete** diet for an infant under six months old. No supplements are needed!
- It protects the baby from colds and infections by providing the mother's antibodies. Avoiding cow's milk, by breastfeeding or using formula, also reduces allergies.
- It's easy on the stomach; fewer breastfed babies get colic.
- Breastfeeding is simple -- no formula to fix or bottles to wash. (Unless the mother works or goes to school, in which case she may express milk into a bottle, so someone else can feed the baby when she isn't around.)
- It saves money -- there's no formula to buy.
- Breastfeeding helps the uterus to quickly return to its original size.
- Maybe **most important**. It helps moms and babies get to know each other and feel close; it provides plenty of touch, eye contact and conversation to help an infant grow into a secure, happy child. Which is not to say a parent can't provide as much touch, etc. to a bottle-fed baby...and that's **the most** important thing.

Have Staff C continue reading. After Staff N finishes his or her part, pause to show Transparency 2. Read the question from the Transparency aloud:

“What can twelve thousand dollars buy?”

According to our research, you (both partners) could **each** buy yourself:

- 20 music CDs (at \$17 each, totaling \$340.) AND
- 10 movies on DVD (at \$20 each, totaling \$200.) AND
- 2 concert tickets (at \$50 each, totaling \$100.) AND
- 10 outfits (at \$65 each, totaling \$650.) AND
- 1 coat (totaling \$80.) AND
- 2 pairs of shoes (at \$65 each, totaling \$130.) AND
- 1 associate degree at a community college (6 quarters at \$750 each, totaling \$4,500.)
OR a three-week luxury vacation in the Caribbean.

Finally, read the rest of the Worksheet aloud, yourself. When you get to the blanks for community resources, show Transparency 3 and fill in local agencies. Have students copy them on the six blanks on their Worksheets. In most areas, especially urban areas, there are **resources for struggling young parents**:

- ⇒ programs that offer home visits and teach parenting skills and an understanding of early childhood development
- ⇒ agencies which provide emergency assistance paying the rent to low-income families or material help such as used baby clothes
- ⇒ programs offering non-judgmental pregnancy options (adoption, abortion, parenting) counseling,

Give your students the current phone numbers and web sites of local community resources that offer these services (You will presumably have researched this in advance).

- ⇒ In King County (WA) ...
 - call the Community Information Line at 2-1-1 or 206-461-3200
 - or go to www.crisisclinic.org
 - or have a student contact the Teen Link Help Line (a teen-answered confidential help line) at 206-461-4922 or 866-TEEN-LINK
- ⇒ Elsewhere, call your local United Way or 2-1-1 provider. To find yours ...
 - go to <http://national.unitedway.org>
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6. One crucial discussion question will summarize much of this lesson:

“What difference do you think a parent’s expectations make? A child will develop at her own pace anyway, right?”

Yes, but...

- a child’s **self-esteem** (and, in turn, future happiness, success in school, in love, in all endeavors) depends to a large degree on the messages he or she receives from his or her parents, and
- parents whose expectations are developmentally unrealistic are more likely to **abuse** a child, as an expression of frustration and/or as a misguided effort to provide discipline.

Parenting is an expensive, time-consuming, awesome responsibility it can provide incredible satisfaction but it’s also probably the hardest job anyone ever accepts ... especially if you want to do it right.

If time allows, have Players who completed their Worksheets before you called “Time”, tally their scores. Present Baby Expert Awards. If time is short, tally them yourself and present the awards at the beginning of class tomorrow.

Infant Health Worksheet

NAME _____ PERIOD _____

SECOND LETTER FROM A NEWBORN BABY

Dear Mom and Dad, *

You probably feel a little scared, because you don't know much about being parents yet. I want to reassure you. So far you're doing great. For one thing, you're both giving me lots of _____, especially _____. I cry a lot, sometimes for hours at a time, for no obvious reason. It doesn't mean you're bad parents; it may just be what I need to do to discharge energy. Calm, firm touches may quiet me, particularly if I can feel and hear your heartbeat. Sometimes, nothing you can do will comfort me, and you may feel helpless, but don't worry about spoiling me. You couldn't possibly give me too much caring in this first year of my life. **

The doctor recommended that you _____ me. I'm glad. It gives me some of Mom's _____ along with perfect nourishment. It saves you a lot of work and Mom and I like it! (Besides, it will save you about \$8,600 this first year that you breastfeed me ... that's the cost of a year's worth of formula.) ** †

* **NOTE:** This could just as easily be a letter to just a Mom; or to two Moms or two Dads; or Grandma; or to Foster Mom or Foster Dad. Whichever parent or parents or guardians are present in these first few months are the ones a baby might thank for trying to provide a healthy start.

** **When reading this letter aloud,** stop at the double asterisks and give the next reader a turn.

† See <http://www.kellymom.com/bf/start/prepare/bfcostbenefits.html#table2>

Some parents think that brand new babies are just little blobs that can't do anything. Boy, are they wrong! Today I was born and I can already look, hear, smell, feel and turn my head. I even have a personality all my own. And did you know that I prefer circular shapes (like your face) and can focus my eyes best at a distance of about _____^{**}.
(C=)

Some parents also expect babies to grow up faster than we can. So let me teach you about myself. Right now, I sleep a lot. I'm only wide awake and comfortable for about _____ every four hours. And I may still be waking up in the night when I'm two to three years old. Some children don't, but some of us do. ^{**} I probably won't be able to _____ at you until I'm at *least* 1-2 months old. ^{**}
(D=)
You can expect me to learn to _____ by myself when I'm about 6-7 months old. ^{**} I probably won't be able to _____ until I'm about 9-10 months old ^{**} or _____ by myself until I'm at least 11-12 months old. ^{**}
(E=)
(F=)
(G=)
(H=)
I'll probably _____ my first word at about the age of 7-9 months. ^{**} If you talk to me a lot, starting today, I may understand some of your words by the time I'm 5-6 months old. That will make me **seem** mature, but I'll be _____ old before I can even begin to understand the difference between right and wrong. ^{**}
(I=)
(J=)
Sometimes I'll act thoughtless, because I won't really understand that you have _____ until I'm about 3-4 years old. (That's why it doesn't make any sense to hit me back when I hit you, to "show me how it feels" ... That will only hurt and confuse me. It would be better to tell me, "No!" when I hit you and say that you don't like it.) ^{**} Some parents, as I said, think we can do things younger than we really can. For

instance, I also won't be able to begin learning to use a toilet until I'm

_____ old, and I may still have occasional accidents when I'm 5 or 6
(L=)
years old! It won't mean that I'm trying to be a bad kid. (All kids want to be good kids, believe me, just as all parents want to be good parents.) Punishing me for that kind of accident would only hurt me a lot. In other words, I will need your endless patience as much as I'll need your love. **

I'll also need your financial support. You already spent about \$6,700 on prenatal care (including prenatal vitamins) and the hospital costs for delivering me ... unless you had insurance or medical coupons. That assumes that nothing went wrong at my birth. My first year's diapers (if you use disposable ones) will run you about _____.
(M)
It will cost much less, even counting the cost of laundry, if you use cloth ones. My first year's clothes will cost about another \$1,200 unless you get gifts or buy them at garage sales. ** After I am about 6 months old, you will need to start giving me food, in addition to my breast milk or formula. So in this first year, my food, besides formula if you bottle feed me, will set you back about _____. ** ‡
(N)

All in all, NOT counting doctors and hospitals, my stuff (like a crib) and my care will run about \$12,000 for the first year of my life (or about \$3,400 if you breastfeed me all year, adding food after about the first six months, but continuing to breastfeed). ** §
Please, please help each other. If all this sounds like more than you can handle, please

‡ See <http://www.teenageparent.org/english/costofbaby2B.html>

§ *ibid*

Mom, please Dad, think about getting help:

_____ phone: _____

_____ phone: _____

_____ phone: _____

or placing me for adoption:

_____ phone: _____



_____ phone: _____

_____ phone: _____



It would not mean you failed; it would mean you loved me **so much**. It shows courage, strength and wisdom to get help when you need it.

Love,
Your Baby





<p style="text-align: center;">Clue A 1 of 10</p> <p>There are two words. The first has 9 letters.</p> <p>The second has 8 letters.</p>	<p style="text-align: center;">Clue A 2</p> <p>The first word means spending a lot of time with me, making sure I feel loved!</p>
<p style="text-align: center;">Clue A 3</p> <p>The first word:</p> 	<p style="text-align: center;">Clue A 4</p> <p>People might say that you “pay me” this, but it’s really free!</p>
<p style="text-align: center;">Clue A 5</p> <p>The first word is: A _ _ E _ _ ! O _ _</p>	<p style="text-align: center;">Clue A 6</p> <p>The first word is: <u>A T T E N T I O N</u></p>
<p style="text-align: center;">Clue A 7</p> <p>The second word describes a kind of affectionate touches. Synonyms include “hugging” and “snuggling.”</p>	<p style="text-align: center;">Clue A 8</p> <p>The second word:</p> 
<p style="text-align: center;">Clue A 9</p> <p>The second word IS <u>C _ _ _ _ I N G</u></p>	<p style="text-align: center;">Clue A 10</p> <p>The second word IS <u>C U D D L I N G</u></p>




<p style="text-align: center;">Clue B 1 of 10</p> <p>There are two words. The first has 10 letters and a hyphen. The second has 10 letters.</p>	<p style="text-align: center;">Clue B 2</p> <p>A synonym for the first word is “nurse,” but it isn’t a person.</p>
<p style="text-align: center;">Clue B 3</p> <p>The first syllable of the word:</p> 	<p style="text-align: center;">Clue B 4</p> <p>The first word:</p> 
<p style="text-align: center;">Clue B 5</p> <p>The first word is: <u> </u> <u>EA</u> <u> </u> - <u> </u> <u>EE</u> <u> </u></p>	<p style="text-align: center;">Clue B 6</p> <p>The first word is: <u>B</u> <u>R</u> <u>E</u> <u>A</u> <u>S</u> <u>T</u> - <u>F</u> <u>E</u> <u>E</u> <u>D</u></p>
<p style="text-align: center;">Clue B 7</p> <p>They are proteins made by the immune system to fight infection. Mom’s help me to stay healthy!</p>	<p style="text-align: center;">Clue B 8</p> <p>The first part of the word is a prefix meaning “against” ... they work against germs.</p>
<p style="text-align: center;">Clue B 9</p> <p>The second word IS <u>AN</u> <u> </u> <u>BO</u> <u> </u> <u> </u> <u>S</u></p>	<p style="text-align: center;">Clue B 10</p> <p>The second word IS <u>AN</u> <u>T</u> <u>I</u> <u>B</u> <u>O</u> <u>D</u> <u>I</u> <u>E</u> <u>S</u></p>





<p style="text-align: center;">C</p> <p>The second answer is: <u>8 to 10 inches.</u></p> <p><i>VOLUNTEER: Remember to just say "higher" or "lower" until the person guesses within the correct range!</i></p>	<p style="text-align: center;">D</p> <p>The first answer is: <u>20 to 40 minutes.</u></p> <p><i>VOLUNTEER: Remember to just say "higher" or "lower" until the person guesses within the correct range!</i></p>
<p style="text-align: center;">Clue E 1 of 6</p> <p>The answer is a 5-letter word.</p>	<p style="text-align: center;">Clue E 2</p> <p>It is one way I tell you I'm happy!</p>
<p style="text-align: center;">Clue E 3</p> <p>The first answer:</p> 	<p style="text-align: center;">Clue E 4</p> <p>A synonym is "grin."</p>
<p style="text-align: center;">Clue E 5</p> <p>The first word is: <u> _ _ I _ E</u></p>	<p style="text-align: center;">Clue E 6</p> <p>The first word is: <u> S M I L E</u></p>
<p style="text-align: center;">Clue F 1 of 5</p> <p>The answer is actually 2 short words a 3-letter word and a 2-letter word.</p>	<p style="text-align: center;">Clue F 2</p> 



<p>Clue F 3</p> <p>It means my muscles are getting stronger and I can balance, too.</p>	<p>Clue F 4</p> <p>The answer is: <u> </u> <u> </u> <u> </u> <u> </u></p>
<p>Clue F 5</p> <p>The answer (2 words) is: <u> </u> <u> </u> <u> </u> <u> </u></p>	<p>Clue G 1 of 5</p> <p>The answer is a 5-letter word.</p>
<p>Clue G 2</p> <p>It is one of my first ways of traveling.</p>	<p>Clue G 3</p> 
<p>Clue G 4</p> <p>The word is: <u> </u> <u> </u> <u> </u> <u> </u></p>	<p>Clue G 5</p> <p>The word is: <u> </u> <u> </u> <u> </u> <u> </u> <u> </u></p>
<p>Clue H 1 of 5</p> <p>The answer is a 4-letter word.</p>	<p>Clue H 2</p> <p>It is a difficult way to travel. It means I have learned several new skills: standing, balancing, and moving about without holding on!</p>



<p>Clue H 3</p> <p>The first answer:</p> 	<p>Clue H 4</p> <p>The answer is: _ A _ _</p>
<p>Clue H 5</p> <p>The answer is: <u>W A L K</u></p>	<p>Clue I 1 of 5</p> <p>The answer is a short word, just 3 letters.</p>
<p>Clue I 2</p> <p>Synonyms are “utter” and “speak.”</p>	<p>Clue I 3</p> <p>For example:</p> 
<p>Clue I 4</p> <p>The answer is: _ A _</p>	<p>Clue I 5</p> <p>The answer is: <u>S A Y</u></p>
<p>J</p> <p>The answer is: <u>3 or 4 years.</u></p> <p><i>VOLUNTEER: Remember to just say “higher” or “lower” until the person guesses within the correct range!</i></p>	<p>Clue K 1 of 5</p> <p>The answer is an 8-letter word.</p>



<p style="text-align: center;">Clue K 2</p> <p>These are things like: <i>hurt, sadness, fear, joy, and anger.</i></p>	<p style="text-align: center;">Clue K 3</p> <p>A synonym is “emotions.”</p>
<p style="text-align: center;">Clue K 4</p> <p>The answer is: <u> E E </u> <u> </u> <u> S </u></p>	<p style="text-align: center;">Clue K 5</p> <p>The answer is: <u> F E E L I N G S </u></p>
<p style="text-align: center;">L</p> <p>The answer is: <u>2 or 3 years.</u></p> <p><i>VOLUNTEER: Remember to just say “higher” or “lower” until the person guesses within the correct range!</i></p>	<p style="text-align: center;">M</p> <p>The answer is: <u>1,100 to 1,300 dollars (\$1,100.00-\$1,300.00)</u></p> <p><i>VOLUNTEER: Remember to just say “higher” or “lower” until the person guesses within the correct range!</i></p>
	<p style="text-align: center;">N</p> <p>The answer is: <u>450-600 dollars (\$450.00-\$600.00)</u></p> <p><i>VOLUNTEER: Remember to just say “higher” or “lower” until the person guesses within the correct range!</i></p>

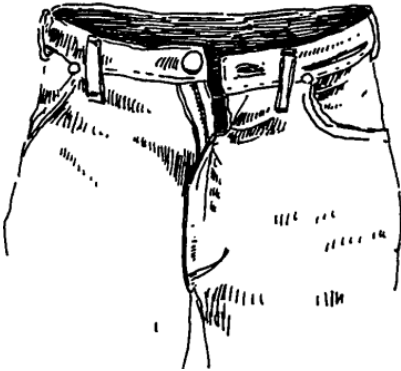
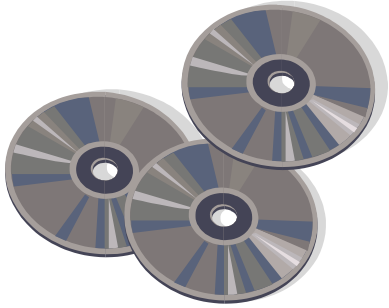
Infancy Transparency 1

What Are the Advantages of Breastfeeding?



Infancy Transparency 2

What Can \$12,000 Buy?



Infancy Transparency 3

Resources in Our Area for Struggling Young Parents:

AGENCY: _____

Phone: _____

AGENCY: _____

Phone: _____

AGENCY: _____

Phone: _____

Resources for Adoption Counseling and Assistance:

AGENCY: _____

Phone: _____

AGENCY: _____

Phone: _____

AGENCY: _____

Phone: _____