

## BABY THINK IT OVER GUIDELINES AND PACKET

You are being entrusted with a baby for the weekend. It is your responsibility and privilege to care for and enjoy the little one. You are in all ways the parent of this child. You will have some responsibilities as you take this child. You are completely in charge of caring for and protecting this child. You are to take care of the Baby as if it were a real child.

**Your Baby is very sensitive to smoke. If you or other family members or friends smoke please take every precaution possible to protect your Baby from as much smoke as possible. Do not smoke while you are holding or tending baby. Ask other caregivers not to smoke around your baby. If others in your home smoke, please keep the Baby in your room away from the second hand smoke as much as possible. Remember a real baby often suffers from asthma, more ear infections and upper respiratory infections when they are around second hand smoke.**

While you are caring for your Baby you need to do the following:

1. Protect your baby from anyone that wants to shake, hit, or in any other way abuse your baby.
2. Complete the forms that are included with your packet and report.
3. Clean your baby daily using baby wipes provided. **NEVER BATHE THE BABY IN WATER, ONLY SPONGE IT OFF. REMEMBER BABY'S SKIN EASILY MARKS AND ABSORBS INK FROM BOOKS AND PENS;** therefore always keep baby clothed or wrapped in a blanket.
4. Buckle up both you and the baby when you drive. If Baby cries while you are driving, please drive to a safe place. Stop the car and tend the baby. NEVER DRIVE AND CARE FOR THE BABY AT THE SAME TIME! Record on a piece of paper why the baby was unattended and the time you were driving to a safe place. Turn the paper in when you turn in baby on Monday.
5. If a problem arises during the time you have the baby, attempt to e-mail Mrs. Morgan. If you leave your name and phone number, she will attempt to call you if it cannot be resolved by e-mail.
6. When you return Baby on Monday, you will see Mrs. Morgan to have your sensor cut off. If you return without the sensor still attached to your wrist, you will lose 20 points.
7. If you fail to return the magnetic key/sensor, bottle or diaper, you will be charge the cost of replacement.
8. If ID #2 is used more than 5 times in the 60 hours, you will be deducted 2 points per issue.

\*Resource information to answer the packet questions can be located on Mrs. Morgan's website.

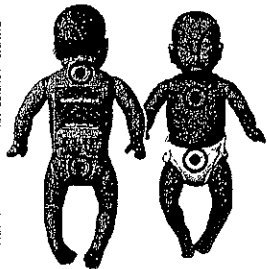


**You do not have to touch your ID to Baby's back.**  
**You will hear a chime sound if Baby recognizes your ID.**  
 The best areas for ID recognition are shown below.

**When Baby starts crying:**

**Step 1: Pick Baby up and listen for the chime sound.**

If Baby chimes, that means it recognizes you as the parent.  
 First try feeding, burping, rocking, or changing diapers.



- *Feed:* Hold the bottle or breastfeeding device to Baby's mouth. Baby makes feeding sounds and coos when done. Hold Baby while feeding or Baby cries.
- *Burp:* Pat Baby's back. Baby makes small whimpering sounds and then burps after several minutes.
- *Rock:* Provide constant, gentle rocking motion. Baby makes soft whimpering sounds and coos when done.
- *Diaper:* Take Baby's diaper off. Baby still whimpers. Put the OTHER diaper on. Baby coos.

**If you heard the chime and Baby is still crying:**

**Step 2: Pick Baby up and try rocking for 1 minute.**

Baby's head may have been unsupported, it may have been roughly handled, or Baby may just be fussy. Rocking helps Baby quiet down.  
**Fussy crying lasts for 3 MINUTES and then Baby coos.**

**If you did not hear the chime and Baby is still crying:**

**Step 3: Double-check the ID.**

Hold your ID next to Baby's diaper area and listen for the chime again. If Baby still does not chime, make sure Baby is being held on its back.

**Here are some other things that may happen while you have Baby:**

- Breathing sounds mean Baby is sleeping or being rocked.
- Coughing or cooing (happy) sounds means Baby is awake.
- Hearing the ID chime but not being able to quiet Baby for a few minutes means Baby was just fussy.
- Baby cries if it is upside down or on its tummy for five or more seconds.
- If you are feeding, burping, rocking, or changing Baby when the head falls back or you roughly handle Baby, Baby cries loudly. Rock Baby until it is quiet. You don't need to care for Baby until it cries again.
- You have 2 minutes to start caring for Baby before missed care is recorded.

**Frustration-reducing measures for when Baby is crying**

- Take several deep breaths and count to ten.
- Say the alphabet.
- Put Baby in a safe place, then leave the room for a few minutes.
- Close your eyes and think of something pleasant.
- Ask someone else to help.

RealCare® Baby II records Shaken Baby Syndrome if it is shaken (head moves back, forward, and back again in two seconds).

**Safe holding methods**



At your shoulder



The cradle hold



The football hold



Using a carrier

**IMPORTANT SAFETY REMINDERS!**

- Baby may cry while you are driving. Please be aware that the crying may start unexpectedly, and you should be prepared.
- Never leave Baby unattended in a public place given the potential for misunderstanding.
- Bring your vehicle to a complete stop in a safe location before caring for Baby, or to retrieve a piece of Baby's equipment that falls.
- Do not feed, burp, rock, change diapers, or otherwise care for Baby while driving.
- Failure to install Baby in a car seat in a motor vehicle could result in Baby or the seat becoming projectiles in the event of a sudden stop or accident.
- Do not place Baby on or near a stove, especially while cooking.
- Never take your wristband off. Not only will you be deducted points, but you may lose the ID or stumble around in the dark looking for it if Baby cries during the night.
- Baby should sleep somewhere close to your sleeping quarters, but not in bed with you. Baby may fall out of the bed or you could roll over on it, causing damage to Baby and discomfort to you.
- Loud crying near people with potentially serious physical conditions, such as those susceptible to heart attack or stroke, should be avoided.
- Make a note in your diary where you had to delay care of Baby because your safety or that of others may have been compromised.
- Do not place Baby in or near water.
- Baby's crying or other sounds may cause pets to become agitated or aggressive. Keep Baby out of the reach of pets or other animals.
- Use an infant car seat or carrier to transport Baby rather than holding Baby at all times.
- Baby weighs 6.5 to 7 pounds and could cause discomfort for individuals with back pain.
- Do not operate any type of equipment or attempt tasks requiring the use of both hands while holding Baby.
- Do not allow small children to play with Baby. Baby's hands and feet could be a choking hazard.

## Baby Think It Over Rubric

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Baby Number \_\_\_\_\_

Baby Type \_\_\_\_\_

**Baby: (100 points total)**

**Deductions: 1. Baby returned with missing supplies (up to 10 points)**

**2. Baby smells smoky (20 points). If the baby is returned smoky you are required to come to school early or stay afterschool on Monday to clean the baby, wash its clothes, and equipment. When this is completed, you will earn points back onto your grade.**

a. Total hours (60 minimum)
b. Head Support (-1 point per event)
c. Rough Handling (-10 points for each event)
d. Shaken Baby (-25 points for each event)
e. Neglect-Missed Care (-1 point/event)
f. Wrong Position (-1 point per event)

**Written Assignments: (150 points)**

1. \_\_\_\_\_ Memorandum of Agreement (5 points)
2. \_\_\_\_\_ Readiness quiz (10 points)
3. \_\_\_\_\_ Birth Certificate (5 points)
4. \_\_\_\_\_ Car seat safety quiz (10 points)
5. \_\_\_\_\_ SIDS Quiz (10 points)
6. \_\_\_\_\_ Shaken Baby Syndrome (SBS) Questions (10 points)
7. \_\_\_\_\_ FAS questions (10 points)
8. \_\_\_\_\_ Parent's Questionnaire ( Have your parents complete and sign 5 points)
9. \_\_\_\_\_ Post test completed (10 points)
10. \_\_\_\_\_ Cost of feeding an infant (10 points)
11. \_\_\_\_\_ Feeding Quiz (10 points)
12. \_\_\_\_\_ Prenatal and Infant Development Quiz (5 points)
13. \_\_\_\_\_ Report completed and includes the following: (50 points)—See score sheet on next page.

**Total Score includes:**

100 points for Baby

100 points for packet

50 points for Written report

**Information to answer written assignments can be found on the Avon Child Development Website under Baby Think It Over Resource Folder.**

The Baby Think It Over Report should include:

<b>a. Typed and written in paragraph format with proper grammar, punctuation, spelling and sentence structure (10)</b>
<b>b. Information on care and concerns about baby (10)</b>
<b>c. Comments about your feelings. (5)</b>
<b>d. Comments about how other people reacted to your baby and their reactions. (5)</b>
<b>e. Explanation of how a “real baby” would be different. (5)</b>
<b>f. Comments on how BTIO fit into your life and how you would cope with a real baby in your life today. (10)</b>
<b>g. Include pros and cons of this assignment. (Negative feelings will not count against your grade.) (5)</b>

**Possible information internet sites:**

SIDS websites:

[www.healthline.com](http://www.healthline.com)

[www.sids.org](http://www.sids.org)

[www.nlm.nih.gov/medlineplus/suddeninfantdeathsyndrome](http://www.nlm.nih.gov/medlineplus/suddeninfantdeathsyndrome)

[www.kidshealth.org](http://www.kidshealth.org)

Shaken Baby Syndrome

[www.dontshak.com](http://www.dontshak.com)

[www.kidshealth.org](http://www.kidshealth.org)

[www.nihds.nih.gov/disorders](http://www.nihds.nih.gov/disorders)

Car Seat Safety

[www.aap.org/family/carseatguide.htm](http://www.aap.org/family/carseatguide.htm)

[www.keepkidshealthy.com/WELCOME/safety/car\\_seats\\_safety/](http://www.keepkidshealthy.com/WELCOME/safety/car_seats_safety/)

[www.nhtsa.dot.gov/people/injury/childps/](http://www.nhtsa.dot.gov/people/injury/childps/)

# Memorandum of Agreement

I understand that I must agree to take Baby home, make necessary arrangements, and participate in a simulated parenting experience. *Failure to show up for delivery will be considered an automatic zero.* I will make arrangements with my instructor to pick Baby up either during class or after school.

My Baby is \_\_\_\_\_ (number or name) Class period \_\_\_\_\_

**Please read each point aloud and sign at the bottom.**

## "I promise to:

- ✓ accept full responsibility for Baby
- ✓ take care of Baby as if it were a real, live infant
- ✓ carry Baby, the diaper bag, and the items needed for proper care with me at all times, wherever I go
- ✓ always use a car seat to properly transport Baby in a vehicle
- ✓ never drive a vehicle if I am overly tired
- ✓ never try to care for Baby while driving
- ✓ never leave Baby alone or with someone else unless previously authorized by my instructor
- ✓ never abuse or neglect Baby. I will treat it gently and patiently
- ✓ never tamper with the electronics, ID, or wristband
- ✓ keep a complete record of all information required for my diary.
- ✓ keep Baby for the entire assigned period of time, turn in my completed diary and other worksheets required at the end of my assigned time, and return Baby only to the instructor or person designated by the instructor."

## Take Home Checklist

Note pre-existing damage:



	Replacement costs
<input type="checkbox"/> Baby .....	\$ <u>650.00</u>
<input type="checkbox"/> Car seat	\$ <u>70.00</u>
<input type="checkbox"/> Diaper bag ..	\$ <u>30.00</u>
<input type="checkbox"/> Bottle .....	\$ <u>12.00</u>
<input type="checkbox"/> Diaper (1 pair) .	\$ <u>17.00</u>
<input type="checkbox"/> Wristband/ID ....	\$ <u>12.00</u>
<input type="checkbox"/> <u>blanket</u>	\$ <u>16.00</u>
<input type="checkbox"/> <u>outfit</u>	\$ <u>16.00</u>

Prices subject to change

Student name printed \_\_\_\_\_

Student signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor name printed \_\_\_\_\_

Instructor signature \_\_\_\_\_ Date \_\_\_\_\_

Name: \_\_\_\_\_

Class period: \_\_\_\_\_

Managing  
the parenting  
simulation

Unit 1

# Readiness Quiz

- 1 List the four types of care you will provide for Baby
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  
- 2 List three other sounds Baby makes
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  
- 3 Before you can provide care for Baby, you must hear the \_\_\_\_\_ that means Baby recognizes you
  
- 4 Baby will record neglect if it takes you longer than \_\_\_\_\_ minute(s) to care for Baby
  
- 5 Although real infants may be fussy for long periods of time, RealCare Baby II will not be fussy for more than \_\_\_\_\_ minute(s)
  
- 6 List two things that happen if Baby is roughly handled, abused, or its head is not supported
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  
- 7 There are many things that you can do to prevent rough handling and head support failure. List two
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  
- 8 List three things that can permanently stain Baby's skin
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  
- 9 What can you do to help protect Baby from stains?  
\_\_\_\_\_
  
- 10 How can you simulate bathing Baby?  
\_\_\_\_\_
  
- 11 Have you read and signed the *Parent/Guardian/ student safety precautions sign-off* form that outlines all safety precautions you should take with Baby?  
 Yes       No (you must do so before you take Baby home)

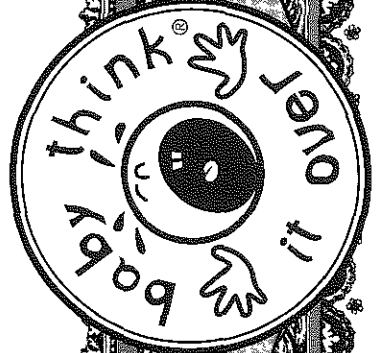
The RealCare® Parenting Program  
Unit One: Managing the parenting simulation

Realityworks  
Live it. Learn it.

# BIRTH CERTIFICATE

This Certifies that \_\_\_\_\_  
was born on the \_\_\_\_\_ day of \_\_\_\_\_  
The parent's name is \_\_\_\_\_  
Weight when born \_\_\_\_\_  
Length when born \_\_\_\_\_

Witnessed by \_\_\_\_\_



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Baby Think It Over® Program

Baby Think It Over® Program

## Child Safety Seat Quiz

1. What is everyone who rides in a vehicle required to use? \_\_\_\_\_
2. Infant car seats should be placed in the vehicle (circle all that apply):  
a. Facing front    b. Semi-reclined    c. Facing back    d. Sitting straight up
3. How should the breastplate on the restraint straps rest on the infant?  
\_\_\_\_\_
4. How should the car seat handle be positioned while driving? \_\_\_\_\_
5. What objects are unsafe for an infant to play with while riding? \_\_\_\_\_
6. What is the LATCH system that is available in most automobiles today?  
\_\_\_\_\_  
\_\_\_\_\_
7. The LATCH/teether system is only for \_\_\_\_\_ - \_\_\_\_\_ child safety seats.
8. What is the recommended age that a child should be moved from a rear-facing car safety seat to a forward facing car safety seat? \_\_\_\_\_
9. Where is the safest place in the car for a child under the age of 13 to sit?  
\_\_\_\_\_
10. What is the biggest danger with leaving a child locked in a car unattended? \_\_\_\_\_  
\_\_\_\_\_



# SIDS Worksheet

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1 SIDS stands for S \_\_\_\_\_ I \_\_\_\_\_ D \_\_\_\_\_ S \_\_\_\_\_

2 SIDS is the leading cause of death in infants between:

- a. 1 week and 1 month
- b. 1 month and 1 year
- c. 1 month and 6 months
- d. 6 months and 1 year

3. Most SIDS deaths occur during:

- a. winter and fall months
- b. Summer and fall months
- c. spring and summer months
- d. fall and spring months

4. True False Infants born to mothers younger than 20 years old at the time of their first pregnancy are more likely to be affected by SIDS.

5. True False Infants born to mothers who **do not** smoke during pregnancy, but **do** smoke after pregnancy, still increase their infants' chance of SIDS.

6. Healthy infants should be placed on their \_\_\_\_\_ to sleep.

7. An infant should NOT sleep on (check all that apply).

- a. its tummy
- b. Pillows
- c. its back
- d. fluffy blankets
- e. a firm mattress
- f. soft waterbed

8. Name two things the mother can do during her pregnancy to help prevent SIDS:

\_\_\_\_\_

9 Smoking increases the risk of SIDS based on (check all that apply):

- a. each puff during pregnancy
- b. each smoker in the environment
- c. the number of cigarettes smoked
- d. the amount of time exposed to smoke

10 How can breastfeeding help prevent SIDS?

\_\_\_\_\_  
\_\_\_\_\_

11. Parents should be aware of how to reduce the chances of SIDS. Who else should know the facts? \_\_\_\_\_

12. Why does the RealCare Baby II cry when placed its tummy for more than a few minutes?

\_\_\_\_\_

# Abusive Head Trauma

## Discussion Topics

1. What does SBS stand for? S \_\_\_\_\_ B \_\_\_\_\_ S \_\_\_\_\_
2. What happens when you shake an infant?  
\_\_\_\_\_  
\_\_\_\_\_
3. What are 3 immediate consequences of shaking a baby?  
\_\_\_\_\_
4. What are 3 long term consequences of shaking a baby?  
\_\_\_\_\_
5. Is there ever a situation that makes shaking an infant okay?  
\_\_\_\_\_  
\_\_\_\_\_
6. If the mother is the person caring for the infant during the day, while the father is at work, and the father is only home in the evenings when the infant is mostly sleeping. How important is it if he cannot deal with the infant's crying?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Who do you think is more patient with an infant – the parent or someone who is babysitting the infant? Explain.  
\_\_\_\_\_  
\_\_\_\_\_
8. Twins have a higher chance of being shaken than single infants. Why?  
\_\_\_\_\_
9. When is the best time for you and your partner to discuss your views on parenting?
  - a. When the woman is pregnant
  - b. Shortly after getting married
  - c. While dating
  - d. Before becoming pregnant
  - e. Shortly after getting engaged
10. Imagine you have been up all night with a sick infant. You have gotten little or no sleep and you're tired. You are frustrated because you can't make the infant stop crying. What do you think is the best way to handle your frustration?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Fetal Alcohol Spectrum Disorder

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Circle the correct multiple choice answer, or circle true or false

1. FASD is the leading preventable cause of mental disabilities in the United States  
True                      False
2. FASD is when a baby is born intoxicated or addicted to alcohol.  
True                      False
3. FASD affects at least 1 out of every \_\_\_\_\_ birth.  
a. 1000                      c. 750  
b. 5000                      d. 25
4. When was FAS first defined?  
a. 1953                      c. 1973  
b. 1963                      d. 1983
5. How many drinks are safe for a woman to consume while pregnant?  
a. 5 per day                      c. no hard liquor, but beer and wine are safe  
b. 2 per day                      d. there is no safe level of drinking while pregnant
6. One of the possible effects of FAS is:  
a. Abnormally small dead                      c. mental disabilities.  
b. Short attention span.                      d. all of the above.
7. Birth defects can result when the mother drinks during which trimester of her pregnancy?  
a. Only the first trimester                      c. any of the trimesters  
b. First and second                      d. only the third trimester
8. Sperm damaged by alcohol use can cause a miscarriage or low birth weight in infants.  
True                      False
9. Alcohol consumption by the father prior to conception can damage a man's sperm.  
True                      False
10. A fetus suffers the effects of drugs and alcohol for the same amount of time as the mother.  
True                      False
11. Children with FASD can be cured  
True                      False

**RealCare Baby**  
**Parent/Guardian Evaluation**

Please complete the following questions then sign.

Yes    No    Was having your son/daughter use RealCare Baby beneficial?

Yes    No    Do you feel your son/daughter has a more realistic idea about parenting than before using Baby?

Yes    No    Did using Baby initiate good conversations between you and your son/daughter?

Yes    No    If you have other children in your family, would you have them use Baby?

Yes    No    Would you recommend this experience to other parents?

Yes    No    Do you think this experience can play a part in deterring teens from early pregnancy?

Yes    No    Do you think it would be more effective if used again when your child is older?

Yes    No    Has the RealCare Baby Program had a lasting impact on your son/daughter? If so, in what way? \_\_\_\_\_

Yes    No    Do you think it would have been more appropriate for your son/daughter at a different age? If so, what age? \_\_\_\_\_ Why? \_\_\_\_\_

What do you think is an appropriate length of time for students to use RealCare Baby?  
2 days      3 days      1 week      2 weeks      other \_\_\_\_\_

What do you think was the purpose of the Program? Was it achieved? \_\_\_\_\_

What do you think your son/daughter learned from this experience? \_\_\_\_\_

Do you have any suggestions for improving the RealCare Baby Program? \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# PART TWO: Questions for reflection about parenting

Managing the parenting simulation

Unit 1

Page 1 of 2

This sheet is a guide to reflection about your feelings about yourself in the role of parent. There are emotional (☺☹), social (👥), and financial (\$) consequences of becoming a parent...

Your Baby's name \_\_\_\_\_  
Baby's gender  Male  Female

☺☹ For you, did the gender of the Baby make a difference?  Yes  No  
Why or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ The Babies are culturally diverse. Was the ethnicity of your Baby important to you?  Yes  No  
Why or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ How would you rate your abilities now as the care giver of an infant (feeding, burping, rocking, changing diapers, soothing, keeping safe and healthy)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ What did you like about caring for Baby? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ What did you find hard about caring for Baby? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ From your experience in taking care of Baby, how easy or difficult is it to be a single parent? Explain your answer \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ What qualities would you like a future parenting partner to have? Explain \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ Shaken Baby Syndrome is serious and preventable. From what you know and from your experience with Baby, explain what might cause an adult to shake a child \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☺☹ The following is a list of some traits that are good qualities for a parent to possess (of course there are many others). Write an X on the scale from one to five, rating yourself on the amount of the quality that you possess RIGHT NOW. One is the least amount, and five is the most amount.

1 5

Behave appropriately for my age

1 5

Responsible

1 5

Resourceful

1 5

Patient

1 5

Good sense of humor

1 5

Flexible

1 5

Calm in an emergency

☺☹ Predict how finishing school and moving toward completing your educational goals would be affected if you became a parent while you are still a student \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



PART TWO: Questions for reflection about parenting

👤 The responsibility of parenting changes one's lifestyle profoundly. Do you accept your current responsibilities well?  Yes  No

👤 Are you responsible in the following ways?  
In school, giving your best effort as a student  
 Yes  No  
At home, as a helpful family member  
 Yes  No

👤 When you took Baby home, how did your family respond? What kinds of comments did they make?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

👤 How would you feel about asking your family for help with a real child at this point in your life?  
\_\_\_\_\_  
\_\_\_\_\_

👤 How do you think your family would feel about you having a child and asking for help?  
\_\_\_\_\_  
\_\_\_\_\_

👤 Comment on how much you value hanging out, going places, and having fun at this point in your life  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

👤 How would you react if you had to give up the freedom to do those activities to care for a child?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

👤 At this point in your life, are you prepared to be a single parent/supportive spouse, give up dating, and be a good parent?  
 Yes  No Why or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

💰 Rate your abilities now to pay for the financial expense (food, housing clothing, medical care) of an infant. Check one  
 I am capable of financially supporting an infant  
 I could financially support an infant if the mother/father of the infant helps out  
 I would probably need a little financial assistance  
 I would require a great deal of financial assistance  
 I could not support myself and an infant

💰 FEMALES ONLY Eighty percent of teen mothers live below the poverty level for 10 years after they become parents. Think about how you feel and behave when you don't get what you want. Predict how you would respond to living a lifestyle based on your current income (or a job you could qualify for now while getting an education) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

💰 MALES ONLY Think about how you feel and behave when you don't get what you want. Predict how you would respond to living a lifestyle based on your current income (or a job you could qualify for now) AND had to pay child support at 17 percent of your salary while getting an education \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

😊 Was the reality of parenting what you expected?  
 Yes  No  
Explain your answer \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

😊 How ready are you for parenting RIGHT NOW?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Calculating the Cost of Feeding an Infant

Using the information and equations below, calculate the cost of using formula for each three-month period. Then add those four numbers together to get the cost of using formula for the first year of an infant's life.

**Average cost of one 32 oz. can of liquid ready-to-use formula: \$8.00**

**Average intake of formula per day at:**

1-3 months.....15 ounces

4-6 months..25 ounces

7-9 months ..... 30 ounces plus cereal, etc

10-12 months..... 32 ounces plus cereal, etc

**Calculate the cost of formula for each 3-month period:**

**1-3 months** \_\_\_\_\_ ounces per day x 90 days = \_\_\_\_\_ ounces per 3-month period (transfer to next line)

\_\_\_\_\_ ounces per 3-months / 32 oz per can = \_\_\_\_\_ cans of formula (transfer to next line)

\_\_\_\_\_ cans of formula per 3-month period x \$8.00 per can = \$\_\_\_\_\_ **for months 1-3**

**4-6 months** \_\_\_\_\_ ounces per day x 90 days = \_\_\_\_\_ ounces per 3-month period (transfer to next line)

\_\_\_\_\_ ounces per 3-months / 32 oz per can = \_\_\_\_\_ cans of formula (transfer to next line)

\_\_\_\_\_ cans of formula per 3-month period x \$8.00 per can = \$\_\_\_\_\_ **for months 4-6**

**7-9 months** \_\_\_\_\_ ounces per day x 90 days = \_\_\_\_\_ ounces per 3-month period (transfer to next line)

\_\_\_\_\_ ounces per 3-months / 32 oz per can = \_\_\_\_\_ cans of formula (transfer to next line)

\_\_\_\_\_ cans of formula per 3-month period x \$8.00 per can = \$\_\_\_\_\_ **for months 7-9**

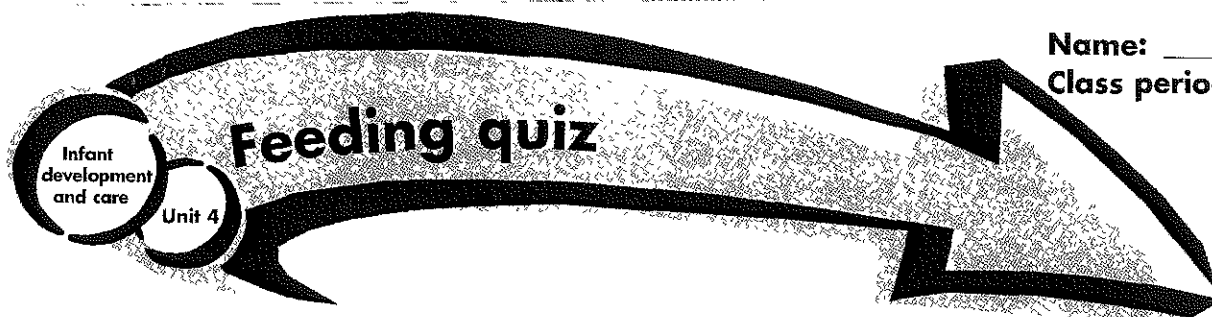
**10-12 months** \_\_\_\_\_ ounces per day x 90 days = \_\_\_\_\_ ounces per 3-month period (transfer to next line)

\_\_\_\_\_ ounces per 3-months / 32 oz per can = \_\_\_\_\_ cans of formula (transfer to next line)

\_\_\_\_\_ cans of formula per 3-month period x \$8.00 per can = \$\_\_\_\_\_ **for months 10-12**

\$\_\_\_\_\_ **for one year**

Extra Credit: Write a paragraph comparing the time, cost, and health benefits of breastfeeding versus bottle feeding.



Name: \_\_\_\_\_  
Class period: \_\_\_\_\_

Write true or false (Rewrite each false statement to make it true.)

- 1 \_\_\_\_\_ Certain types of formula are exactly the same as breast milk  
\_\_\_\_\_
- 2 \_\_\_\_\_ A mother has to choose between *only* breastfeeding or *only* bottle feeding  
\_\_\_\_\_
- 3 \_\_\_\_\_ Breastmilk is good for a baby's immune system  
\_\_\_\_\_
- 4 \_\_\_\_\_ Formula is more easily digested than breast milk  
\_\_\_\_\_
- 5 \_\_\_\_\_ On average, breastfed babies are sick less often than bottle fed babies  
\_\_\_\_\_

Use complete sentences to answer.

- 6. How can breastfeeding soothe a baby? \_\_\_\_\_  
\_\_\_\_\_
- 7 List three illnesses breast milk can protect against \_\_\_\_\_  
\_\_\_\_\_
- 8 List two benefits of breastfeeding for the baby \_\_\_\_\_  
\_\_\_\_\_
- 9 List two benefits of breastfeeding for the mother \_\_\_\_\_  
\_\_\_\_\_
- 10 List two reasons some mothers may bottle feed their babies \_\_\_\_\_  
\_\_\_\_\_

Fill in the blank

Use the following words:

stove, iron, soy, colostrum, sucking, one year, powder, concentrated, ready-to-use, 24, microwave

- 11 For the first few days after birth, breast milk is called \_\_\_\_\_.
- 12 Sometimes an infant does not breastfeed because he/she has a poor \_\_\_\_\_ reflex
- 13 Cow's milk is not recommended until after the infant is \_\_\_\_\_ old.
- 14 Cow's milk, goat's milk, or \_\_\_\_\_ are the basis for most formulas
- 15 Formula should be \_\_\_\_\_-fortified to prevent anemia
- 16 Formula can be found in \_\_\_\_\_, \_\_\_\_\_ liquid,  
and \_\_\_\_\_ liquid forms
- 17 Ready-to-feed formulas must be used within \_\_\_\_\_ hours of opening
- 18. The best way to heat formula is on a \_\_\_\_\_, not in a \_\_\_\_\_

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The Baby Think It Over® Program with RealCare® Baby II  
Unit Four: Infant development and care







Name: \_\_\_\_\_

Class period: \_\_\_\_\_

**Fill in the blank.**

1. An infant is in the womb for three, three-month periods of time called \_\_\_\_\_.
2. An infant has about \_\_\_\_\_ brain cells when it is born.
3. The fluid surrounding a fetus in the womb is called \_\_\_\_\_.
4. The heart starts beating during the \_\_\_\_\_ trimester.
5. The \_\_\_\_\_ and \_\_\_\_\_ cord are two of the first things to develop in an embryo.

**Write true or false.**

6. \_\_\_\_\_ Every child is able to do the same things at the same time
7. \_\_\_\_\_ Most brain development occurs before an infant is born
8. \_\_\_\_\_ Once a brain connection is made, it stays in the brain for the rest of the child's life.
9. \_\_\_\_\_ Talking to an infant helps him make language connections in his brain.
10. \_\_\_\_\_ Never doing the same activity twice is a good way to build brain connections.