Parenting Readiness



**Lesson Plan Title:**

Parenting and Family living

**Subject Area:**

**Recommended course(s):**

FACS I

**Aligned to NASAFACS Standards:**

Standard 7 objectives 1

**Objectives:**

: Evaluate personal readiness for parenting roles and responsibilities.

Identify the social, emotional, physical, intellectual and financial considerations of parenting.

List the steps of parenthood preparation. Examine your motives for parenting, Develop knowledge and skills

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| **Materials needed:**  [**Parenting Readiness PPT**](https://www.google.com/url?q=http://www.uen.org/cte/facs_cabinet/downloads/ChildDevelopment/S1O1ParentingReadiness.ppt&sa=U&ei=8D4tVY25KoylyATNroGADQ&ved=0CAUQFjAB&client=internal-uds-cse&usg=AFQjCNEp2Rx1A2FtdaI3O8MMoiOOMnSJ_g)  [**\*Vocabulary-Worksheet**](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36675-Vocabulary_Worksheet.pdf&filename=Vocabulary_Worksheet.pdf)  [**\*When are you READY.pdf**](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36676-When_Are_You_Ready.pdf&filename=When_Are_You_Ready.pdf)  **[\*Cost of raising a baby](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36668-Costs_of_Raising_a_Child.ppt&filename=Costs_of_Raising_a_Child.ppt)**  **[Teacher information- cost of raising a child](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36674-Teacher_Info-Cost_of_Raising.pdf&filename=Teacher_Info-Cost_of_Raising.pdf)**  [**The cost of Raising a Child Information (teacher)**](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36667-Carolyn_Washburn_Handout.pdf&filename=Carolyn_Washburn_Handout.pdf) | **Resources:**  [**Evaluate your Parenting Readiness**](http://www.babycenter.com/0_evaluate-your-parenting-readiness_7311.bc) |

**Lesson Summary/Outline:**

**Motivator/Opening:**

Father of the Bride 2 video Play the Relay game. The class will be divided up into groups of four. They are told that they have just woke up and find that they only have 45 minutes to get to work, and they still have to get the baby ready for daycare! The first person in line rushes from the front of the room to the waiting doll on the opposite side of the room to change the baby's clothes, diaper the "baby", cover it with a blanket and then run it back to the next waiting runner. This "parent" next runs the baby back to the opposite side of the room and "feeds the baby" where they eat a food item that you feel they can safely eat in a race. (Perhaps jello jigglers or 3 baby carrots or some bread). They must have completely eaten it before being able to run back to the team. Once the food is eaten they head back to the team and the next "parent" takes the baby to the opposite side of the room and" burps the baby" for 1 full minute, then "rocks the baby" while humming a lullaby for one minute. They run back and the last "parent" quickly walks the baby to daycare, which is around the room 2 times. The first team to complete the relay correctly and safely wins a prize. Discuss how having a baby changes many of the things that you do, or, you could do the price is right game.

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| **Activities:**  **Price is Right Game**  Play the Price is Right Game. Have students calculate the cost of baby care products. Refer to the [**Price is Right Game Teacher Information**](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36671-Price_is_Right_Teacher_Info.pdf&filename=Price_is_Right_Teacher_Info.pdf) (pdf). The winner is the person guessing the closest price without going over the actual price. The most important thing is that the students are made aware of the costs of baby supplies while having fun. | **Assignments:**  **Journal-**  **What do you thinks you need to do to prepare to be**  **A parent?**  [**Parenting Readiness Quiz**](https://www.google.com/url?q=http://www.uen.org/cte/facs_cabinet/downloads/ChildDevelopment/student_baby_quiz_video.pdf&sa=U&ei=8D4tVY25KoylyATNroGADQ&ved=0CAYQFjAC&client=internal-uds-cse&usg=AFQjCNH2rABzqWNUTlP33keZfVsBRqYMtA)  [**Parenting readiness Test**](http://www.uen.org/Lessonplan/downloadFile.cgi?file=13327-6-18363-parenthood_readiness_ASSIGNMENT__9__315_.doc&filename=parenthood_readiness_ASSIGNMENT__9__315_.doc)  [**Budgeting Assignment**](http://www.uen.org/Lessonplan/downloadFile.cgi?file=29120-2-36666-Budgeting_Assignment.pdf&filename=Budgeting_Assignment.pdf) |

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**Evaluation Pa**renting is one of the most important responsibilities that we will ever have in our lives. It isn't something that you can stop doing if you find that it is too hard to do- it is a life time commitment. Another person's life depends on you. It is a huge responsibility, but one that will bring rewards along with the challenges as long as you are ready to take on that responsibility.

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