



Department of Teaching and Learning

Family Life Education

GRADE: 10

Lesson 2

TIME:

One class period

LESSON FOCUS:

Parenting Attitudes, Decisions and Adjustments

STATE STANDARD:

11.5 The student will express his or her own attitude toward parenting.

DESCRIPTIVE STATEMENT:

This centers on the student's own opinions about parenthood - possible reasons for becoming a parent, realistic role expectations for parenthood and parental responsibilities.

It also includes discussion of the responsibilities of parents who have children with characteristics that may be displeasing to the parent(s). Students will demonstrate the skills needed to utilize positive mental health practices in parenthood.

STATE STANDARD:

11.8 The student will identify parenthood options in terms of questions to be answered and decisions to be made.

DESCRIPTIVE STATEMENT:

Discussion includes readiness to be a parent; family planning issues and spacing of children choices resulting from infertility, genetic factors, and birth defects; and expenses associated with parenthood. Discussion also includes the positive aspects of parenting for the individual and for society.

STATE STANDARD:

11.13 The student will calculate the personal considerations and financial costs of childbearing.

DESCRIPTIVE STATEMENT:

This includes the following considerations: the economic costs of raising a child, including the expenses of medical care before and after pregnancy; the costs of educating a child; the social considerations, including the investment of time and energy needed for quality child care; and the opportunity considerations, such as staying home to care for a child rather than pursuing an education or a career. This is balanced with discussion regarding the rewards of having children.

STATE STANDARD:

11.11 The student will describe the adjustments family members face in the postnatal period.

DESCRIPTIVE STATEMENT:

Adjustments to be considered include how the baby's needs affect other family members and their schedules. Consideration is given to the expectations of relatives and to adult needs for privacy, recreation, and time with other children. The issue of sibling rivalry is also discussed.

LEARNING TARGET:

I can identify and describe responsible attitudes and approaches to parenting decisions.

KEY TERMS:

- Parenthood/parenting
- Positive mental health
- Baby blues
- Mood disorders
- Bipolar
- Anxiety
- Postpartum psychosis
- Family Planning
- Infertility
- Ovulation disorder
- Pregnancy-induced hypertension
- Prenatal care
- Low birth weight
- Postnatal period
- Psychological adjustments

MATERIALS NEEDED:

- LCD Projector
- PowerPoint
- Placemat Consensus worksheet
- 4A's Protocol handout
- Concentration game cards

Videos and Links:

- TLC Video (to 4:43): <https://www.youtube.com/watch?v=xu4x2s4ulpl>

- *Kahoot* sign in and project on LCD projector so kids can get code.
 - If not already registered, teacher must sign up for a FREE *Kahoot* account before the lesson.
 - Go to getkahoot.com and go to *Get My Free* account. Go to “find kahoots” and search for this lesson *Kahoots* (the *Kahoot* link will be found within the PowerPoint presentation). Click on the link and it will take you to the *Kahoot* sign it page.
 - *Kahoot* quiz (if unable to access the online version)

LINK (activate prior knowledge/lesson intro.)

Open the PowerPoint presentation- The lesson will be taught using the presentation with the lesson strategies, video directions and activities embedded within the PowerPoint.

1. **Lesson introduction: Slide 1** – Introduce the lesson and learning target.
2. **Bell Ringer:** The questions on **slide 2** can be used as a quick **Think/Pair /Share** activity to get them thinking about the topic of what it takes to have a child. Use the script in the notes of the PowerPoint.
3. **Lesson introduction: Slide 2** – Introduce the lesson and learning target.
4. Introduce the concept of what the costs are to having a child with this video (**Slide 3**):
<https://www.youtube.com/watch?v=xu4x2s4ulpl> Click on the link on the slide to begin the video. As students view the video, have them complete a **4 A's Protocol** (see attached sheet). Once completed, have students share in a whole-class discussion.

ENGAGE AND EXPLAIN (direct instruction/guided practice):

- Take students through **slides 4-10**. Use the script in the notes section of the PowerPoint.

ACTIVE LEARNING (collaborative learning/work):

Slide 11- KAHOOT GAME-this will serve as a review of the previous slides.

The students will log in to the *Kahoot* website and enter the code to play (a new code will show up each time you play the game.) The name of the Kahoot is FAMILY LIFE 10TH GRADE LESSON 2. The directions for pulling up the Kahoot are on **slide 11**. *Kahoot* in quiz format has 10 questions, two on each printout.

Following Kahoot game, read script in notes section of PowerPoint for **slide 12**.

ENGAGE AND EXPLAIN (direct instruction/guided practice):

1. Have students participate in a **Think-Pair-Share** to brainstorm the following prior to showing **slide 13**: What are the risk factors which increase stress during pregnancy and in early parenthood?
2. Review **slide 13** using the script in the notes section of the PowerPoint. Particular emphasis should be placed on HOW to maintain positive mental health in the face of some of the challenges listed on the slide. Have students provide some suggestions for how to do so throughout the discussion.
3. Use the notes in the script of the PowerPoint to review **slides 14-17**.

ACTIVE LEARNING (collaborative learning/work)/REFLECTION (individual work)

Slide 18- Group work- **Placemat consensus:**

Put the students into groups of 3 or 4. Give each group a Placemat Consensus handout and have them write their understanding of the topic in the square directly in front of them for 20 seconds. Have them rotate the paper so a new square is in front of them. Repeat until each person in the group has written in each square. You can go around 2 times if necessary. Have them discuss the answers they came up with as a group. Have them assign one person to share out 1 of the areas to the class.

LESSON CLOSURE:

Concentration game as a review using **slide 19**, students will work in teams of 3-4 to play as teacher facilitates the game.

INSTRUCTIONAL STRATEGIES

Think/Pair/Share

- a. **Step 1: Think** individually think about the following (1-3 minutes):
 - What information do you need to solve the problem?
 - What information do you already know?
 - What tools and strategies could you use?
 - What questions do you need to ask your group?
- b. **Step 2: Pair** with a partner, jot down ideas to help you get started with the problem (1-3Minutes). You may use any of the tools provided in the classroom.
- c. **Step 3: Share**, take turns sharing ideas in a larger group (1-3 minutes.)

4 A's Protocol- from the School Reform Initiative, http://schoolreforminitiative.org/doc/4_a_text.pdf

As students watch the video, they should record on their 4 A's Protocol sheet the following:

- What **assumptions** do you hear from the narrator?
- What do you **agree** with?
- With which ideas would you **argue**?
- What **actions** are necessary in parenting?

Name _____

Four A's Text Protocol

Costs to having a child video

1. What **assumptions** do you hear from the narrator?

2. What do you **agree** with?

3. With which ideas would you **argue**?

4. What **actions** are necessary in parenting?

PHYSICAL

PSYCHOLOGICAL

**Pregnancy and
Parenting**

AS A COUPLE

SOCIAL

CONCENTRATION GAME SET 1

UPDATING	YOUR WILL
NAMING	A LEGAL GUARDIAN
IT TAKES OVER _____ TO RAISE A CHILD	\$245,000
ON AVERAGE _____ FOR A CESAREAN SECTION BIRTH	\$16,106
\$200	A FULL-SIZE INFANT CAR SEAT
CHILD CARE	INFANT \$10,028-\$12,000
READY-MIX POWDER FORMULA	COSTS ABOUT \$1,350
DISPOSABLE DIAPER COSTS FOR THE FIRST YEAR	RUNS ABOUT \$850

CONCENTRATION GAME SET 2

BIRTH SPACING OF YEARS	FINANCIAL
CAREER	TIME AWAY FOR THE WORKPLACE
EFFORT	TAKING CARE OF LITTLE ONES
FEWER BABIES BORN TO TEENAGERS IN 2013	SINCE 1946
U.S. BIRTH RATE	9 TIMES HIGHER THAN OTHER DEVELOPED COUNTRIES
PRENATAL CARE	SCREENS FOR MEDICAL PROBLEMS
PRENATAL VITAMINS	HELP PREVENT CERTAIN BIRTH DEFECTS

CONCENTRATION GAME SET 3

HIGH BLOOD PRESSURE	PREGNANCY INDUCED HYPERTENSION
LOWER BIRTH WEIGHT	TEENS AT A HIGHER RISK OF HAVING BABIES WITH THIS
POST-PARTUM DEPRESSION	GIRLS WHO FEEL DOWN OR SAD AFTER HAVING A BABY
CHALLENGES TO PARENTS' <i>PHYSICAL HEALTH</i>	RECOVERY FROM PREGNANCY AND DELIVERY
CHALLENGES TO PARENTS' <i>PSYCHOLOGICAL ADJUSTMENTS TO THE NEW PARENTING ROLE</i>	PARENTING DEMANDS
CHALLENGES TO PARENTS' <i>REARRANGEMENT OF THEIR SOCIAL LIFE</i>	HOW THEY INTERACT WITH EXTENDED FAMILY AND FRIENDS
CONFLICTS TYPICALLY INCREASE IN A RELATIONSHIP	AFTER THE BIRTH OF A CHILD

CONCENTRATION GAMES SET 4

DEPRESSION	10-15% OF WOMEN ARE DIAGNOSED WITH DEPRESSION.
BIPOLAR DISORDER	CHARACTERIZED BY EXTREME HIGHS (MANIA) AND EXTREME LOWS (DEPRESSION)
ANXIETY DISORDERS	APPROXIMATELY 13% OF WOMEN EXPERIENCE ANXIETY DURING PREGNANCY OR IN EARLY PARENTHOOD
POST-TRAUMATIC STRESS DISORDER (PTSD)	MAY TRIGGER DISTRESSING MEMORIES OR FEELINGS
IT IS VERY IMPORTANT TO MAINTAIN	GOOD MENTAL HEALTH DURING YOUR PREGNANCY.
REMEMBER THAT THERE IS NO ONE RIGHT WAY OF PARENTING.	ALWAYS DO THE VERY BEST YOU CAN
AVOID MAJOR LIFE CHANGES IN LATE PREGNANCY AND EARLY PARENTHOOD	WAIT TO MAKE BIG DECISIONS.

Lesson 2 Kahoot Questions

1. What is something you must take care of in Planning your Estate?
2. It costs over \$_____ to raise a child.
3. The actual costs for a hospital visit for a birth will depend on_____.
4. A stroller could cost?
5. Feeding and diaper costs could reach \$_____.
6. The average hospital cost \$_____.
7. Disposable diapers cost for the first year \$_____.
8. Your total cost for the first year \$_____.
9. Daycare will average \$_____ per year.
10. You will spend approx. \$_____ on toys and clothing the first year.

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