

# Parenting and Family Planning

## Learning Target

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



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CHARTING THE COURSE

# ARE YOU REALLY READY?

Are you ready to have a baby?

Are you following a healthy diet and living a healthy lifestyle?

Have you stopped drinking, smoking or using drugs?

What about stress?

Are there no added risks at your work?

Do you know what the healthy lifestyle is that goes hand-in-hand with potential parenthood?

What about congenital defects?



# Costs of Raising a Child



A graphic featuring a pink hand with a black outline pointing upwards towards the word "JOB". The word "JOB" is written in bold, yellow, sans-serif capital letters inside a blue rectangular box. The entire graphic is set against a light blue background.

**JOB**

# **REVIEW YOUR JOB AND INCOME**

**CALCULATE THE COST OF CHILDCARE WITH YOUR INCOME.  
WHAT ABOUT LOSS OF PROMOTIONS? RETIREMENT CONTRIBUTIONS?**

**REVIEW YOUR HEALTH INSURANCE**



# Important Planning

Establishing or updating your will

Naming a legal guardian

Revisiting your budget

# **IT TAKES CLOSE TO \$300,000 TO RAISE A CHILD**

## **Hospital Costs:**

On average \$10,808 for regular labor and delivery and \$16,106 for a cesarean section. The actual costs you pay, of course, vary depending on your health care coverage.

## **Baby Supplies and Equipment:**

\$1,200- crib, a changing table and a swing or bouncy seat

\$400- one stroller

\$400- full-size infant car seat

\$200- full-size high chair

\$\$\$\$\$ --you will spend several hundred dollars on washcloths, sheets, blankets, burp cloths, undershirts, onesies and other baby clothing.

# **YOUR TOTAL BUDGET TO THINK ABOUT**

## **CHILDCARE**

**State  
Virginia**

**Infant  
\$10,028-\$12,000**

**School-Age  
\$5,614.00**

### **Feeding and Diapers:**

- Ready-mix powder formula costs about \$1,350.
- A Year's supply of bottles costs about \$90.
- Disposable diaper costs for the first year run about \$1,000.

## **Health Care**

Visits to the doctor (about six times during his or her first year), including well-baby check-ups as well as the inevitable colds and fevers of infancy.

## **Toys and Clothes**

You will spend about \$500-\$600 on toys and clothing during the first year

## **Total for the First Year**

Your total expenses for the first year run about \$10,000-15,000.

The biggest variable is the cost of health care.



# **Ages One Through Six**

- \$1,000 on toys and clothes and about \$2,200 a year on food.
- Daycare will cost you an average of \$12,000 per year.

# **Ages Six Through Twelve**

- Your child begins orthodontia during this stage.
- You are likely to spend more than in the previous stage on clothing, toys and entertainment.
- Dance and music lessons, sports participation, etc.
- Costs for private school or to summer camp. These expenses will have to be added in.

# **Ages Thirteen Through Eighteen**

- Child's food, clothing and entertainment bill to greatly exceed what it was during the previous stage.
- Growth spurts in your adolescent result in a rise in clothing costs
- Teen takes more of an interest in his or her appearance.
- Once your teen starts driving, your auto insurance will go up. The extra cost could be anywhere from \$300 to \$1,000.
- If you intend to buy your child a car, add this expense in as well.
- Sweet-16 parties, bar and bat mitzvahs. orthodontia, SAT-preparation courses, music lessons, sports, etc.

# KAHOOT

Take out your phones and log in.  
You may share if you do not have a device.  
Be sure to use your real name.

<https://getkahoot.com/>



# **The Importance of Support**

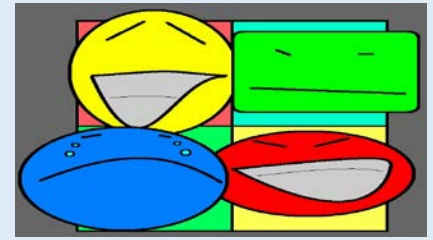
Social support  
Social connections  
Building of self-esteem  
and coping ability



# **Mental Health During Pregnancy and Early Parenthood**

- difficult and unhappy childhood
- unplanned pregnancy
- being a young/single parent
- relationship problems
- obstetric complications in the past, including fertility problems
- difficult birth
- premature or multiple births
- baby health problems
- baby feeding/sleeping problems
- lack of sleep for parents
- low self esteem
- self-critical, anxious or perfectionist personality
- socioeconomic disadvantage

# Mood Disorders



## Depression

During the perinatal period, 10-15% of women are diagnosed with depression. However, as symptoms of pregnancy/early motherhood often imitate symptoms of depression, mood disorders often go undiagnosed.

## Bipolar disorder

Bipolar is characterized by extreme highs (mania) and extreme lows (depression), excessively happy mood or excessively irritable mood or both.

## Anxiety disorders

Approximately 13% of women experience anxiety during pregnancy or in early parenthood.

## Post-traumatic stress disorder (PTSD)

Women who have experience sexual abuse or a traumatic birth, for example, may avoid medical appointments as this may trigger distressing memories or feelings.

# Parenting Is A Flexible Process

Engaging in caregiving



Parents' physical health



Psychological adjustments to the new parenting role

# Maintaining Mental and Physical Health During Pregnancy

- Taking care of yourself.
- Healthy diet and exercise.
- Avoid alcohol and drugs.
- Rest.
- There is no one right way of parenting.
- Ask for help.
- Socialize.
- Avoid major life changes.
- If you are susceptible to mental health problems, seek help.
- If symptoms do present, seek professional advice early.





# ***New Challenges To The Parents As A Couple***



# Placemat Consensus

As a group, you will write what you know about the topic directly in front of you. After 20 seconds, rotate the paper so a new topic is in front of you. Again, write what you know about the topic. Continue the rotation process until you have had the chance to write in each square.



# **Concentration Game**

**BE SURE TO SHUFFLE THE CARDS EACH TIME  
SPREAD THEM OUT ON THE DESK FACE DOWN**

- One person in the group can act as the moderator and have a copy of the answers--have a different moderator each switch of cards.**
- Count to see who has the most matches at the end---continue this through the entire rotation of all the cards.**
- Once finished with the set of cards, be sure to gather them all together for your group.**



## **I HAVE A QUESTION.....**

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



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