**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | |
| **Cluster** | Human Services |
| **Course** | Child Development |
| **Lesson/Unit Title** | A Little Thing That Changes EVERYTHING! |
| **TEKS Student Expectations** | **130.277. (c) Knowledge and Skills**  (2) The student analyzes roles and responsibilities of parenting. The student is expected to:  (A) Investigate parenting skills and responsibilities, including child support and other legal rights and responsibilities that come with parenthood  (4) The student investigates components of optimal care and development. The student is expected to:  (D) Analyze reasons for medical care and good health practices prior to and during pregnancy  (5) The student investigates strategies for optimizing the development of infants of diverse backgrounds, including those with special needs. The student is expected to:  (B) Draw conclusions regarding the impact of the infant on the family in areas such as roles, finances, responsibilities, and relationships |
| **Basic Direct Teach Lesson** | |
| **Instructional Objectives** | **Students will:**   * Analyze parenting skills and responsibilities * Explore the connection between the mother’s health and the baby’s health * Investigate health risks to baby’s due to environmental and hereditary factors * Discuss options of optimizing the development of special needs children |
| **Rationale** | Becoming parents for the first time can be an emotional roller coaster ride. What does it mean to be a parent? What are parenting responsibilities? There are many challenges and rewards to parenthood. In preparation for careers related to the care and education of children, this lesson will provide an excellent opportunity for you to study the areas of parenting skills and responsibilities. |
| **Duration of Lesson** | Four 45-minute class periods |
| **Word Wall** | **Child support:** Court-ordered payments, typically made by a noncustodial parent, to support one’s minor child or children, may also be entered into voluntarily, depending on each states law  **Congenital disorder:** A physical or biochemical problem in a baby that is present at birth. It may be inherited or caused by environmental factors  **Cystic Fibrosis:**  A congenital disorder in which a chemical failure affects lungs and pancreas. Thick, sticky mucus forms in the lungs, causing breathing problems  **Environmental factors:** A person’s surroundings contributing to a particular result or situation  **Genetic factors:** Traits passed through the genes. These factors affect all stages of growth and development  **Indirect costs:** Dollar amounts that are not directly accountable to a project, facility, function, product, or person  **Low birth weight:** Weight of a live born infant being less than 5 pounds 8 ounces regardless of gestational age |
| **Materials/**  **Specialized Equipment Needed** | **Equipment:**   * Computer with projector for multimedia presentation * Computer lab with Internet for research   Note: If individual equipment is not available, teacher can teach the assignments as a class from a projected copy if students can see the screen.  **Materials:**   * Props which symbolize having a baby such as:   + Baby bottles   + Baby clothes   + Baby food   + Infant car seat   + Maternity clothes   + Play money   + Write words like medicine, obstetrician, pediatrician, special needs child and relationships on individual pieces of paper   **Other appropriate lessons:**   * Preparing for Parenthood: Pregnancy and Labor Child Development * The Balancing Act: Parenting Responsibilities Child Development * Copies of handouts   **PowerPoint:**   * The Little Thing That Changes EVERYTHING!   **Technology:**   * Free iPad Apps   + My Baby Today – Baby Center<https://itunes.apple.com/us/app/my-baby-today-babycenter/id466847531?mt=8> * Infographic: The Cost of Raising a Child   + USDA released its annual Expenditures on Children by Families report, also known as the “Cost of Raising a Child,” showing that a middle-income family with a child born in 2013 can expect to spend about $245,340 ($304,480 adjusted for projected inflation\*) for food, housing, childcare and education, and other child-rearing expenses up to age 18. The costs by location are lower in the urban South ($230,610) and rural ($193,590) regions of the country. Families in the urban Northeast incurred the highest costs to raise a child ($282,480).<http://blogs.usda.gov/2014/08/18/how-much-will-it-cost-to-raise-a-child/> * TEDTalks:   + Nadine Burke Harris: How childhood trauma affects health across a lifetime<https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime>   **YouTube:**   * Any Baby Can of San Antonio A video on personal stories of parents of special needs children.<http://youtu.be/lBjh4VaDqXQ> * The Attorney General of Texas No Kidding (Child Support video)<https://www.texasattorneygeneral.gov/media/videos/play.php?image=NoKiddingV5&id=335>   **Graphic organizer:**   * Note-taking A Little Thing that Changes EVERYTHING! * Word Chain Activity   **Handouts:**   * Parent Interview * Rubric for Three-Minute Announcement (PSA) * Safety Precautions During Pregnancy * Three-Minute Public Service Announcement (PSA) |
| **Anticipatory Set** | **Before class begins:**  Become familiar with the PowerPoint, handouts, and activities.  Display as many of the lesson-related supplies (see Materials or Specialized Equipment Needed) as you have available on a table in front of the room.  **Before class begins:**  Prior to beginning this lesson, ask students to explore the responsibilities, challenges, and rewards of parenthood. Individually, students will conduct a word chain activity. Distribute the Word Chain Activity handout. Review the instructions with the students. An example has been provided for you. The topic is “The Responsibilities, Challenges, and Rewards of Parenthood.” Allow the students’ time to complete the activity and share their words. Assign a scribe to write the words on the board.  Possible questions for discussion:   * What are the needs of a newborn? * How can a married couple prepare for the birth of their newborn? * What resources are available to parents of a special needs child? * Why is prenatal care so important? * How is child support enforced and what are the laws for receiving child support? * How do finances factor as a basis for deciding to have a baby? * When is a good time to have a baby? |
| **Direct Instruction with Special Education Modifications/**  **Accommodations** | Introduce objectives, terms, and definitions.  Distribute the graphic organizer Note-taking A Little Thing that Changes EVERYTHING! Handout. Students will include subtopics and detailed information on their notes.  Introduce slide presentation A Little Thing That Changes EVERYTHING! PowerPoint. Use the appropriate notes from Presentation Notes for A Little Thing That Changes EVERYTHING! for discussion.  Discuss the Texas Attorney General’s Child Support program. See <https://www.texasattorneygeneral.gov/cs/about-the-child-support-program> for the most current information on the rights and responsibilities of parents.  Videos included in the slide presentation:   * Any Baby Can of San Antonio A video on personal stories of parents of special needs children.<http://youtu.be/lBjh4VaDqXQ> * The Attorney General of Texas No Kidding (Child Support video)<https://www.texasattorneygeneral.gov/media/videos/play.php?image=NoKiddingV5&id=335>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing instructor or peer assistance with note taking * providing instructor or peer check for understanding |
| **Guided Practice with Special Education Modifications/**  **Accommodations** | **Computer lab:**  Distribute the Safety Precautions During Pregnancy handout. Having access to the Internet, students may research the information at <http://americanpregnancy.org/is-it-safe/> or other reliable sources.  Teacher note: You may opt to divide the class into groups and assign each group a section from the handout to research. Each group will share their information with the class and students can complete the handout.  Allow students time to share their information.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * Allowing extra time for assignments * Instructor or peer check for understanding |
| **Independent Practice/**  **Laboratory Experience with Special Education Modifications/**  **Accommodations** | Scenario: You have recently been hired as a counselor at a pregnancy wellness clinic.  Students will work in groups to develop a three-minute public service announcement (PSA) that will inform new parents of parenting responsibilities and how a baby will change their lives. Distribute the Three-Minute Public Service Announcement (PSA) handout. Topics can include:   * Cognitive development * Congenial birth defects * Educating new parents-to-be * Child guidance * Effective parenting * Environmental hazards on the unborn baby * Financial responsibilities * Health and safety responsibilities * Legal and moral responsibilities * Prenatal care * Preparing for parenthood * Roles and responsibilities of family members * Social and emotional development * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ approved by teacher   Instruct student to be creative in developing a unique public service announcement. Students will present their PSA to the class upon completion during Lesson Closure. PSA may be performed as a skit, videotaped, or developed in a song.  Distribute the Rubric for Three-Minute Public Service Announcement (PSA) and review with students so they may understand what is expected.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * shortening instructions * providing extra time for assignments |
| **Lesson Closure** | Review objectives, terms, and definitions.  Presentation of three-minute public service announcement by students. |
| **Summative/End of Lesson Assessment with Special Education Modifications/**  **Accommodations** | Assessment by Rubric for Three-Minute Public Service Announcement (PSA).  Optional: Using the information gathered in the three-minute public service announcement, students will write a one-page written reflection analyzing their PSA. Students will reflect on how this activity and information obtained from all the three-minute PSAs will assist them in future. The reflection may be submitted for assessment.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing extra time for completing assignment * working with peer tutor |
| **References/**  **Resources** | **Images:**   * Microsoft Clip Art: Used with permission from Microsoft®. * Photos obtained through a license with Shutterstock.com®.   **Textbooks:**   * Decker, Celia. *Child development; early stages through age 12.* 7th. Tinley Park, IL: Goodheart-Willcox, 2011.   **Websites:**   * American Pregnancy Association The American Pregnancy Association is a national health organization committed to promoting reproductive and pregnancy wellness through education, research, advocacy, and community awareness.<http://www.americanpregnancy.org/index.htm> * Any Baby Can Since 1982, Any Baby Can has been a compass for families in need. Providing direction and guidance for families of children with special needs is at the heart of this organization. The impact the birth of a child with special needs has on the family is immense. Instantly, the family’s dreams are altered and their lives are changed forever. The stress has the potential to tear even the strongest families apart.<http://www.anybabycansa.org/> * Attorney General of Texas Greg Abbott As the official child support enforcement agency for the State of Texas, the Office of the Attorney General provides services for parents who wish to obtain or provide support for their children. Includes rights and responsibilities of parents.<https://www.texasattorneygeneral.gov/cs/about-the-child-support-program> * Centers for Disease Control and Prevention (CDC)  Facts about birth defects, diagnosis, preventing birth defects, specific birth defects and data.<http://www.cdc.gov/ncbddd/birthdefects/facts.html>   **Videos:**   * Any Baby Can of San Antonio A video on personal stories of parents of special needs children.<http://youtu.be/lBjh4VaDqXQ> * The Attorney General of Texas No Kidding (Child Support video)<https://www.texasattorneygeneral.gov/media/videos/play.php?image=NoKiddingV5&id=335> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Students will develop a graphic organizer depicting the impact of pregnancy on the mother, father, baby, and society after viewing the PowerPoint presentation. * Word wall * Visual supports * Allow extra processing time |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events: Assign students to read about the responsibilities, challenges, and rewards of parenthood. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * 2015 Prevention Resource Guide – Making Meaningful Connections at <https://www.childwelfare.gov/pubpdfs/guide.pdf> This resource has tip sheets for parents and caregivers such as:   + Bonding with Your Baby   + Managing Your Finances   + Managing Stress   + Parenting Your Child with Developmental Delays and Disabilities   + Ten Ways to Be a Better Dad * Common Challenges in Modern Parenting<http://www.prokerala.com/kids/parenting/parenting-challenges.php> * Common Parenting Styles<http://www.prokerala.com/kids/parenting/parenting-styles.php> * Financial Planning for Children with Special Needs<http://kidshealth.org/parent/positive/family/needs_planning.html?tracking=P_RelatedArticle> * The Impact of Childhood Disability: The Parent’s Struggle <http://www.pent.ca.gov/beh/dis/parentstruggle_DK.pdf> * Support for Parents of Children with Special Needs<http://kidshealth.org/parent/positive/talk/parents_support.html#cat171> * What is the Biggest Reward of Parenting?<http://everydaylife.globalpost.com/biggest-reward-parenting-3579.html> * Robert Epstein What Makes a Good Parent?<http://geraldguild.com/blog/2010/12/03/ten-best-parenting-tips-but-does-it-really-matter/>   Take notes on the graphic organizer as the teacher presents the information on the PowerPoint. Fold a piece of paper in half lengthwise. On the left side of the column, are main ideas, on the right side, write subtopics and detailed information. After Direct Instruction, use the notes as a study guide. Fold the paper in half so you only see the main ideas. With a partner, quiz each other on the details and subtopics. |
| **Quotes** | Good works are links that form a chain of love.  **- Mother Teresa**  Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly. **-Langston Hughes**  All good qualities in a child are the result of environment, while all the bad ones are the result of poor heredity on the side of the other parent. **-Elinor Smith**  I think that the best thing we can do for our children is to allow them to do things for themselves, allow them to be strong, allow them to experience life on their own terms, allow them to take the subway… let them be better people, let them believe more in themselves. **-C. JoyBell** |
| **Writing Strategies** | **Journal entries:**   * A baby changes a couple’s life by\_\_\_\_\_\_\_\_\_\_\_\_. * It is important to receive prenatal care because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Some roles and responsibilities parents have, are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Good parenting is important because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   **Writing strategy:**   * Raft (role/audience/format/topic) writing strategy:   + Role: unborn baby   + Audience: mother-to-be   + Format: story   + Topic: the importance of prenatal health care |
| **Communication 90 Second Speech Topics** | * Pregnancy can change a couple’s relationship by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * A special needs child can impact a family by\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * I would say \_\_\_\_\_\_\_\_\_\_ about prenatal care to a friend/relative which was expecting a baby. |
| **Other Essential Lesson Components** | |
| **Enrichment Activity** | * Recent research indicates that men are taking more active roles in parenting. What are some of the challenges of men in parenting roles? * Investigate how society influences parenting roles and responsibilities. Give specific examples in relation to the media, religion, education, families, and friends. Select one of the examples and explain why it influences parenting roles and responsibilities. * Develop a video that will educate others of the impact of good prenatal care during pregnancy. Include suggestions for other parents-to-be to avoid environmental hazards during pregnancy. The video can be shown on the school foyer marquee before and after school each day for a week. * Choose a health condition that might exist before pregnancy and research what affect the condition might have on the unborn baby or pregnant woman. * Students can view “For Our Children: Learning to Work Together” video. It is about 23 minutes long. <https://www.texasattorneygeneral.gov/media/videos/play.php?image=cs_for_our_children&id=182>   **TED Talks:**  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  The video below is related to this lesson. Allow students to view the video, and lead a discussion concerning the TEDTalk.  Nadine Burke Harris: How childhood trauma affects health across a lifetime Childhood trauma isn’t something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain.  <https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime>  **Math Assessment Problem**  Question 1. Noah makes $2,800 a month. He is court-ordered to give 35% of his paycheck each month as child support. If he keeps the same job for 18 years with no raise, how much total will he pay in child support over 18 years?  A. $ 11,760  b. $ 17,640  c. $164,260  d. $211,680 |
| **Family/**  **Community Connection** | * Using the handout Parent Interview, interview a parent to understand how parenthood affected his or her life. After the interview, student will write a one-page personal reflection on what he or she learned from this interview and how he or she plan to use the information now and in the future. * Invite a local couple to speak about becoming a first-time parent. Students can gain a perspective on the benefits of good prenatal care and the responsibilities of parenthood. * Invite a doctor to speak on the health and emotional aspects of pregnancy. |
| **CTSO connection** | **Family, Career, and Community Leaders of America (FCCLA)**  FCCLA <http://texasfccla.org>  **National Programs**  FCCLA Family First Project –  The FCCLA Families First national peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals are to: help youth become strong family members and leaders for today and tomorrow and strengthen the family as the basic unit of society. To help members focus their projects, Families First offers five units. Members may complete projects in one or several units. There is no order to them; although, “Families Today” might be a good place to start. It covers topics that provide a general overview of families and related issues:   * + Families Today: Understand and celebrate families   + You-Me-Us: Strengthen family relationships   + Meet the Challenge: Overcome obstacles together   + Balancing Family and Career: Manage multiple responsibilities   + Parent Practice: Learn to nurture children. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson. For additional information on service learning see<http://www.ysa.org>  Conduct a gently used baby/children’s clothing drive and donate the clothing to a local homeless shelter. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)