**Basic Infant Care**

**Curriculum Overview**

**Designed for:**
- middle or high school students
- day care providers
- babysitters
- anyone caring for infants or toddlers

**Length:**
The 12.5- to 13-hour course is comprised of 15 lessons organized within three units.

**Goal:**
To equip all participants with knowledge and skills to confidently care for young infants and toddlers.

**Synopsis:**
Realityworks’ Basic Infant Care curriculum provides information and hands-on practice of the day-to-day skills needed in caring for an infant. It addresses characteristics required to provide quality child care, and covers health, safety and emergency procedures for those who work with very young children, from birth through toddler ages. The curriculum covers a wide range of topics related to infant care, and incorporates the use of active learning methodologies as well as the RealCare® Baby infant simulator for demonstration and practice of techniques. The curriculum culminates with an experiential learning exercise encompassed in an extended care simulation experience with RealCare® Baby. Through the care simulation experience participants gain the knowledge and skills necessary to become responsible caregivers. RealCare® Baby is a technologically-advanced infant simulator that gives participants an opportunity to actively experience the responsibilities of care giving. During the care simulation, participants respond to RealCare® Baby’s needs – and must determine if they must feed, burp, rock, and change diapers over an extended period of time, typically overnight or over a weekend. This true-to-life simulation allows participants to experience firsthand the level of care an infant requires. Data from the computerized infant simulator is downloaded to an instructor’s computer to provide measurable feedback on the participant’s performance in the role of caregiver.

**Issues Addressed:**
- The important role a caregiver has with a child from infant to toddler stages
- Techniques for proper infant care skills, including soothing a crying infant, good holding and feeding, bathing and diapering techniques
- Promotion of increased knowledge of health and safety of an infant including emergency procedures, breathing emergencies, infant and child CPR and first aid

**Curriculum Components:**
- Teacher’s Guide on CD — complete 15-lesson curriculum, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student Materials on CD — Adobe® Acrobat® PDF files of all student activity sheets and homework assignments
- Survey and Assessment Tools — to track student knowledge and attitudes prior to and after the learning experience, including formative (unit quizzes) and summative assessments with answer keys
- Microsoft PowerPoint® presentation slides, located on your curriculum CD in PowerPoint® and Acrobat® PDF formats for creating overhead transparencies if you don’t have PowerPoint®
- Hyperlinks to web sites with additional information on the topic being discussed, and resource lists of web sites and other materials for additional information

The Basic Infant Care curriculum is one of three curricula offered as part of the RealCare® program. Additional curricula offered on the CD include Healthy Choices: Relationships, Sexuality and Family Planning, a comprehensive teen pregnancy prevention program, and Parenting: A Guide to Parenting Skills for Life, which covers child development and the important role that parents play.