

# Lesson – Power Up Your FACS Lessons with Pinterest



## Lesson Overview

*In this lesson, you'll learn how to use Pinterest to inspire, keep organized and cultivate new ideas. You'll see how to weave it into lessons to get students involved and engaged.*

## Lesson Objectives

After completing this lesson, participants will be able to:

- Identify specific ways to use Pinterest to engage students in a variety of activities
- Understand how teachers use Pinterest to find new ideas, keep organized and be inspired.

## Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	<ul style="list-style-type: none"> <li>• Internet access and Pinterest access if possible</li> <li>• <i>Anthropologist Finds a World of Methods for Parenting Babies</i> (one per)</li> </ul>	<ol style="list-style-type: none"> <li>1. Make sure you can access the Internet and ascertain if you can access Pinterest</li> <li>2. Print/photocopy <i>Anthropologist Finds a World of Methods for Parenting Babies</i> - one for each</li> </ol>	15 minutes
LEARN	<ul style="list-style-type: none"> <li>• Computer lab with Internet access and specifically, Pinterest access</li> </ul>	<ol style="list-style-type: none"> <li>1. Practice creating a Pinterest board and pinning things to it</li> </ol>	30 minutes
REVIEW	<ul style="list-style-type: none"> <li>• Internet access</li> <li>• Presentation Slides 9-29 <i>Customs About Pregnancy Around the World</i> from Lesson 7 Understanding Pregnancy curriculum (Included with the Pregnancy Profile Simulator <a href="#">QR</a>)</li> <li>• Slideshare link to the same presentation at: <a href="https://www.slideshare.net/secret/GgF3Zu26yZm5W">https://www.slideshare.net/secret/GgF3Zu26yZm5W</a></li> </ul>	<ol style="list-style-type: none"> <li>1. Create a personal Pinterest board called "Slide Presentations"</li> <li>2. Pin the Slideshare link to your Pinterest board</li> <li>3. OR access the <i>Presentation Slides</i> from the <i>Understanding</i></li> </ol>	10 minutes

		<i>Pregnancy Curriculum</i> included with the Pregnancy Profile Simulator	
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# FOCUS: Methods for Parenting Babies Around the World

15 minutes

### Purpose:

This lesson will introduce participants to the fact that there are many different pregnancy customs and ways to parent a baby around the world. We'll use Pinterest in various ways to make the lesson interactive.

### Materials:

- Internet access and Pinterest access if possible
- *Parenting in Different Cultures* handout (one per participant)

### Facilitation Steps:

1. Have participants read the *Parenting in Different Cultures* handout aloud, paragraph by paragraph. Have a discussion using the following questions:
  - Which example of baby care in the article surprised you the most?
  - Does it surprise you that in some cultures mothers hold their babies most of the day? Why or why not?
  - How do you think a parent who held his/her baby most of the day would be viewed in this country?

- What kinds of care practices might differ from parent to parent in this country?
- Do you feel that the way babies are raised in this country is the best way? Why or why not?
- How do you think a parent would feel if he/she came from a different country and his/her parenting practices were not accepted here?
- What kinds of situations might arise if a parent's practices were not accepted by the culture (think about schools, law enforcement, etc.)?
- Where do parenting practices originate (religion, tradition passed down, etc.)?

2. Go around the room and have each participant volunteer what their cultural heritage is. Have them name one or two things that they do in their family (traditions, special food dishes, etc.) that are unique to their culture.

Instructor Information: The article "Anthropologist..." by Paul Cody of the Cornell News Service is about a book written by Meredith Small, an associate anthropology professor at Cornell University. It is an excellent transition into the topic of how different cultures raise children.

# Parenting in Different Cultures

## Anthropologist Finds a World of Methods for Parenting Babies

by Paul Cody, Cornell News Service, January 22, 1998. Reprinted with permission.

“When Gusii mothers in southwestern Kenya were shown a videotape of middle-class American mothers with their babies,” said Meredith Small, an associate professor of anthropology at Cornell, “the Gusii mothers were shocked.”

Why did that American mother on the tape ignore her baby’s cries? Gusii mothers asked. Why do American babies sleep alone in small beds with bars, in their own rooms?

And if American mothers saw a newborn Gusii baby cared for by a 6-year-old sibling, they might be equally shocked.

“Cultural ideology, tradition and personal experience, rather than what is best for babies, often drives parenting,” Small said.

In her new book, *Our Babies, Ourselves*, published by Anchor Books/Doubleday in April, Small takes a fresh and lively view of how different cultures do that old human thing—raise babies.

“Parents readily accept their society’s prevailing ideology on how babies should be treated,” wrote Small in the cover story of the October issue of *Natural History*, “usually because it makes sense in their environmental or social circumstances. In the United States, where individualism is valued, parents do not hold their babies as much as in other cultures, and they place them in rooms of their own to sleep. Japanese infants are held more often, not left to cry and sleep with their parents. Efe parents in the Congo believe even more in a communal life, and their infants are regularly nursed, held, comforted by any number of group members, not just parents.”

Kung San parents in Botswana, in south-central Africa, respond to a crying or whimpering baby in 10 seconds on average. In the West, parents wait

60 seconds. “If you ask an Italian mother about her baby’s eating,” Small said, “she’ll be able to tell you in great detail. But she won’t know nearly so much about her child’s sleep. In the United States, the opposite is very often true.”

Small was trained as a primate behaviorist at the University of California at Davis and came to Cornell in 1988. She has won both the Russell Award and a Stephen H. Weiss Presidential Fellowship for excellence in teaching.

In addition to her scholarly work in the biological anthropology field, Small writes widely for such broader-appeal magazines as *American Scientist*, *Scientific American*, *Discover*, *The Scientist* and regularly for *Natural History*.

“We have a great deal to learn from other cultures about raising babies,” Small said. “More and more studies seem to show that breast-feeding is good for mothers and babies—for immunologic reasons, for lower rates of Sudden Infant Death Syndrome, even for lower rates of breast cancer. And some experts in the field say there is strong evidence to suggest that babies who sleep with adults do much better than those who do not. Babies are not designed to be by themselves.”

“I always more or less assumed that the way we raised babies in this country was the best way,” Small said, but research for her book opened her eyes.

So what’s the best way to raise a baby?

In *Natural History*, Small writes, the only reasonable way to raise a child is in a “Kung-San-Gusii-Efe-American-Japanese-Australopithecine-chimpanzeemacaque way.”



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# LEARN: Using a Pinterest Board to Learn about Parenting and Pregnancy Around the World

30 minutes

### Purpose:

Participants will explore other cultures globally and research parenting or child-rearing practices unique to the culture. Participants will create a Pinterest board focusing on pregnancy and parenting customs for one country or culture.

### Materials:

- Computer lab with Internet access and specifically Pinterest access

### Facilitation Steps:

1. Have participants select a country, continent or a culture (i.e. Africa or specifically Tanzania) to create a Pinterest board about parenting and pregnancy practices in that culture or location. You may have students pair up if you prefer.
2. Participants can specifically look for the following items:
  - Feeding
  - Bathing
  - Clothing
  - Holding/contact with mother
  - Sleeping (where, with or without parents)
  - Toilet training
  - Pregnancy
  - Childbirth
  - Parenting
3. Create a template board for each student or small group. To create a board you must have a Pinterest account. Log into your account and click on your name in the upper right hand corner. Choose from “Create a Board” or “Create a Secret Board.”

For this project you will create a secret board.

4. Ask each participant or small group to identify the country, continent or culture they are researching. When you create their template board, you will name each “Pregnancy, Birth and Parenting Customs in (name of place)”.

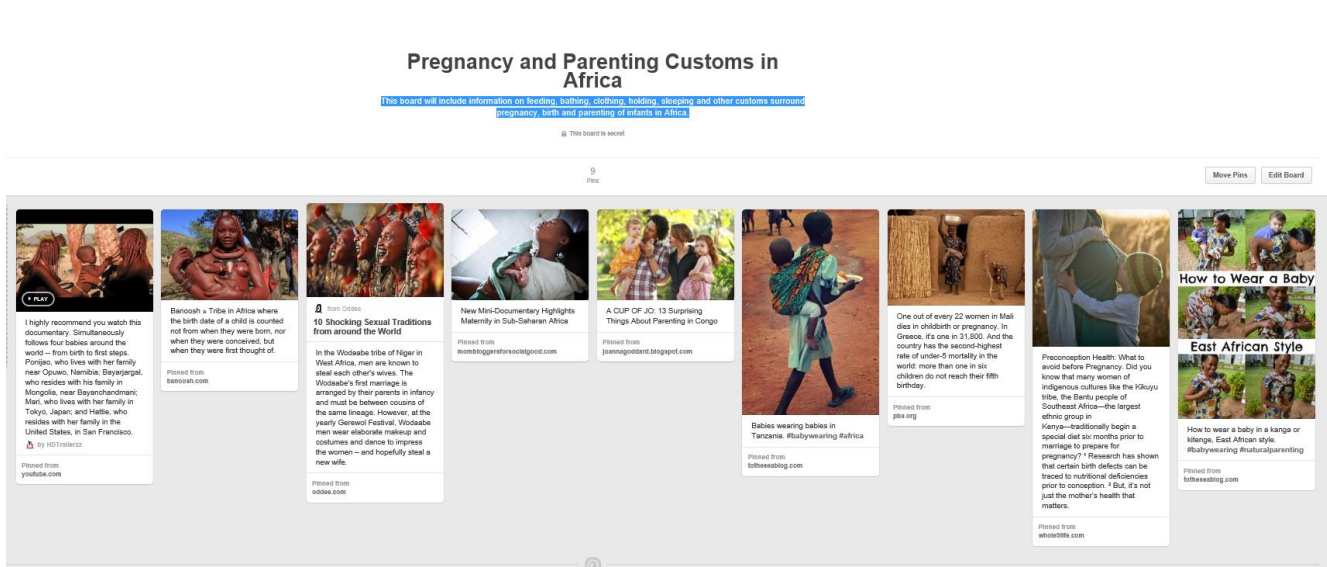
For the description use the following:  
“This board will include information on feeding, bathing, clothing, holding, sleeping and other customs surround pregnancy, birth and parenting of infants in \_\_\_\_\_/”

Next, invite the participant(s) to the group so that they are the only ones who can pin items to it.

5. Give students at least 30 minutes to research and pin things to their board. You may do this activity for another class period if necessary.



Here is an example of a board done for Africa:



**Optional Activities:**

**Interview:** Have participants interview an older person (a grandparent, for example, or willing residents of a local nursing home or assisted living complex) to find out how parenting practices have changed as the culture and/or society has changed over the years. If time permits, discuss the interview findings as a class.

**International Family Research:** Have participants search the Internet, encyclopedias and other library resources for additional information about how other cultures, ethnic groups or countries treat pregnancy with regard to the mother, father and newborn baby.

**Parenting Panel:** Invite a panel of parents from different cultures to discuss child-rearing practices in class. Adoptive parents of a child from a culture different from their own could also be considered.

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## REVIEW: Using Slideshare

**10 minutes**

### **Purpose:**

The purpose of this activity is to review unique customs about pregnancy around the world.

### **Materials:**

- Internet access
- Presentation slides 9-29 *Customs About Pregnancy Around the World* from lesson 7 *Understanding Pregnancy* curriculum (Included with the Pregnancy Profile Simulator) **OR**
- Slideshare link to the same presentation at: <https://www.slideshare.net/secret/GgF3Zu26yZm5W>

Note: Slideshare presentations may be pinned to Pinterest boards. Slideshare works best with Chrome or Firefox, not Internet Explorer.

### **Facilitation Steps:**

1. Share examples from presentation slides 19-29 *Customs About Pregnancy Around the World* from the *Understanding Pregnancy* lesson or from the Slideshare Link above. You could create your own Pinterest “Slide Presentations” board and pin this presentation to it to show also. Click the arrow link on the lower right hand side of the screen to show it on the ‘full screen’ setting.
2. Ask the group the following discussion questions:
  - How do various cultures or ethnic groups view pregnancy?
  - Is this a positive, helpful view? Why or why not?
  - What are some of the customs or care associated with pregnancy and childbirth?

- What are the roles of mother, father, or grandparents when a family member is pregnant? Upon delivery?
- How does this society or culture view teenage pregnancy?
- What cultural practices promote pregnancy and early child development in healthy positive ways?

### **Extension Activities:**

You can use Pinterest boards for many applications. Here are a few suggestions for use in other FACS classes.

**Child Development:** Invite students to create a Pinterest board using a popular children’s book of their choice as the theme (i.e. Green Eggs and Ham etc). This activity could be used in an early literacy lesson.

**Culinary:** Divide the class into small groups and have each group create a Pinterest board on Food and Kitchen Safety.

**Interior Design:** Challenge your students to create and design the ultimate kitchen design. They should use Pinterest to create a board that includes furniture, layout ideas, paint and wallpaper samples etc.

**Apparel Design and Construction:** Give students a scenario where they have to put together a set of 3 outfits for different occasions: school, a formal dinner, and exercise. They need to create a Pinterest board that shows clothing and accessories for each occasion.

**Budgeting and Financial Literacy:** Have students work in groups to create a collaborative Pinterest board on “Tips for creating a successful financial future.”

