



**SAMPLE**

**RealCare Baby<sup>®</sup>**  
**Experience Workbook**

Name: \_\_\_\_\_

# Table of Contents

Letter to Participant's Family .....	1
Parent/Guardian Permission Form.....	2
Participant Contract.....	3
Communication with Coach.....	4
Safety Precautions .....	5
Caregiver Self-Assesment.....	6
Care Simulation Directions .....	7
Tracking Practice .....	8
Readiness Quiz.....	9
Infant/Toddler Schedule.....	10
Caregiver Journal.....	11-12
RealCare Baby® Simulation Report .....	13-14
Assesment Rubric.....	15
Venn Diagram .....	16
Caregiver Self-Assesment.....	17
Certificate of Completion.....	18

# Caregiver Self-Assessment

Directions: Answer the following questions by placing an “x” in the appropriate box, writing your response in the space provided or circling the best answer.

1. The youngest child I have cared for was:

- Infant (newborn to 12 months)
- Toddler (1 to 3 years)
- Preschooler (3 to 5 years)
- School-ager (5 years and older)
- I have never cared for a child.

2. The longest length of time I have cared for a child was:

- 1 to 4 hours
- 5 to 8 hours
- Overnight
- Days at a time
- I have never cared for a child.

3. I have cared for up to \_\_\_\_\_ children at a time

4. On a scale of 1 to 5, I would rate my skills as the following:

	Poor		Average		Excellent
Ability to make decisions	1	2	3	4	5
Ability to be patient with children	1	2	3	4	5
Ability to communicate with children	1	2	3	4	5
Ability to communicate with parents/guardians	1	2	3	4	5
Ability to attend to an infant's basic needs	1	2	3	4	5
Ability to have fun with children	1	2	3	4	5
Ability to think quickly in an emergency	1	2	3	4	5
Ability to perform first aid and CPR	1	2	3	4	5
Ability to handle misbehavior	1	2	3	4	5
Understanding of developmental stages	1	2	3	4	5

5. The reasons I want to be a caregiver are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Care Simulation Directions

Care for Baby for the specified period of time set by your instructor. Use the Participant Care Card or download the free RealCare Baby® Guide App for iPhone and Android devices at: [realityworks.com/support/participant-app](http://realityworks.com/support/participant-app) as a helpful resource and do not forget the basics:

- When Baby cries, pick it up while carefully supporting the head, then ID.
- When you hear the chime, try these:
  - Feed
  - Burp
  - Rock
  - Diaper
- When Baby cries due to the following, rock Baby:
  - Rough handling
  - Head support failure
  - Shaken Baby
- If Baby doesn't chime, it may be in the wrong position. Try placing Baby on its back or ID again.

Some infants are more challenging than others. Your goal is to satisfy Baby's needs as best you can.

The wristband with ID should remain on your wrist, in good condition, throughout the care simulation. There is no restriction on the bathing and showering as the ID is water-resistant. Your instructor will remove it when you return Baby to class.

# Tracking Practice

Directions: For each care event RealCare Baby® requires, indicate the date/time and order in which the care occurred (i.e., first, second, third, and fourth).

Date/Time	Feeding	Rocking	Diapering	Burping

SAMPLE

# Readiness Quiz

Directions: Answer the following questions by writing your response in the space provided.

1. List the four types of care you will provide for Baby.

\_\_\_\_\_

\_\_\_\_\_

2. List three other sounds (besides crying) Baby makes.

\_\_\_\_\_

3. Before you can provide care for Baby, you must hear the \_\_\_\_\_ that means Baby recognizes you.

4. Baby will record neglect if it takes you longer than \_\_\_\_\_ minute(s) to care for Baby after the chime.

5. Although real infants may be fussy for long periods of time, Baby will not be fussy for more than \_\_\_\_\_ minute(s).

6. List two things that happen if Baby is roughly handled, abused, or its head is not supported.

\_\_\_\_\_

7. There are many things that you can do to prevent rough handling and head support failure. List two.

\_\_\_\_\_

8. List three things that can permanently stain Baby's skin.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. What can you do to help protect Baby from stains?

\_\_\_\_\_

\_\_\_\_\_

10. How can you simulate bathing Baby?

\_\_\_\_\_

\_\_\_\_\_

11. Have you read and signed the Safety Precautions and Participant Contract?

\_\_\_ Yes \_\_\_ No (You must do so before caring for Baby outside of class.)