

Course Title
Child and Family

Description of Target Group

This course is designed for all 11th and 12th grade students who are interested in the child and the family. This course is a one semester course designed to be taken in conjunction with Relationships and Family. Taken in conjunction with Relationships and Family and passed with a grade of "D" or better, this fulfills the 5-unit health requirement for graduation.

Purpose

This course will provide students with a combination of subject matter and activities designed to develop abilities necessary for parenting, maintaining individual and family health and safety, the family as consumers, and child development/guidance. Depending on site location, availability of program content may vary.

Standards of Expected Student Achievement

Upon completion of this course, students will be able to:

1. Develop goal selection and decision making skills and relate these principles to parenting, consumer choices, and child development and guidance.
2. Help individuals and the family cope with pressures and crises in their lives, including stress management techniques.
3. Assist individuals and the family to develop communication skills to help them cope with conflicts and disagreements.
4. Understand the personal and socio-economic impact of marriage and parenthood.
5. Understand human reproduction, family planning, and the pre- and post-natal care and conditions affecting the expectant mother and unborn child, including pre-natal substance abuse prevention.
6. Identify/understand the importance of preventative health care including communicable diseases such as STD's and HIV/AIDS.
7. Contribute to community services that are available to help individuals and families.
8. Develop an awareness of the special needs of family members (e.g., gifted, learning disabled, physically, emotionally or culturally handicapped).
9. Recognize the physical, mental, intellectual, social, creative, and emotional development of children.
10. Provide children with various role models.
11. Guide children's behavior and set limits appropriate to their age.
12. Observe and analyze developmental tasks through preschool.
13. Recognize wise purchasing techniques for children's food, clothing, toys, and equipment.
14. Promote good health standards for children.

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15. Be able to select nutritious foods and balance meals to maintain individual and Individual and family health.
16. Use consumer resources (magazines, agencies, etc.) to aid them in making decisions in buying goods and services.
17. Determine employment opportunities in the Child, Family, Health and Human Services field.
18. Recognize the ages and stages of the developing child.
19. Identify and explain various theories of child development.
20. Select and evaluate age appropriate activities important in a child's development.
21. Determine appropriate techniques for the guidance and discipline of children.
22. Show an understanding of various local and state laws regulating the child care industry.
23. Identify and understand childhood diseases and the importance of preventative health care.
24. Examine community resources available to meet the needs of parents/child/child care providers.
25. Compare and contrast various levels of career opportunities in the child care industry.
26. Application of skills may culminate in actual work experience in the home, school, or community.

Instructional Materials

Text and supplementary materials

Refer to: Secondary Adopted Texts and Approved Supplementary Books Used in the Santa Maria Joint Union High School District

Activities

Participation in classroom discussions, laboratory situations, field trips, complete projects, use various technology, hear from resource people and guest speakers, watch demonstrations, participate in games, individual and/or group reports, individualized learnings.