

COURSE: 7065	Parenting and Child Development	UNIT: B	Child Development and Guidance	
ESSENTIAL STANDARD:	4.00	B2	18%	Understand child care issues.
OBJECTIVE:	4.04	B2	6%	Understand the challenges of parenting infants.
ESSENTIAL QUESTION:				
*What challenges do individuals face when they become parents?				
UNPACKED CONTENT				
<p>Challenges for new parents</p> <ul style="list-style-type: none"> • Adapting to new routines <ul style="list-style-type: none"> ▪ Adapting to interrupted sleep ▪ Accepting offers of assistance ▪ Allowing time for other things • Handling mixed emotions <ul style="list-style-type: none"> ▪ Dealing with the happiness of having the baby vs. anxiety of responsibilities ▪ Coping with fear of having the baby vs. feeling of being overwhelmed ▪ Resolving resentment of new role vs. guilt for having negative feelings • Gaining confidence <ul style="list-style-type: none"> ▪ Realizing that confidence is not inborn, but takes time and patience ▪ Obtaining guidance from experienced parents ▪ Growing through hands-on experiences • Strengthening the parent-child bond <ul style="list-style-type: none"> ▪ Bonding develops gradually ▪ Meeting daily needs of child with love • Managing multiple roles <ul style="list-style-type: none"> ▪ Setting priorities ▪ Using time effectively ▪ Getting organized ▪ Managing stress • Developing a support system <ul style="list-style-type: none"> ▪ Selecting trustworthy people ▪ Showing kindness and diplomacy ▪ Expressing appreciation 				