



Dublin City Schools
Family & Consumer Science
Graded Course of Study
2022

Family & Consumer Science Vision

In Dublin City Schools, we believe that all students deserve experiential learning opportunities that support each child in their lifelong learning. The Family and Consumer Science curriculum provides our high school students with learning experiences that focus on the development of employability and leadership skills including, collaboration, building strong human connection, problem solving, and inclusivity. We believe that by teaching students these skills, they can transfer them to their future endeavors that may include education, entrepreneurship, enlistment and/or employment. We believe that each student who enters a Family and Consumer Science classroom deserves an opportunity to build leadership skills that will serve them now and in the future as independent members of the community.

Instructional Agreements:

- Experiential learning will be a cornerstone of learning within Family and Consumer Science, providing students with real-life learning that will serve their future.
- Students will be provided opportunities to connect their learning with their own experiences.
- Employability (soft) skills will be integrated into course instruction.

Parenting and Child Development

Parenting and Child Development Course Goals:

In this course, students will study the principles of child growth, development and behavior. An emphasis will be placed on the cognitive development of a child and sensory and motor skills. Additional topics will include childhood diseases, immunizations, theories of development, learning styles, sensory, motor skills, and evaluating childcare services.

Employability Skills		
Strand	Outcome	Competencies
<p>1. Career Development Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.</p>	<p>1.3. Leadership and Communications Develop leadership, team building and communication skills to promote collaboration.</p>	<p>1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.</p> <p>1.3.4. Use negotiation and conflict-resolution skills to reach solutions.</p> <p>1.3.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence personal and professional relationships.</p> <p>1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.</p>
<p>2. Family Development Develop personal attributes that contribute to healthy families, community involvement and</p>	<p>2.1. Family Units Examine the effects of family units on individuals and society.</p>	<p>2.1.1. Identify the structure of family units and the impact on society.</p> <p>2.1.3. Explain the importance of cultural traditions in a family unit.</p> <p>2.1.4. Evaluate how a family unit builds the independence, interdependence and commitment of its members.</p> <p>2.1.5. Analyze the impact of factors that influence individual growth</p>

workplace productivity.		and family development.
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Exploring Parenting Skills, Roles and Responsibilities		
Strand	Outcome	Competencies
2. Family Development Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.	2.1. Family Units Examine the effects of family units on individuals and society.	2.1.1. Identify the structure of family units and the impact on society. 2.1.2. Evaluate the effects of change on family units at each lifecycle stage. 2.1.3. Explain the importance of cultural traditions in a family unit. 2.1.4. Evaluate how a family unit builds the independence, interdependence and commitment of its members. 2.1.5. Analyze the impact of factors that influence individual growth and family development.
	2.2. Parenting Roles and Responsibilities Evaluate parenting roles and responsibilities at each developmental stage and within different cultures.	2.2.1. Differentiate among the parenting roles of support, nurturance and guidance. 2.2.2. Explain how parents provide for a child's basic needs, health and safety. 2.2.3. Identify parenting strategies to accommodate children's personalities and special needs. 2.2.4. Compare theories of how to develop a child's morals, values and self-esteem. 2.2.5. Explain how to develop mutual respect between a parent and child.

		<p>2.2.6. Compare the effects of parental involvement on a child's education.</p> <p>2.2.7. Compare the benefits and consequences of different discipline practices.</p> <p>2.2.8. Describe the role of available services (e.g., Department of Job and Family Services, community education classes) in supporting parenting roles and responsibilities.</p>
<p>1. Career Development Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.</p>	<p>1.5. Global Environment Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.</p>	<p>1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.</p> <p>1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.</p> <p>1.5.8. Compare multigenerational characteristics.</p>
<p>5. Health and Wellness Develop wellness practices that promote a healthy lifestyle.</p>	<p>5.6. Personal Safety Implement personal safety procedures.</p>	<p>5.6.3. Implement strategies to protect self and others from illness, injury, abuse and abduction.</p> <p>5.6.4. Identify resources, organizations and agencies committed to assisting victims.</p> <p>5.6.5. Implement methods needed to support victims and families.</p>

Styles of Parenting		
Strand	Outcome	Competencies
2. Family Development Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.	2.3. Parenting Styles Analyze the parenting styles needed to assume parenting roles and responsibilities.	2.3.1. Compare the types of parenting styles and the impact they have on child growth and development. 2.3.2. Describe the impacts of emotional, intellectual and physical nurturing on human growth and development. 2.3.3. Evaluate impacts of abuse and neglect based on signs and symptoms. 2.3.4. Determine methods and resources needed to address signs of abuse or neglect. 2.3.5. Explain the positive and negative impacts technology has on family relationships. 2.3.6. Identify a parenting style that reflects personal strengths, beliefs and values

Parent Readiness		
Strand	Outcome	Competencies
1. Career Development Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneur-	1.4. Resource Management and Information Technology Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.	1.4.4. Apply safety and security rules and regulations (e.g., parental controls, identity protection, password protection, Health Insurance Portability and Accountability Act [HIPAA], parental rights). 1.4.5. Use information technology tools to maintain, secure and monitor records.

<p>ship, to succeed in educational and professional settings.</p>		<p>1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.</p> <p>1.4.7. Use electronic media to communicate, following online etiquette guidelines.</p>
	<p>1.5. Global Environment Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.</p>	<p>1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.</p> <p>1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.</p> <p>1.5.8. Compare multigenerational characteristics.</p>
<p>2. Family Development Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.</p>	<p>2.8. Childcare Evaluate safe and healthy childcare services.</p>	<p>2.8.1. Differentiate among child development theories and their implications for childcare practices.</p> <p>2.8.2. Evaluate quality indicators for childcare options.</p> <p>2.8.3. Compare childcare services, facilities, curriculum and providers.</p> <p>2.8.4. Describe how to evaluate in-home childcare providers.</p> <p>2.8.5. Discuss mandated reporting laws for child abuse, neglect and abduction.</p> <p>2.8.6. Describe parental consent and custody issues that affect childcare.</p>
<p>5. Health and Wellness Develop wellness practices that promote a healthy lifestyle.</p>	<p>5.1. Lifespan Wellness Adopt wellness practices at each stage of the lifespan.</p>	<p>5.1.8. Explain the effect hygiene has on health and wellness.</p> <p>5.1.13. Compare vaccination risks to the consequences of refusing vaccines.</p>

Prenatal Development, Birth and Postpartum Care

Strand	Outcome	Competencies
<p>2. Family Development Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.</p>	<p>2.4. Prenatal Care Analyze the prenatal healthcare needs and the effects on family planning.</p>	<p>2.4.1. Identify alternate methods of becoming a parent (e.g., adoption, artificial insemination, surrogacy).</p> <p>2.4.2. Identify signs, symptoms and stages of pregnancy.</p> <p>2.4.3. Evaluate physical and psychological characteristics of pre-pregnancy mothers and fathers contributing to a healthy birth.</p> <p>2.4.4. Discuss the father's role in prenatal care.</p> <p>2.4.5. Summarize the stages of fetal development.</p> <p>2.4.6. Determine how to meet the nutritional requirements for a healthy mother and baby based on prenatal conditions.</p> <p>2.4.7. Identify the medical procedures conducted during prenatal care.</p> <p>2.4.8. Describe the effects of adverse medical and environmental prenatal conditions on a healthy delivery.</p>
	<p>2.5. Birth and Postpartum Care Examine birth and postpartum care.</p>	<p>2.5.1. Discuss the advantages of participating in childbirth preparation classes.</p> <p>2.5.2. Explain the stages of labor and methods of delivery.</p> <p>2.5.3. Describe the signs of preterm labor and consequences of preterm delivery.</p>

		<p>2.5.4. Identify medical procedures conducted during labor and delivery.</p> <p>2.5.5. Identify common fears and misconceptions about labor and delivery.</p> <p>2.5.6. Explain the importance of a postpartum health examination.</p> <p>2.5.7. Describe the physical changes of the mother following delivery.</p> <p>2.5.8. Describe the initial post-delivery care provided to newborns and mothers.</p> <p>2.5.9. Evaluate emotional responses and warning signs of depression during the postpartum period.</p> <p>2.5.10. Explain the role of a support network in postpartum care.</p>
<p>5. Health and Wellness Develop wellness practices that promote a healthy lifestyle.</p>	<p>5.3. Emergency Preparedness Analyze emergency preparedness procedures.</p>	<p>5.3.1. Identify the signs and symptoms of common illnesses.</p> <p>5.3.2. Describe what should be on hand for emergencies and treatment of common illnesses.</p> <p>5.3.3. Determine when to seek emergency medical care.</p> <p>5.3.4. Create an action plan for emergency situations.</p> <p>5.3.5. Assess the situation and administer necessary first aid procedures.</p> <p>5.3.6. Perform cardiopulmonary resuscitation (CPR), automated external defibrillation (AED) and the Heimlich maneuver.</p>

	<p>5.2. Physical Activity Promote a healthy lifestyle through physical activity, relaxation and sleep.</p>	<p>5.2.1. Describe the short- and long-term health benefits of physical activity, relaxation and sleep.</p> <p>5.2.2. Compare exercise guidelines across the lifespan.</p> <p>5.2.5. Describe each phase of the sleep cycle.</p> <p>5.2.8. Analyze the effects of stress and stress reducing activities on overall health.</p>
	<p>5.4. Mental Health Analyze strategies to maintain positive mental health.</p>	<p>5.4.1. Describe mental health issues, symptoms and prevention methods.</p> <p>5.4.2. Identify symptoms and long-term effects of substance abuse and chemical dependency.</p> <p>5.4.3. Determine when to seek support, treatment and counseling resources.</p> <p>5.4.6. Describe the challenges of living with mental health issues or chemical dependencies.</p>

Infant Development and Care		
Strand	Outcome	Competencies
<p>2. Family Development Develop personal attributes that contribute to healthy families, community involvement and workplace</p>	<p>2.6. Infant Care Analyze the developmental needs of an infant and provide care.</p>	<p>2.6.1. Develop a schedule to meet an infant's nutritional and physical needs.</p> <p>2.6.2. Compare infant feeding options.</p> <p>2.6.3. Demonstrate safe infant care techniques.</p> <p>2.6.4. Describe diet- and sleep-related illnesses and soothing techniques.</p>

productivity.		<p>2.6.5. Identify community infant care support resources (e.g., Women, Infants and Children [WIC]; health department; children's services).</p> <p>2.6.6. Identify an infant's characteristics and behaviors.</p> <p>2.6.7. Describe how to respond to abnormalities in an infant.</p> <p>2.6.8. Explain the importance of bonding with an infant.</p> <p>2.6.9. Examine the role and responsibility of fathers in infant care.</p>
<p>5. Health and Wellness Develop wellness practices that promote a healthy lifestyle.</p>	<p>5.1. Lifespan Wellness Adopt wellness practices at each stage of the lifespan.</p>	<p>5.1.8. Explain the effect hygiene has on health and wellness.</p> <p>5.1.12. Compare types of immunizations throughout the lifespan.</p> <p>5.1.13. Compare vaccination risks to the consequences of refusing vaccines.</p>
	<p>5.4. Mental Health Analyze strategies to maintain positive mental health.</p>	<p>5.4.1. Describe mental health issues, symptoms and prevention methods.</p> <p>5.4.2. Identify symptoms and long-term effects of substance abuse and chemical dependency.</p> <p>5.4.3. Determine when to seek support, treatment and counseling resources.</p> <p>5.4.6. Describe the challenges of living with mental health issues or chemical dependencies.</p>

Toddler Development and Care

Strand	Outcome	Competencies
<p>2. Family Development Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.</p>	<p>2.7. Child Growth and Development Promote child growth and development across the lifespan.</p>	<p>2.7.1. Explain research findings on current and emerging trends in human growth and development.</p> <p>2.7.2. Compare the characteristics and milestones of each developmental stage.</p> <p>2.7.3. Assess a child's abilities at each developmental stage based on developmental milestones.</p> <p>2.7.4. Determine a child's learning styles and the teaching strategies needed to support the child's intellectual development.</p> <p>2.7.5. Promote a child's self-development through the use of parenting strategies and techniques.</p> <p>2.7.6. Compare the effects of cultural, socioeconomic and environmental contributions on a child's intellectual growth and development.</p> <p>2.7.7. Compare peer influences experienced at various developmental stages.</p> <p>2.7.8. Identify interventions, resources and support systems that enhance growth and development.</p> <p>2.7.9. Identify learned and innate behaviors.</p>
<p>3. Food and Nutrition Develop knowledge of food</p>	<p>3.2. Weight Management Manage weight throughout the lifecycle.</p>	<p>3.2.1. Identify factors that influence body weight.</p> <p>3.2.2. Explain the criteria for determining healthy body weight.</p>

and nutrition to make informed choices that support safe, affordable and sustainable food practices.		3.2.5. Explain the importance of portion control and eating behaviors in weight management.
	3.3. Food Selection Analyze safe and affordable foods that promote a healthy lifestyle.	3.3.1. Justify the use of prepackaged versus from scratch foods based on cost, time, nutrition and ease of preparation 3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.
5. Health and Wellness Develop wellness practices that promote a healthy lifestyle.	5.1. Lifespan Wellness Adopt wellness practices at each stage of the lifespan.	5.1.8. Explain the effect hygiene has on health and wellness. 5.1.12. Compare types of immunizations throughout the lifespan. 5.1.13. Compare vaccination risks to the consequences of refusing vaccines.
	5.4. Mental Health Analyze strategies to maintain positive mental health.	5.4.1. Describe mental health issues, symptoms and prevention methods. 5.4.2. Identify symptoms and long-term effects of substance abuse and chemical dependency. 5.4.3. Determine when to seek support, treatment and counseling resources. 5.4.6. Describe the challenges of living with mental health issues or chemical dependencies.