



CHOICES

Charting A Positive Future
For Teen Parents



UNIVERSITY OF
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences



CREDITS AND ACKNOWLEDGMENTS

CHOICES, VOLUME II, was developed through a team effort of the Department of Home Economics including the Expanded Food and Nutrition Education Program and the Department of 4-H and Other Youth Programs.

Contributors to this curriculum are:

FOCUS on TEENS

M. Joy Cantrell-Jordan

Professor
Extension 4-H Youth Specialist

Maternal/Young Infant Nutrition

Linda B. Bobroff

Associate Professor
Extension Foods and Nutrition Specialist

Julie Copenhagen

Graduate Student
Food Science and Human Nutrition

Older Infant/Toddlers and Young Children Nutrition

Glenda L. Warren

Associate Professor
Extension Nutritionist, EFNEP

Editor

Linda D. Cook

Associate Professor
EFNEP Coordinator

Managing Resources

Jeanette Davis

Interim, Extension Family and
Consumer Economics Specialist

Clothing for Mom/Baby Nutrition

R. Nadine Hackler

Professor
Extension Clothing Specialist

Consumer Choices/Safety

Mary Harrison

Professor, Extension Consumer
Education Specialist

Parenting

Joe Pergola

Extension Agent IV
Family Life

PREFACE

CHOICES: Charting A Positive Future For Teen Parents

A Teen Parent Curriculum

The CHOICES curriculum is designed to help pregnant and parenting teens chart a more positive future. The curriculum recognizes that teens are still developing and have needs in addition to those of becoming a parent. The issues addressed include:

- ! Access to adequate prenatal care
- ! Reduction in the number of low birth weight babies
- ! Improved parenting skills
- ! Adequate nutrition/food for the mother, fetus and baby
- ! Resource management to become independent members of society
- ! Adequate confidence and skills to return to school or enter the work place

The Florida CHOICES curriculum has four units with several sub-sections:

FOCUS ON TEENS - *Self-Esteem, Coping Skills, and Charting Your Future*

NUTRITION - *Maternal/Infant, and Adolescent/Young Child*

RESOURCE MANAGEMENT - *Managing resources, Clothing for Mom and Baby, and Consumer Choices/Safety*

PARENTING

The CHOICES curriculum is a three-year project which is defined in the Scope and Sequences at the end of this Introduction section. This curriculum is inter-disciplinary and focuses on a broad range of teen parent needs. It has been designed to be experimental in that there are multiple learning activities for each concept. Each activity allows participant to DO-REFLECT-APPLY. CHOICES is flexible in that the leader can select the activities based on participants' needs, interests and resources. The curriculum is evolving and will continually be evaluated and redefined as the needs of pregnant and parenting teens change.

TABLE OF CONTENTS

Volume II

I. INTRODUCTION

Credits

Preface	1
Table of Contents.....	2-6
About CHOICES.....	7-8
Three Year Scope and Sequence	
FOCUS on Teens	
Nutrition	
Resource Management	
Parenting	

II. CHOICES

Focus on Teens

Lesson 1: Self Esteem

Teaching Outline.....	L1-1
Background Basics	L1-3
Activities	
1. I AM...I Can!	L1-6
2. Positive Thoughts	L1-9
3. You, First –Others, Second	L1-12
4. Living With Choices	L1-14

Lesson 2: Coping Skills

Teaching Outline	L2-1
Background Basics	L2-3
Activities	
1. Know Your Stress	L2-8
2. Warning Signals!	L2-10
3. Choices and Changes	L2-12
4. The Pie of Life	L2-14

Lesson 3: Charting Your Future

Teaching Outline	L3-1
Background Basics	L3-3
Activities	
1. The Power of Choice!	L3-7
2. A Job Party	L3-9
3. Package Your Talents	L3-12
4. Application for Employment	L3-14

TABLE OF CONTENTS (CON'T)
VOLUME II

Nutrition: Maternal

Lesson 1: Snack Attack

Teaching Outline	L1-1
Background Basics	L1-3
Activities	
1. Tasty Treats	L1-5
2. Nutrition for A Buck	L1-7

Lesson 2: Fast Food Choices

Teaching Outline	L2-1
Background Basics	L2-3
Activities	
1. Fast and Healthy	L2-4
2. Grab N' Go	L2-7

Lesson 3: Shaping Up

Teaching Outline	L3-1
Background Basics	L3-3
Activities	
1. Working Out With Baby	L3-8
2. Talking With Tamara	L3-10

Resource Management: Managing Resources

Lesson 1: Cost of Having and Raising A Child

Teaching Outline	L1-1
Background Basics	L1-3
Activities	
1. Financial and Human Costs of Having A Child	L1-5
2. Cost of Raising A Child	L1-7

Lesson 2: Housekeeping

Teaching Outline	L2-1
Background Basics	L2-4
Activities	
1. What is Clean?.....	L2-7
2. Identify Cleaning Tools	L2-9
3. Cleaning Products	L2-11

TABLE OF CONTENTS (con't)
VOLUME II

Resource Management: Clothing for Children

Lesson 1: Selecting Toddler/Preschool Clothing

Teaching Outline	L2-1
Background Basics	L2-3
Activities	
1. Buy By Size, Not Age	L1-7
2. Clothes That Grow and Are Safe	L1-10
3. I've Got Feelings	L1-12
4. I Can Dress Myself	L1-14

Lesson 2: Save on Toddler/Preschool Clothing

Teaching Outline	L2-1
Background Basics	L2-3
Activities	
1. Let's Go Shopping	L2-8
2. Measure to Fit	L2-15
3. Jams	L2-17
4. T-Shirt	L2-24

Lesson 3: Caring for Toddler/Preschool Clothing

Teaching Outline	L3-1
Background Basics	L3-4
Activities	
1. Dissolve Detergent	L3-9
2. To Bleach or Not To Bleach	L3-11
3. Go Sort Card Game	L3-13
4. Be Gone Spot	L3-15
5. Clothing Care Road Signals	L3-17

Lesson 4: Garment Labeling

Teaching Outline	L4-1
Background Basics	L4-3
Activities	
1. Sorting Labels	L4-8
2. Country of Origin	L4-12
3. Label Of Fortune	L4-14

Lesson 5: Shopping For Children's Shoes

Teaching Outline	L5-1
Background Basics	L5-3
Activities	
1. How to Select Shoes	L5-6
2. Heel to Toe	L5-13

TABLE OF CONTENTS (con't)
VOLUME II

Resource Management: Consumer Choices/Safety**Lesson 1: Toy Safety**

Teaching Outline	L1-1
Background Basics	L2-3
Activities	
1. Role of Toys	L1-6
2. Toy Selection	L1-8

Lesson 2: Consumer Education

Teaching Outline	L2-1
Background Basics	L2-3
Activities	
1. Deciding What To Buy	L2-7
2. Where and When To Buy	L2-10
3. Comparison Shopping	L2-11
4. Deciding How To Pay.....	L2-14

Parenting/Child Development**Lesson 1: Childrearing in the First Year**

Teaching Outline	L1-1
Background Basics	L1-3
Activities	
1. Responding to Baby's Cries	L1-4
2. Parenting Styles	L1-7

Lesson 2: Developmental Activities

Teaching Outline	L2-1
Background Basics	L2-3
Activities	
1. Parents and Infants Interaction	L2-4
2. Using Developmental Activities	L2-6

Lesson 3: Coping Strategies for Parents

Teaching Online	L3-1
Background Basics	L3-3
Activities	
1. Pat on The Back	L3-4
2. Stress Relievers	L3-6

Resources

Loan Kits
Fact Sheets

Evaluation

About CHOICES

The development of this CHOICES curriculum was driven by two basic principles:

1. Learning should be experiential and fun! The curriculum guide provides practical and real life activities to assist teens in their adjustments as pregnant teens and parents.
2. 4-H volunteer teaching activities must be ready-to-use. This curriculum includes reference materials and activity sheets needed to conduct educational activities in an easy-to-use format. It was designed to be teacher/leader friendly and takes much of the guesswork out of teaching the subject matter.

AGE OR GRADE LEVELS

This curriculum was developed for pregnant and parenting teens, ages 13-15. However selected activities might be useable at other ages based on the development of the individual. Both group and individual activities encourage participation and action in all aspects of education. Teachers and volunteers are encouraged to select learning activities that are most suitable to their group. The overall intent is to facilitate learning and to spark creativity in both teachers and youth.

CONTENTS

The following are components of CHOICES curriculum:

- c LEADER'S GUIDE - This three-ring notebook contains a complete, easy-to-read outline for lessons. Each lesson provides a variety of activities that can be conducted depending upon the time frame devoted to this curriculum. Each lesson is prefaced with a lesson outline including "Background Basics" to help you focus on the overall concepts and desired outcomes. Each lesson concludes with discussion questions for youth to "Reflect" and "Apply."
- c CHOICES ACTIVITIES - self-inventories, field trips, and check sheets are just a few of the activities found in the leader's guide.
- c TAKE HOME ACTIVITIES - additional activities designed to involve the teen's family and/or significant other in the learning and development. Activities such as "Parent's Attitudes", "Checking My Layette" and others allow teens to investigate their preparation and decisions regarding the baby and parenting; and check their attitudes and feelings with other care givers.

- c **LOAN KITS, FACT SHEETS** - additional resources to make learning more fun and interesting are identified in the Resources Section. Pertinent fact sheets to expand the "Background Basics" are also in the Resources Section.

- c **AUDIO VISUAL RESOURCES** - such as videos and slide sets along with ordering information are identified in the Resources Section.