

Adult Roles and Responsibilities Parenting Study Guide

- **Becoming a Parent**

Identify the social, emotional, physical, intellectual, and financial considerations of parenting

Identify parenting roles of fathers and mothers

List the steps of parenthood preparation

- Before becoming informed on what parenting is like

- Examine your motives for parenting

- Weigh costs and benefits of becoming a parent

- Evaluate how job demands and financial readiness affect personal readiness for parenting

- Develop knowledge and skills

- Assess insurance considerations before becoming a parent

Identify the challenges and rewards of parenting

- **Healthy lifestyles**

Define terminology regarding the male and female reproductive system

Identify ways to prevent birth defects

- Amniocentesis

- Prenatal care and proper nutrition reduce risks of birth defects

Describe the growth and changes that take place during the three trimesters of pregnancy

- Prenatal – 40 weeks, Stages : Zygote * Embryo * Fetus

Identify problems that are associated with pregnancy: Toxemia, ectopic pregnancy, still born, spontaneous abortion, etc.

- **Birth and needs of new infant**

Define terms associated with labor and delivery

- Epidural is the most commonly used anesthesia

- Stages of delivery

- Dilation

- Afterbirth

- Obstetrician

- Pediatrician

- Episiotomy

Define nurturing/bonding and how it impacts a child

- Define nurturing and bonding

- Touch is critical in the bonding process

- Postpartum symptoms

Identify postpartum symptoms

- **Abuse – signs and prevention**

Identify ways to appropriately sooth and handle an infant

- Soothing a crying infant can be done through touch, motion, sound, rocking, bouncing, swaddling/wrapping the baby, talking or singing

A good way to reduce stress is by having someone else care for the infant

Identify the types and signs of abuse

Types of abuse: physical, emotional, sexual

Neglect

Shaken baby syndrome is a type of physical abuse in infants who have been shaken, brain damage

Occurs

Abusive parents – low self esteem, lack of parenting skills, lack of support/feeling of isolation, often were abused as children/poor role models

The most common reason parents abuse their children is because they lack coping skills

Characteristics of an abuser: Needs to be in control, has a short temper, thinks the victims enjoy the abuse, believes he/she has the right to beat other people, does not take responsibility for his/her actions, raised by abusive parents

List strategies that help prevent abuse

Helpful prevention strategies include:

Identify coping threshold

Developing support systems

Learning positive guidance techniques

- **Parenting Styles**

Identify parenting types and styles

Types: authoritarian, democratic, permissive

List ways to foster a child's self-concept

Identify positive guidance techniques

Development of self-concept is the goal of positive guidance

Discipline should be relevant to the misbehavior

Children feel safe and secure when they have clear limits

Limits help children gain self-control

Encouragement has the most positive effect on a child's behavior?

Forms of positive reinforcement: hugs, smiles, etc.

Positive, firm, and consistent – provide children security in what to expect

Spanking is not an effective form of discipline, it teaches aggression, violence, and creates resentment

Consistency helps children to feel secure

Positive modeling of appropriate behavior helps a child learn to behave appropriately

Positive Guidance Techniques Include:

Setting limits

Being firm and consistent

Substituting acceptable activities for unacceptable activities

Giving reasons for good behavior

Focusing on good behavior

Using routines to help children know what to expect and how to manage their own Behavior

Matching the consequence to the offense

Giving children choices

Being an appropriate role model

Treating children as responsible individuals