

Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

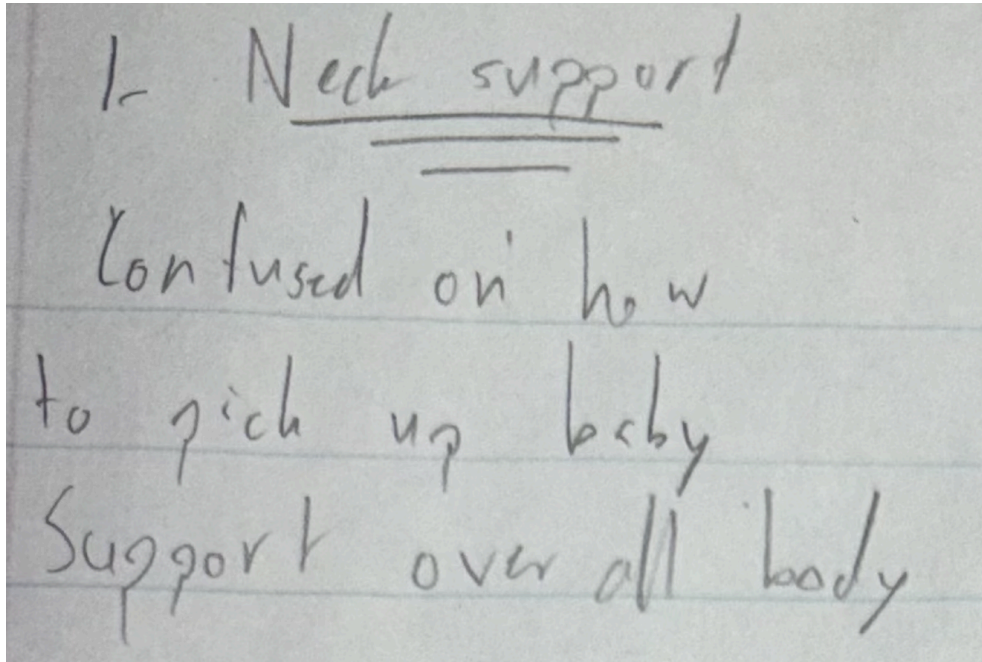
Title of Video and Topic: ____ Micro-video Series <u> x </u> Tutorial ____ Training ____ Screencast ____ Presentation/Lecture	
Grade or Target Age Group Level: Reaching young adults who would handle a baby	
Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 4:25	
FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>): In this project, we integrated the Families First national FCCLA program and enrolled in Instructional Video Design competitive event.	
Video Learning Objective(s): The objective of this video is to demonstrate key points on how to handle a baby. Ranging from how to properly pick up a baby, a disposable diaper change, swaddling, and using a baby car seat. This video was created to help young adults look after a baby who may need help with the fundamental skills of looking after an infant and help the caretaker feel more secure.	
National Family and Consumer Sciences Standards (or others as appropriate): 15.1.2 Analyze expectations and responsibilities of parenting. 15.2.1 Analyze nurturing practices that support human growth and development.	
Career Readiness Practices (Select all that apply):	
☐ Act as a responsible and contributing citizen and employee ☐ Apply appropriate academic and technical skills ☐ Attend to personal health and financial well-being ☐ Communicate clearly and effectively and with reason ☐ Consider the environmental, social, and economic impacts of decisions ☐ Demonstrate creativity and innovation ☐ Employ valid and reliable research strategies	☐ Utilize critical thinking to make sense of problems and persevere in solving them ☐ Model integrity, ethical leadership and effective management ☐ Plan education and career paths aligned to personal goals ☐ Use technology to enhance productivity ☐ Work productively in teams while using cultural global competence
Materials Needed to Create Video: The materials we used in the making of this video were a baby car seat, RealCare Infant Simulator with fitting clothes, baby powder, baby wipes, two disposable diapers, a muslin swaddle blanket, and a camera.	

Instructional Strategies: Brainstormed what we would demonstrate in the video. Create the video so the viewer can watch and follow the steps to help them take care of a baby whether it is for family or babysitting duties. Overall demonstration video through action and speech.

Key Topic/Step 1: How to pick up a baby

Timeframe: 0:29 - 0:58

Storyboard/Scripting (media/images/notes):



Key Topic/Step 2: How to change a baby's disposable diaper

Timeframe: 0:51 - 2:08

Storyboard/Scripting: (media/images/notes):

2 stinky baby

First you are going to collect your desired materials

then you are going to gently remove the babies clothes to access the diaper

it is also a good idea to have a new diaper prepared on the side

then grab a fresh wipe and clean the area use more wipes if needed

then properly dispose both the wipe and the used diaper

grab the new diaper and place it a little below the baby's belly button to help prevent blowouts

then grab baby powder or cream and place on baby's bottom to help prevent rashes

then fasten the tabs and make sure you have the correct size

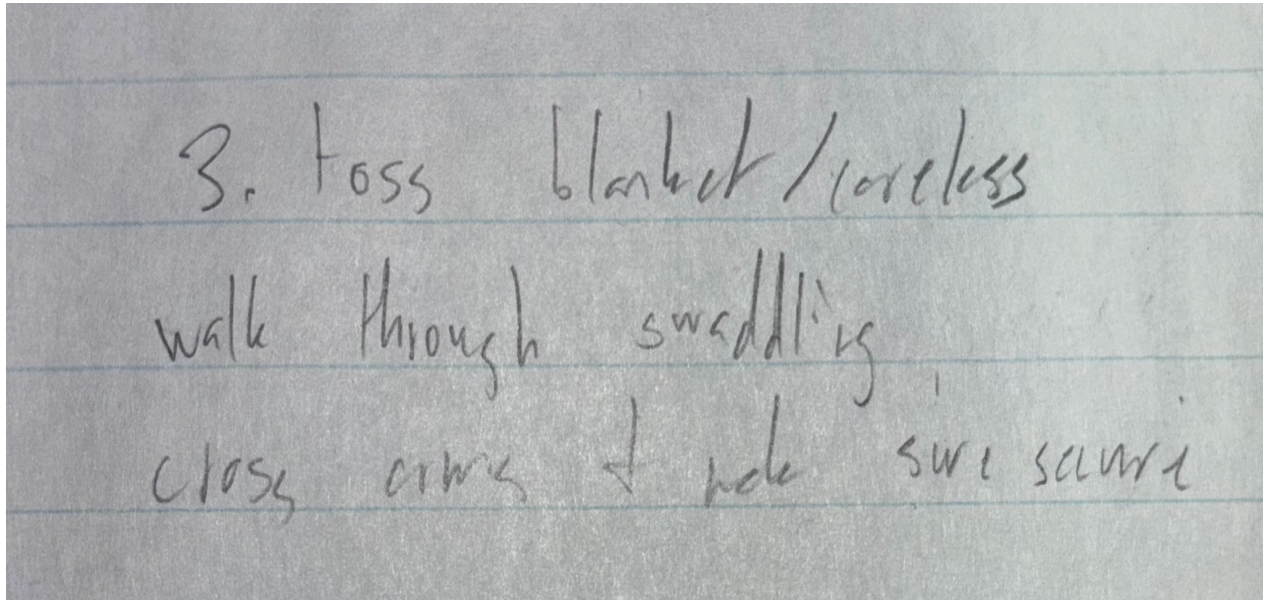
then re-dress the baby and put things away

Remember to use a flat surface during process

Key Topic/Step 3: How to swaddle a baby

Timeframe: 2:09 - 3:05

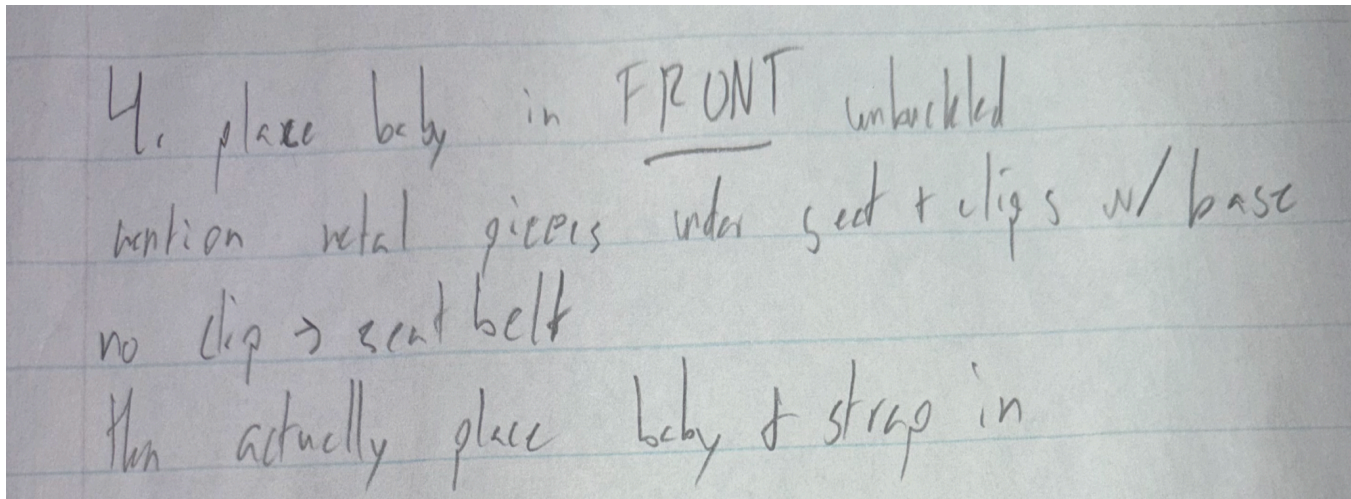
Storyboard/Scripting (media/images/notes):



Key Topic/Step 4: How to use an infant car seat

Timeframe: 3:06 - 4:11

Storyboard/Scripting (media/images/notes):



Summary/Ending (summary of key learning, next steps for the viewer, and call to action for the viewer): In this video, we demonstrated how to properly pick up and hold a baby, how to change a disposable diaper, how to swaddle a baby, and how to use the infant's car seat. The next step and call to action for the view is for them to feel more confident and secure if they have to take care of a baby as they were just taught the key fundamentals. This has positively impacted our community by preparing young adults on how to properly handle a baby. This will increase the safety of the child and reduce stress for the caretaker.

Application or Assessment of Learning: Viewers will be able to properly pick up and carry a baby, change the disposable diaper, correctly swaddle, and know how to use a car seat. They can reflect on the video to see and hear the demonstration and replay if needed.

Source (If Applicable: cite any published or copyrighted materials used in this video):

"FCCLA Logo", *Flickr*, May 2012

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Additional Notes: We used information learned from our FCS class, such as human growth, to help us demonstrate the proper ways to care for a baby.