Child Development 1

Grade(s):	☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 6 ☐ 7 ☐ 8	☐ 9 ☑ 10 ☑ 11 ☑ 12 ☐ Other _____
Discipline/Course:	**Discipline:** Family and Consumer Science **Course:** Human Development and Family Studies		
Course Title:	Child Development 1		
Prerequisite(s):	N/A		
Course Description: *Program of Studies*	Ready to tackle a real-world challenge? Child Development 1 is your chance to get hands-on experience and learn the vital skills for understanding children—perfect for students looking for an exciting elective! This course moves beyond theory as you explore human growth from conception through school age, covering essential topics like family structures, reproduction, fetal development, birth, and positive parenting. The course has the ultimate test: you will be caring for a life-like computerized RealCare Baby, giving you a firsthand look at the responsibilities and demands of infant care. This course is essential whether you're considering a child-focused career or just want to understand the science of development.		
Course Essential Questions:	• How do biological factors, family dynamics, and environmental influences shape a child's development? • Anatomy and Conception: How do the biological structures and processes of the male and female reproductive systems work together to make conception possible? • Infertility and Birth Control: How do medical advancements and family planning choices influence an individual's control over their reproductive future? • STIs: Why is understanding sexual health and the prevention of STIs critical to maintaining healthy, respectful relationships? • In Utero Growth: How does a fetus grow and develop through predictable stages, and what factors can disrupt this process?		

	• Maternal Health and Wellbeing: Why is a mother's physical, nutritional, and emotional health critical to ensuring a healthy pregnancy and birth? • Breastfeeding: How do infant feeding choices influence the physiological, immunological, and emotional bonding needs of both mother and child? • How do the medical realities of childbirth (including complications like premature birth) and the hands-on responsibilities of caregiving shape the physical and emotional transition into parenthood? • How does a child's environment and care during the first three years of life physically wire their brain for future learning and emotional health?
Course Enduring Understandings:	• Development is a continuous, predictable process shaped by the interaction of biological growth, foundational theories, family systems, and environmental influences. • Biological Literacy: Understanding the structures and functions of the male and female reproductive systems is essential to grasping human conception and the biological factors behind infertility. • Health and Responsibility: Making proactive decisions regarding birth control and STI prevention is critical to safeguarding personal health and building respectful, healthy relationships. • Childbirth and the postpartum period require an understanding of both predictable biological stages and potential developmental risks (such as prematurity), demanding rigorous physical, emotional, and practical caregiving readiness. • Fetal Growth**:** Prenatal development follows a highly sensitive, predictable sequence where maternal choices and environmental factors directly impact lifelong health outcomes. • Postnatal Care and Nutrition**:** Infant feeding methods involve a complex interplay of biological benefits, emotional bonding, and long-term immunological protection for both mother and child • Early brain architecture is constructed through an ongoing relationship between a child's biology and their environment, where everyday interactions during the critical windows of infancy and toddlerhood establish the lifelong foundation for all future development.
Duration: **Credit:**	☐ Semester ☑ Full-Year ☐ 0.5 Credit(s) ☑ 1.0 Credit(s) ☐ 1.5 Credit(s)

		☐ N/A
Course Materials/Resources:	Early Stages Through Adolescence	
FPS Course Academic Expectation(s):	☑ Exploring and Understanding (EU) ☑ Synthesizing and Evaluating (SE) ☐ Creating and Constructing (CC) ☐ Conveying Ideas (CI) ☐ Collaborating Strategically (CS) ☐ Using Communication Tools (UCT)	
Year at a Glance (Units):	**Unit 1:** Introduction to Child Development (~5 weeks) **Unit 2:** Anatomy and Physiology (~5 weeks) **Unit 3:** Pregnancy (~5 weeks) **Unit 4:** Birth (~5 weeks) **Unit 5**: Building a Child's Brain (~20 weeks)	

Unit Number and Title:	**Unit 1:** Introduction to Child Development
Duration:	~5 weeks
Resource(s):	Early Stages Through Adolescence
Unit Overview:	In this unit, students explore the foundational ideas that shape our understanding of child development by examining major developmental theorists and their perspectives on how children grow, learn, and form relationships. They investigate the nature versus nurture debate and consider how genetics, environment, experiences, and culture interact to influence development. Students will learn core concepts and principles of development across physical, cognitive, emotional, and social domains. The unit concludes with an exploration of family, including family structures, relationships, parenting influences, and the role families play in supporting a child's development.
Learning Goals	
Standard(s):	**Area of Study 4.0 Education and Early Childhood** 4.2.1: Analyze child development theories and their implications for educational and childcare practices. **Area of Study 12.0 Human Development** 12.1.1: Analyze physical, social, emotional, and cognitive aspects of human growth and development. 12.1.3: Analyze biological and environmental factors that impact human growth and development. **Area of Study 13.0 Interpersonal Relationships** 13.2.1: Analyze the effects of family as a system on individuals and society.
Essential Question(s):	How do biological factors, family dynamics, and environmental influences shape a child's development?
Enduring Understanding(s):	Development is a continuous, predictable process shaped by the interaction of biological growth, foundational theories, family systems, and environmental influences.

Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● developmental domains. The distinct definitions and characteristics of physical, cognitive, social, and emotional development. ● child development theorists. The foundational principles of key theorists (e.g., Piaget, Vygotsky, Erikson, Bowlby) and how their work explains child behavior. ● nature vs. nurture. The difference between biological/genetic factors (nature) and environmental/experiential influences (nurture). ● the family system. Different family structures and the profound role family dynamics play as the primary environment for early childhood development. **Skills:** (Students will be able to…) ● apply theory to practice. Analyze real-world childhood behaviors and childcare scenarios through the lens of foundational developmental theories. ● evaluate influences. Assess how specific genetic traits (nature) versus environmental factors like parenting styles and community (nurture) impact a child's growth. ● analyze the family's role. Identify and evaluate how dynamic family structures and interactions affect a child's emotional stability, socialization, and development of independence. ● observe and categorize. Observe children (via video or case studies) and correctly categorize observed milestones into the appropriate physical, cognitive, social, and emotional developmental domains.

Unit Number and Title:	**Unit 2:** Anatomy and Physiology
Duration:	~5 weeks
Resource(s):	Early Stages Through Adolescence
Unit Overview:	In this unit, students develop an understanding of human reproduction. Students identify the major structures and functions of male and female reproductive anatomy and explore the biological processes involved in conception and pregnancy. The unit also examines infertility, including common causes, challenges, and available medical interventions. Students learn about sexually transmitted infections (STIs), including transmission and prevention and the importance of informed health decisions. The unit concludes with an overview of birth control methods, examining how different methods work, their effectiveness, benefits, limitations, and considerations for responsible decision-making. Students use accurate health information and evidence-based resources to develop knowledge and skills that support healthy choices and responsible relationships.
Learning Goals	
Standard(s):	**Area of Study 15.0 Parenting** 15.1.1: Analyze biological processes related to prenatal development, birth, and health of child and mother. 15.1.2: Analyze sexual health and family planning options, including abstinence and medical choices. **Area of Study 13.0 Interpersonal Relationships** 13.1.2: Analyze the role of dynamic factors, including STIs and health choices, in maintaining healthy relationships.
Essential Question(s):	● Anatomy and Conception: How do the biological structures and processes of the male and female reproductive systems work together to make conception possible? ● Infertility and Birth Control: How do medical advancements and family planning choices influence an individual's control over their reproductive future?

	• STIs: Why is understanding sexual health and the prevention of STIs critical to maintaining healthy, respectful relationships?
Enduring Understanding(s):	• Biological literacy: Understanding the structures and functions of the male and female reproductive systems is essential to grasping human conception and the biological factors behind infertility. • Health & responsibility: Making proactive decisions regarding birth control and STI prevention is critical to safeguarding personal health and building respectful, healthy relationships.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) • reproductive anatomy. The structures and functions of both the male and female reproductive systems. • the process of conception. The biological stages required for human fertilization to occur. • infertility Factors: The common biological causes of infertility and the medical options available to individuals experiencing it. • STI awareness. The transmission, symptoms, and long-term health consequences of common sexually transmitted infections (STIs). • family planning and birth control. The various methods of contraception (including medical, barrier, and behavioral choices like abstinence) and their effectiveness rates. **Skills:** (Students will be able to…) • identify and label anatomy. Identify and describe the structures and biological functions of the male and female reproductive systems. • explain the conception process. Chart and explain the sequence of biological events required for successful human fertilization. • analyze infertility solutions. Evaluate the biological causes of infertility and outline the medical options and technologies available to individuals facing reproductive challenges. • assess health risks. Analyze the transmission methods, symptoms, and long-term health consequences of common sexually transmitted infections (STIs).

	• evaluate contraceptive methods. Compare various family planning and birth control methods based on their mechanism, effectiveness rates, and role in preventing STIs.

Unit Number and Title:	**Unit 3**: Pregnancy
Duration:	~5 weeks
Resource(s):	Early Stages Through Adolescence
Unit Overview:	Students explore the biological and environmental factors that shape fetal development and maternal health. Throughout this unit, students will analyze the stages of in utero fetal growth from conception through birth, examining critical milestones and prenatal development factors. Additionally, students will evaluate maternal health and wellness practices, identifying how nutrition, healthcare, and lifestyle choices directly impact both parent and child during prenatal and postnatal care. Finally, students will examine infant nutrition with a focus on breastfeeding, understanding its physiological process, health benefits, and considerations for new parents.
Learning Goals	
Standard(s):	**Area of Study 15.0 Parenting** 15.1.1: Analyze biological processes related to prenatal development, birth, and health of child and mother. 15.2.1: Choose health practices that satisfy the needs of mother and child during prenatal, birth, and postnatal periods. **Area of Study 12.0 Human Development** 12.1.3: Analyze biological and environmental factors that impact human growth and development.
Essential Question(s):	● In Utero Growth: How does a fetus grow and develop through predictable stages, and what factors can disrupt this process? ● Mom's Health and Wellbeing: Why is a mother's physical, nutritional, and emotional health critical to ensuring a healthy pregnancy and birth? ● Breastfeeding: How do infant feeding choices influence the physiological, immunological, and emotional bonding needs of both mother and child?

Enduring Understanding(s):	● Fetal Growth: Prenatal development follows a highly sensitive, predictable sequence where maternal choices and environmental factors directly impact lifelong health outcomes. ● Postnatal Care & Nutrition: Infant feeding methods involves a complex interplay of biological benefits, emotional bonding, and long-term immunological protection for both mother and child.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● fetal milestones. The key chronological stages and physical characteristics of fetal development across the three trimesters of pregnancy. ● maternal health factors. The direct impact of a mother's nutritional intake, physical activity, emotional state, and medical care on the health of the developing fetus. ● teratogens. The definition of teratogens (e.g., alcohol, nicotine, specific medications, infections) and how exposure to them threatens *in utero* growth. ● benefits of breastfeeding. The nutritional, psychological, and immunological advantages that breastfeeding provides to both the infant and the recovering mother. **Skills:** (Students will be able to…) ● track fetal growth. Chart and describe the chronological development and physical milestones of a fetus from conception to birth. ● evaluate maternal health factors. Analyze how a mother's nutritional choices, physical environment, and emotional well-being impact prenatal health and birth outcomes. ● assess teratogenic risks. Identify common teratogens and evaluate their specific biological effects on *in utero* development. ● analyze lactation choices. Compare the nutritional, immunological, and psychological benefits of breastfeeding versus formula feeding for both infant and mother.

Unit Number and Title:	**Unit 4:** Birth
Duration:	~5 weeks
Resource(s):	Early Stages Through Adolescence
Unit Overview:	This unit explores the birth process including labor and delivery from both the mother and baby's perspective. We will examine what happens postpartum. Regarding neonates, we will examine how babies born premature differ from full-term babies. Students will experience caring for a newborn through the use of technological RealCare Babies.
Learning Goals	
Standard(s):	**Area of Study 15.0 Parenting** 15.1.1: Analyze biological processes related to prenatal development, birth, and health of child and mother. 15.2.1: Choose health practices that satisfy the needs of mother and child during prenatal, birth, and postnatal periods. 15.2.2: Manage physical, emotional, and social health needs of toddlers, infants, and children. **Area of Study 4.0 Education and Early Childhood** 4.2.4: Analyze strategies that promote health, safety, and nutrition for early childhood, education, and services.
Essential Question(s):	How do the medical realities of childbirth (including complications like premature birth) and the hands-on responsibilities of caregiving shape the physical and emotional transition into parenthood?
Enduring Understanding(s):	Childbirth and the postpartum period require an understanding of both predictable biological stages and potential developmental risks (such as prematurity), demanding rigorous physical, emotional, and practical caregiving readiness.

Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● stages of labor and delivery. The physiological signs of labor, the three medical stages of delivery, and common birth interventions. ● the postpartum transition. The physical healing, hormonal shifts, and mental health adjustments (baby blues vs. postpartum depression) experienced by the mother. ● premature birth (preemies). The medical definitions, causes, and unique physical and developmental challenges faced by infants born prematurely. ● infant care demands. The baseline physical needs of a newborn—including feeding schedules, burping, diapering, rock/soothe techniques, and safe sleep practices—as simulated by the RealCare Baby. **Skills:** (Students will be able to…) ● analyze childbirth and complications. Map out the biological sequence of normal labor and analyze the medical interventions required during premature births. ● develop a postpartum maternal care plan. Outline a strategy addressing a mother's physical healing, nutrition, and mental health support during the "fourth trimester." ● evaluate preemie developmental needs. Identify the specialized environmental and medical support systems (like the NICU, kangaroo care) necessary for premature infant survival and growth. ● demonstrate newborn care competency. Successfully respond to, troubleshoot, and meet the simulated physical and emotional distress calls (feeding, comforting, changing) of a RealCare Baby infant simulator.

Unit Number and Title:	**Unit 5:** Building a Child's Brain
Duration:	~20 weeks
Resource(s):	Early Stages Through Adolescence
Unit Overview:	This unit examines the transformative developmental journey of children from birth through age three, focusing on the rapid changes across physical, cognitive, social, and emotional domains. Students will analyze how early experiences and brain development establish the foundation for lifelong learning, behavior, and health.
Learning Goals	
Standard(s):	**Area of Study 12.0 Human Development** 12.1.1: Analyze physical, emotional, social, moral, and cognitive development. 12.1.2: Analyze interrelationships among physical, emotional, social, moral, and cognitive aspects of human growth and development. 12.1.3: Analyze current and emerging research about human growth and development, including but not limited to brain development research.
Essential Question(s):	How does a child's environment and care during the first three years of life physically wire their brain for future learning and emotional health?
Enduring Understanding(s):	Early brain architecture is constructed through an ongoing relationship between a child's biology and their environment, where everyday interactions during the critical windows of infancy and toddlerhood establish the lifelong foundation for all future development.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● brain plasticity and architecture. The fundamental concepts of neurodevelopment, including synaptic pruning, myelin sheath formation, and how the brain grows rapidly from the first six weeks to year three. ● serve and return. The biological importance of responsive caregiving and interaction in building

	strong neural pathways. ● developmental milestones. The predictable cognitive, physical, linguistic, and social-emotional milestones achieved during the first year, second year, and third year of life. ● impact of trauma/neglect. How prolonged toxic stress or lack of environmental stimulation can hinder healthy infant and toddler brain architecture. **Skills:** (Students will be able to…) ● apply brain research. Interpret contemporary research, articles, or digital media to explain how specific caregiver interactions stimulate infant neural networks. ● track chronological milestones. Design an interactive timeline or checklist detailing the major developmental milestones from birth through age three. ● evaluate play and stimulation. Critique and choose age-appropriate toys, games, and reading practices that optimize brain development during distinct stages of infancy and toddlerhood. ● analyze environmental stressors. Assess the developmental differences between infants raised in enriching, responsive environments versus those exposed to adverse childhood experiences (ACEs) or toxic stress.