

ARISE SPROUTS

TEEN PREGNANCY PREVENTION SERIES: PHYSICAL AND EMOTIONAL DEVELOPMENT

TABLE OF CONTENTS

About the Sprouts Series.....	3
ARISE Foundation: An Overview.....	4
Tips for Teaching ARISE Life-Management Skills.....	5
Performance Evaluation.....	7

SECTION ONE

Chapter One: Health and Doctor Visits.....	9
Chapter Two: Nutrition.....	14
Chapter Three: Your Child’s Physical Development.....	21
Chapter Four. Family Medical Records.....	25
Chapter Five: Talk Show.....	27

SECTION TWO

Chapter Six: Your Child’s Emotional Development.....	29
Chapter Seven: Listening to Children.....	44
Chapter Eight: Talk Show.....	48

TABLE OF CONTENTS (CONT.)

LEARNER'S WORKSHEETS

SECTION ONE

Chapter One: Health and Doctor Visits.....	50
Quiz.....	61
Chapter Two: Nutrition.....	62
Quiz.....	84
Chapter Three: Your Child's Physical Development.....	85
Quiz.....	100
Chapter Four: Family Medical Records.....	101
Quiz.....	109
Chapter Five: Talk Show.....	110
Assessment.....	119

SECTION TWO

Chapter Six: Your Child's Emotional Development.....	122
Quiz.....	161
Chapter Seven: Listening to Children.....	162
Quiz.....	177
Chapter Eight: Talk Show.....	178
Assessment.....	186

QUIZZES, ASSESSMENT ANSWERS, ANSWER KEYS

Worksheet Answers.....	188
Quiz and Assessment Answers.....	192
How to Make the Most of the ARISE Life Quotes Found Throughout this Manual.....	193
Using ARISE True Life Tales to Create Memorable Learning Experiences.....	194
ARISE True Life Tales.....	195
How to Effectively Use the ARISE Motivational Posters in This Manual.....	203
ARISE Motivational Posters.....	204
ARISE Curricula and Training.....	207

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PHYSICAL AND EMOTIONAL

DEVELOPMENT

SECTION ONE



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1

HEALTH AND DOCTOR VISITS

Objective: Learners will develop an awareness of how to keep their child healthy and what they can do if illness occurs.

NEWBORN TESTING

Worksheet: *Pages 50 and 51*

Learner's Workbook: *Pages 3 and 4*

1. Explain that part of loving a child includes taking good care of him, both emotionally and physically, for example, caring about the child and his feelings, while making sure he is healthy. Parents can show they care for a child by planning regular doctor visits and check-ups. Share with the group that good parents know how important it is to keep a child healthy and disease-free, starting from birth.
2. Inform everyone there are different diseases for which a newborn must be tested. This is done by a nurse pricking the baby's heel to obtain a few drops of blood. All newborns are screened in this manner before they leave the hospital.
3. Suggest that new parents should not be alarmed by abnormal test results, as the first round of screening gives information which is followed up with more testing. Sometimes, the child may be referred to a center specializing in the treatment of a particular problem.
4. Have learners turn to worksheet page 50, Learner's Workbook page 3. Encourage volunteers to read about each disease and its effects.
5. Direct learners to the word scramble on worksheet page 51, Learner's Workbook page 4. Review and discuss the worksheet as a group. (Answers are on page 189 of this manual.)

SHARE AND DISCUSS THE FOLLOWING WITH LEARNERS:

“It is the mind that makes the body.”

—*Sojourner Truth*

VACCINATIONS

Worksheet: *Page 52*

Learner's Workbook: *Page 5*

1. Inform learners babies and young children must be vaccinated against common diseases. This will protect them from getting very sick (and possibly dying) from certain illnesses.
2. Explain the easiest way to keep track of when a child should be vaccinated is by writing up a schedule which lists the date, type, and age it was given to the child.
3. Have everyone look at worksheet page 52, Learner's Workbook page 5. Ask volunteers to read the information. Next, encourage learners to create a poster, song, or poem educating parents on why they must vaccinate their children.

RECORDING MY CHILD'S MEDICAL HISTORY

Worksheet: *Page 53*

Learner's Workbook: *Page 6*

1. Tell learners that parents must keep track of their children's medical history. This is necessary because doctors may need this information to solve a future medical problem.
2. Have learners turn to worksheet page 53, Learner's Workbook page 6. Encourage them to save and continually update this form when they have a baby of their own; it will allow them to develop a complete health record. This is very important during an emergency.
3. Discuss the benefits of recording a child's health history.

SHARE AND DISCUSS THE FOLLOWING WITH LEARNERS:

Ear infections are the most common reason parents take their children to a doctor.

NEWBORN TESTING

Some diseases an infant may be tested for include:
(See parentheses for easy ways to say, or pronounce, each word.)

Phenylketonuria (fen-il-kee-tone-oo-ree-ah): Affects the way the body handles food. Without treatment, brain damage and mental retardation may result.

Hypothyroidism (hai-po-thy-roy-dis-im):
Slows down growth and brain development.

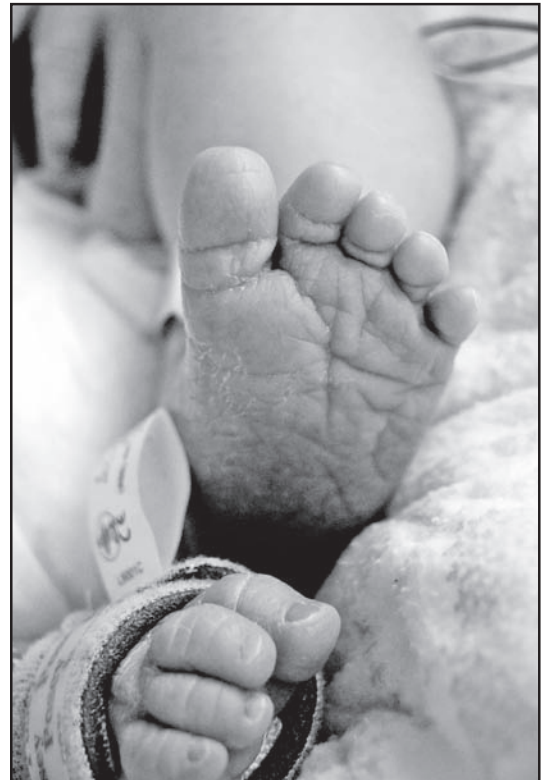
Galactosemia (gal-ack-toe-see-mee-ah): Can result in blindness and mental retardation.

Sickle-cell anemia (sick-el cell ah-nee-mee-ah): Causes pain, damage to vital organs, even death. Children with this disease are likely to get pneumonia and meningitis.

Cystic fibrosis (sis-tic fai-bro-sis):
Produces respiratory (breathing) and digestive problems.

Congenital adrenal hyperplasia (cun-jen-it-al ah-dree-nal hai-pur-play-see-ah): Affects genital development and can be fatal.

Biotinadase deficiency (by-oh-tin-ah-dayz dee-fish-en-cee):
May create serious problems and lead to death.



NEWBORN TESTING WORD SCRAMBLE

Read each sentence below. Use the word bank to unscramble the name of a disease and write it on the line.

1. Slow growth and brain development are symptoms of THYHYPROIDIMSO. _____
2. Effects of TICCYS ROBFISIS are respiratory and digestive problems. _____
3. LACGASEIAMTO can cause blindness and mental retardation. _____
4. TINSEABOIAD FICEINDECY may be deadly for your infant. _____
5. NYLKETONAU RIPHE changes how the body processes food and may cause brain damage or mental retardation. _____
6. Children who have SCLIKE-LECL NEAMAI are likely to get pneumonia and meningitis. _____
7. GECONTALIN DRAELAN SAIHYERPPLA affects development of genitals and may be fatal. _____

WORD BANK

biotinadase deficiency
hypothyroidism
galactosemia

phenylketonuria sickle-cell anemia
congenital adrenal hyperplasia
cystic fibrosis

VACCINATION CREATION POSTER, SONG, OR POEM

Read the information below. Next, create a poster, song, or poem to educate parents on protecting their children from diseases. Not all of us are born artists. Do the best you can to satisfy yourself.

Polio: Oral polio vaccine at 2 and 4 months; third dose between 6 and 18 months; fourth between the ages of 4 and 6 years.

Measles, Mumps, Rubella (MMR): One shot between 12 and 15 months of age; another either between 4 and 6 years or 11 and 12 years.

Haemophilus Influenza Type B: Doses at 2, 4, and 6 months; a fourth vaccine between 12 and 15 months of age.

Hepatitis B: The first between birth and 2 months of age; second dose between 2 and 4 months; third between 6 and 18 months.

Diphtheria, Tetanus, Pertussis (DPT): Doses at 2, 4, and 6 months; fourth shot between 12 and 18 months; fifth between 4 and 6 years. Another Tetanus/Diphtheria shot between 11 and 12 years of age.

RECORDING MY CHILD'S MEDICAL HISTORY

This form should be kept handy throughout a child's childhood. Fill it out each time your baby is vaccinated or comes down with one of the illnesses below. Don't forget to update your family medical records!

IMMUNIZATION	DATE	CHILD'S AGE
DPT (Diphtheria, Tetanus, Pertussis)	_____	_____
DPT (acellular)	_____	_____
Hepatitis B	_____	_____
HIB (Haemophilus Influenza B)	_____	_____
MMR (Measles, Mumps, Rubella)	_____	_____
Polio	_____	_____
Tuberculin Test (TB)	_____	_____
 CHILDHOOD ILLNESSES	 DATE	 CHILD'S AGE
Chicken Pox	_____	_____
Ear Infection	_____	_____
Whooping Cough	_____	_____
Measles	_____	_____
Other	_____	_____