

Directions for Infant Centers

Set-Up

Before the student arrive to class, set up the Infant Stations as listed:

- Bathing a Baby Center—following items are needed:
 - Baby Bathtub placed it near sink is possible.
 - Baby Body Wash
 - Netted Sponge or Washcloth
 - Large Bath Towel
 - Plastic Doll (*needs to be plastic as the doll will get wet*)
 - Center Sign and information of different steps of bathing a baby
 - Stamp and Stamp Pad to be used to mark of students when completed task.
- Dressing a Baby Centers—following items are needed:
 - One-Piece Outfit with feet. (*Preemie Clothes fit dolls the best, if not cabbage patch*)
 - Open Front Shirt for baby
 - Pullover Outfit for baby
 - 3 Plastic Dolls or Cabbage Patch Dolls
 - Center Signs and information of way to dress a baby using the different articles of clothing.
 - Center Sign and information of different steps of bathing a baby
 - Stamp and Stamp Pad to be used to mark of students when completed tasks
- Diapering a Baby Center—following items are needed:
 - Preemie Size Disposable Diaper
 - Cloth Diaper
 - Large Safety Pins or Diaper Pins
 - Plastic Dolls or Cabbage Patch Dolls
 - Changing Pad
 - Center Sign and information of different steps of changing a diaper
 - Stamp and Stamp Pad to be used to mark of students when completed task.
- Guess the Baby Food Center
 - 15 Jars of Baby Food with the labels removed and numbered.
 - Sign stating not to open the Baby Food. Students are to guess only by looking at the food in the Jars.
 - Center Sign and List of different baby foods for the students to guess from.

Explanation

As the students arrive to class, hand them each a sticker of different colors. This will break the students into the groups they will be in for the day. Have the students put the sticker that is given to them on their worksheet to keep track of what group they are in. Have the students sit at tables according to their color. Explain to the student that is going to be in charge of the bathing center that they can fill the bath tub up with warm water and soap before the students come to the center. The students do not need to empty the bath tub between washings. Just have the student that is in charge of the center change the water when the groups rotate or when the water gets cold.

Explain to the students the assignment that they will be participating in during class today. Break the students into 4 groups and will be rotating around through different infant care centers. They will get the chance to learn the proper ways to bathe and infant, the proper ways of dress an infant (3 different articles of clothing) and how to diaper a baby in both a disposable diaper and cloth diaper. They will also get to learn about feeding an infant solid foods and try to guess what the baby food is in the jars.

Pick 4 students that can be the student helpers for the day. I excuse them from having to do the stations. I just have them write on their worksheet that they were my helper for the day and that they are not to have this assignment count against their grade.

The students will be given a worksheet that they are to complete as they move through the different centers. Each worksheet has a spot for the students to be marked off at when they have completed the station. When the students have completed these tasks they will be marked off by student helpers. They will spend about 20 minutes at each station. The teacher will keep on moving around through the centers making sure that the students are each completing the tasks.

When the students have each had a chance to participate in all the centers discuss the important of the centers. Talk to the students about why it important to learn how to do these tasks and be prepared before you actually do the tasks with the infant. Also remind the students that although these tasks might seem easy to them today; but when they have a real child it is a lot harder because the infant is moving while you are trying to complete the tasks. Also talk to the students about proper nutrition with infants. Let the students know that you should start solid foods around 6 months of age and then introduce 1 food at a time.



Caring for Infant Centers



• Please fill out the correct information as found in the centers. Get each activity stamped when completed. (It must be passed off in order to get a stamp and receive FULL CREDIT.) This is due at the end of the class period.

- The first year of a baby's life can be very demanding for the parents. Beyond the everyday care of a baby, parents have to maintain their baby's overall wellness. Positive care giving techniques include everything from bathing the baby to keeping the baby safe.
- In these centers today, you will learn how to keep up with some of the demanding tasks of caring for a baby.

Bathing a Baby Center

- Bath time can be a lot of fun for babies. Some like to kick and splash in the water or play with bath toys. Caregivers often talk, sing or play games with a baby. It is important to handle a slippery baby carefully. Follow these guidelines for safely bathing a baby.



Step 1: Prepare for the Baby's Bath

- Gather everything needed for the baby's bath _____.
Set up the _____ Put about _____ of warm water in the baby's bathtub. Test the temperature of the water with _____ When the bath is ready, _____ the baby.

Step 2: Placing the Baby in the Tub

- Support the _____ with _____ and the _____ with another. Hold the baby _____. Lower the baby into the tub _____ first, followed by the rest of the body. Keep one arm supporting the _____ throughout the bath.

Step 3: Washing the Face

- Begin by washing the baby's _____ with clear water and patting it dry. If the baby has hair, wash it with a baby shampoo about _____ a week.

Step 4: Rinsing the Hair

- To rinse the hair, pour water toward the _____. Try to keep the shampoo out of the baby's _____. If it does get in the _____, rinse with a _____

Step 5: Washing the Body

- Use the _____ to _____ the baby. Then lift the baby from the water with the same _____.

Step 6: Drying the Baby

- Place the infant on a _____ and _____ the baby in it _____ to prevent _____. Towels with _____ can prevent air from chilling the _____. Then pat the baby dry.
- Demonstration of proper way to bathe a baby. _____

Dressing a Baby



- Dressing and undressing a baby quickly and smoothly takes some practice. It is easy to understand why babies do not really like the process. There is usually an abrupt change in temperature, as well as being pushed and pulled through clothes. Here are some hints for dressing babies in different types of clothing.

Pullover Garments Center

- Pullover Garments: These garments have a _____ opening. If the neck is _____, follow the steps below. If the neck opening is _____, put the opening around the baby's face first and then pull it over the back of the head.

Step 1: Pullover Garments

- Gather the garment into a _____ and _____ it over the back of the baby's head.

Step 2: Pullover Garments

- Stretch the garment _____ as you bring it down past the _____. _____ free so that the baby doesn't feel _____.

Step 3: Pullover Garments

- Put the baby's _____ into the _____. Repeat with the other arm. Then straighten out the bottom of the garment.
- Demonstration of proper way to dress baby in a pullover garment. _____

Open Front Shirt Center

- Open Front Shirt: For these garments, lay the baby _____ to make him or her feel _____.

Step 1: Open Front Shirt

- Open the shirt and on _____

Step 2: Open Front Shirt

- Gently turn the baby _____

Step 3: Open Front Shirt

- Gently put the baby's _____ through the _____.
- Demonstration of proper way to dress a baby in an open front shirt. _____

One-Piece Garment with Feet Center

- One Piece Garment with Feet: Putting on this type of garment is _____ when the _____ or the _____ go from neck to toes.

Step 1: One Piece Garment with Feet

- Start with the _____ of the garment. Put the baby's _____ on the side without the _____ into the garment leg, followed by the other leg.

Step 2: One Piece Garment with Feet

- Roll the baby onto _____

Step 3: One Piece Garment with Feet

- Roll the baby back onto the garment. Then gently _____

- Demonstration of proper way to dress a baby in a one-piece garment. _____

Diapering a Baby Center



- Diaper changes are an opportunity for positive interaction by talking and laughing with the baby while changing the baby's diaper. There are three basic steps to changing a diaper.

Step 1: Remove the Diaper, & Clean the Baby

- If the diaper was merely wet, _____ . If the baby had a bowel movement, _____

Step 2: Put on a Fresh Diaper

- Hold the baby's ankles, and lift the body enough to _____
- If you are using cloth diapers, place the extra thickness in the _____
- With disposable diapers be sure the _____ are under the baby. Bring the diaper up between the baby's legs. Use the _____ to fasten a disposable diaper. Use _____ to fasten a cloth diaper. If you use pins, be sure to keep your _____ between the pin and the baby's skin. You can also use diaper tape, which comes off a dispenser, or diaper wraps, which are put around a diaper and closed with hook and loops. Waterproof pants may be put on over the cloth diaper.

Step 3: Dispose of used supplies

- Cleanliness is important. _____

(Never flush one down a toilet. It will clog the plumbing.)
- Place a wet cloth diaper in a covered container filled with a _____
_____. If the diaper is soiled, _____ before
placing it in a container. A good method for rinsing is to hold the diaper
firmly in a clean, flushing toilet.
- Be sure to _____
- Demonstration of proper way to diaper a baby using cloth diapers. _____
- Demonstration of proper way to diaper a baby using disposable diapers. _____

Introducing Solid Foods

- Babies are typically given their first solid foods around the age of four to six months. There is no rush to start, however. Once babies have started to eat cereal, other new foods can be introduced. It is not unusual for a bay to have a bad reaction to certain foods. It may cause skin rash, digestive trouble, or an allergic reaction. By introducing new foods at least four days apart, it is easier to figure out which food is the problem.

Guess the Baby Food Center

- At this center you will find a variety of different baby foods. You will notice that each baby food has a number of the jar. You are to try to guess what the baby food is in each jar just by looking at it. **DO NOT OPEN THE JARS!!!** Write the answers on the space provided. There is a list of the different baby foods for you to try to guess from to assist you in this assignment.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____



Caring for Infant Centers



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- The first year of a baby's life can be very demanding for the parents. Beyond the everyday care of a baby, parents have to maintain their baby's overall wellness. Positive care giving techniques include everything from bathing the baby to keeping the baby safe.
- In these centers today, you will learn how to keep up with some of the demanding tasks of caring for a baby.

Bathing a Baby Center

- Bath time can be a lot of fun for babies. Some like to kick and splash in the water or play with bath toys. Caregivers often talk, sing or play games with a baby. It is important to handle a slippery baby carefully. Follow these guidelines for safely bathing a baby.



Step 1: Prepare for the Baby's Bath

- Gather everything needed for the baby's bath ahead of time. Set up the baby bathtub, towels, washcloths, shampoo, and other supplies. Put about two inches of warm water in the baby's bathtub. Test the temperature of the water with your arm. When the bath is ready, undress the baby.

Step 2: Placing the Baby in the Tub

- Support the head and neck with one arm and hand and the lower body with another. Hold the baby gently but firmly. Lower the baby into the tub feet first, followed by the rest of the body. Keep one arm supporting the head and neck throughout the bath.

Step 3: Washing the Face

- Begin by washing the baby's face and head with clear water and patting it dry. If the baby has hair, wash it with a baby shampoo about twice a week.

Step 4: Rinsing the Hair

- To rinse the hair, pour water toward the sides and back. Try to keep the shampoo out of the baby's eyes. If it does get in the eyes, rinse with a clean wet washcloth.

Step 5: Washing the Body

- Use the free hand to wash and rinse the baby. Then lift the baby from the water with the same secure grip.

Step 6: Drying the Baby

- Place the infant on a clean towel and wrap the baby in it immediately to prevent chilling. Towels with hoods can prevent air from chilling the head. Then pat the baby dry.
- **Demonstration of proper way to bathe a baby. This area should be stamped or signed**

Dressing a Baby



- Dressing and undressing a baby quickly and smoothly takes some practice. It is easy to understand why babies do not really like the process. There is usually an abrupt change in temperature, as well as being pushed and pulled through clothes. Here are some hints for dressing babies in different types of clothing.

Pullover Garments Center

- Pullover Garments: These garments have a stretchable neck opening. If the neck is small, follow the steps below. If the neck opening is larger, put the opening around the baby's face first and then pull it over the back of the head.

Step 1: Pullover Garments

- Gather the garment into a loop and slip it over the back of the baby's head.

Step 2: Pullover Garments

- Stretch the garment forward as you bring it down past the forehead and nose free so that the baby doesn't feel smothered.

Step 3: Pullover Garments

- Put the baby's fist into the armhole and pull the arm through with your other hand. Repeat with the other arm. Then straighten out the bottom of the garment.
- **Demonstration of proper way to dress baby in a pullover garment. Stamped or Signed**

Open Front Shirt Center

- Open Front Shirt: For these garments, lay the baby face down to make him or her feel secure.

Step 1: Open Front Shirt

- Open the shirt and lay it on the baby's back.

Step 2: Open Front Shirt

- Gently turn the baby face up so that the shirt is underneath.

Step 3: Open Front Shirt

- Gently put the baby's arms through the sleeves.

- Demonstration of proper way to dress a baby in an open front shirt. Stamped or Signed

One-Piece Garment with Feet Center

- One Piece Garment with Feet: Putting on this type of garment is easier when the zipper or the snaps go from neck to toes.

Step 1: One Piece Garment with Feet

- Start with the bottom part of the garment. Put the baby's leg on the side without the zipper or snaps into the garment leg, followed by the other leg.

Step 2: One Piece Garment with Feet

- Roll the baby onto one side and pull the garment up under the baby's shoulders.

Step 3: One Piece Garment with Feet

- Roll the baby back onto the garment. Then gently pull the sleeves over the baby's arms. Finish by zipping or snapping the garment closed.

- Demonstration of proper way to dress a baby in a one-piece garment. Stamped or Signed

Diapering a Baby Center



- Diaper changes are an opportunity for positive interaction by talking and laughing with the baby while changing the baby's diaper. There are three basic steps to changing a diaper.

Step 1: Remove the Diaper, & Clean the Baby

- If the diaper was merely wet, clean the baby with cotton and baby oil. If the baby had a bowel movement, use soft tissue or toilet paper to remove the soil from the baby. Then wash with a washcloth and apply baby oil.

Step 2: Put on a Fresh Diaper

- Hold the baby's ankles, and lift the body enough to slide the diaper under.
- If you are using cloth diapers, place the extra thickness in the back for girls, in the front for boys.
- With disposable diapers be sure the adhesive tabs are under the baby. Bring the diaper up between the baby's legs. Use the adhesive tabs to fasten a disposable diaper. Use large safety pins or diaper pins to fasten a cloth diaper. If you use pins, be sure to keep your finger between the pin and the baby's skin. You can also use diaper tape, which comes off a dispenser, or diaper wraps, which are put around a diaper and closed with hook and loops. Waterproof pants may be put on over the cloth diaper.

Step 3: Dispose of used supplies

- Cleanliness is important. Dispose of used tissues, cotton, and other supplies. Roll a disposable diaper up and place it in a covered trash container. (Never flush one down a toilet. It will clog the plumbing.)
- Place a wet cloth diaper in a covered container filled with a mixture of water and borax or vinegar. If the diaper is soiled, rinse it before placing it in a container. A good method for rinsing is to hold the diaper firmly in a clean, flushing toilet.
- Be sure to wash your own hands with soap and hot water after changing a diaper.
- **Demonstration of proper way to diaper a baby using cloth diapers. Stamped or Signed**
- **Demonstration of proper way to diaper a baby using disposable diapers. Stamped or Signed**

Introducing Solid Foods

- Babies are typically given their first solid foods around the age of four to six months. There is no rush to start, however. Once babies have started to eat cereal, other new foods can be introduced. It is not unusual for a baby to have a bad reaction to certain foods. It may cause skin rash, digestive trouble, or an allergic reaction. By introducing new foods at least four days apart, it is easier to figure out which food is the problem.

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16. Chicken & Rice

17. Turkey & Rice

18. Vegetable Beef

19. Carrots

20. Sweet Potatoes

21. Mango

22. Pears

23. Green Beans

24. Apples & Blueberries

25. Mixed Cereal & Apples

26. Macaroni & Beef with Vegetables

27. Chicken Noodle

28. Peaches

29. Apples, Mango & Kiwi

30. Applesauce

Prepare for the Baby's Bath—Step 1

Gather everything needed for the baby's bath ahead of time. Set up the baby bathtub, towels, washcloths, shampoo, and other supplies. Put about two inches of warm water in the baby's bathtub. Test the temperature of the water with your arm. When the bath is ready, undress the baby.

Placing the Baby in the Tub-Step 2

Support the head and neck with one arm and hand and the lower body with another. Hold the baby gently but firmly. Lower the baby into the tub feet first, followed by the rest of the body. Keep one arm supporting the head and neck throughout the bath.

Washing the Face-Step 3

Begin by washing the baby's face and head with clear water and patting it dry. If the baby has hair, wash it with a baby shampoo about twice a week.

Rinsing the Hair-Step 4

To rinse the hair, pour water toward the sides and back. Try to keep the shampoo out of the baby's eyes. If it does get in the eyes, rinse with a clean wet washcloth.

Washing the Body-Step 5

Use the free hand to wash and rinse the baby. Then lift the baby from the water with the same secure grip.

Drying the Baby-Step 6

Place the infant on a clean towel and wrap the baby in it immediately to prevent chilling. Towels with hoods can prevent air from chilling the head. Then pat the baby dry.

Pullover Garments

These garments have a stretchable neck opening. If the neck is small, follow these steps. If the neck opening is larger, put the opening around the baby's face first and then pull it over the back of the head.

Pullover Garments-Step 1

Gather the garment into a loop and slip it over the back of the baby's head.

Pullover Garments-Step 2

Stretch the garment forward as you bring it down past the forehead and nose free so that the baby doesn't feel smothered.

Pullover Garments-Step 3

Put the baby's fist into the armhole and pull the arm through with your other hand. Repeat with the other arm. Then straighten out the bottom of the garment.

Open Front Shirt

For these garments, lay the baby face down to make him or her feel secure.

Open Front Shirt-Step 1

Open the shirt and lay it on the baby's back.

Open Front Shirt-Step 2

Gently turn the baby face up so that the shirt is underneath.

Open Front Shirt-Step 3

Gently put the baby's arms through the sleeves.

One-Piece Garment with Feet

Putting on this type of garment is easier when the zipper or the snaps go from neck to toes.

One-Piece Garment-Step 1

Start with the bottom part of the garment. Put the baby's leg on the side without the zipper or snaps into the garment leg, followed by the other leg.

One-Piece Garment-Step 2

Roll the baby onto one side and pull the garment up under the baby's shoulders.

One-Piece Garment-Step 3

Roll the baby back onto the garment. Then gently pull the sleeves over the baby's arms. Finish by zipping or snapping the garment closed.

Put on a Fresh Diaper-Step 2

Hold the baby's ankles, and lift the body enough to slide the diaper under. If you are using cloth diapers, place the extra thickness in the back for girls, in the front for boys. With disposable diapers be sure the adhesive tabs are under the baby. Bring the diaper up between the baby's legs. Use the adhesive tabs to fasten a disposable diaper. Use large safety pins or diaper pins to fasten a cloth diaper. If you use pins, be sure to keep your finger between the pin and the baby's skin. You can also use diaper tape, which comes off a dispenser, or diaper wraps, which are put around a diaper and closed with hook and loops. Waterproof pants may be put on over the cloth diaper

Remove the Diaper, & Clean the Baby-Step 1

If the diaper was merely wet, clean the baby with cotton and baby oil. If the baby had a bowel movement, use soft tissue or toilet paper to remove the soil from the baby. Then wash with a washcloth and apply baby oil.

Dispose of used supplies-Step 3

Cleanliness is important. Dispose of used tissues, cotton, and other supplies. Roll a disposable diaper up and place it in a covered trash container. (Never flush one down a toilet. It will clog the plumbing.) Place a wet cloth diaper in a covered container filled with a mixture of water and borax or vinegar. If the diaper is soiled, rinse it before placing it in a container. A good method for rinsing is to hold the diaper firmly in a clean, flushing toilet. Be sure to wash your own hands with soap and hot water after changing a diaper.

Baby Food

Applesauce

Apples & Blueberries

Apples, Mango & Kiwi

Carrots

Chicken Noodle

Chicken & Rice

Green Beans

Macaroni & Beef with Vegetables

Mango

Mixed Cereal & Apples

Peaches

Pears

Sweet Potatoes

Turkey & Rice

Vegetable Beef

Bathing a Baby Center

Pullover Garment Center

Open Front Shirt Center

One-Piece Garment with
Feet Center

Diapering a Baby Center

Guess the Baby Food
Center