

Healthy Relationships Unit Goals

- be aware of the commitment of time and energy and the additional responsibilities of being a parent
- be aware of the cost of living for a married couple or a single parent with one child

Flour Baby Project

Congratulations you are now parents! You and one of your classmates will be caring for a 5 pound baby for 7 days. You and your classmate will work together as a married couple or as a single parent to care for this baby. You will feed, change, play, bathe, and take care of this baby. You will submit a baby book which will include a birth certificate, a baby photo album, a baby care logbook, a babysitting logbook, a cost of living budget, and a reflective paper on what you learned at the end of this project.

Flour Baby Rules and Practices

1. You will create your baby using a 5 pound bag of flour. Bring your bag of flour to the teacher so that he can sign the bottom of the flour bag to ensure that this is the original bag of the flour at the end of the project.

We will draw the sex of your child and you will record the time of birth. Babies marked with an X's have birth defects and the babies marked with Y's have congenital conditions. Included in the draw are twins (boy / boy; girl / girls; boy / girl).

We will also draw baby illness which you will have to investigate and decide on course of action.

2. Create your flour baby. Make your child distinctive yet appropriate (i.e. no tattoos, no piercing, appropriate clothing), with his/her own personality or style, without damaging the actual bag. Here is a [video](#) that shows you how this can be done.

The flour will be donated to the Food Bank, Foods class, or disposed of at the completion of the project.

3. Name your child (name MUST be appropriate).

4. Create a birth certificate for your baby. Here is a printable birth certificate [template](#) that you can use.

5. During the school day, you must carry your child at all times. In this class you must hold your child at all times. Couples should take turns. If your partner has a practice or game, arrange something realistic with your partner. Lockers and trunks are not cribs or day-care centers. Decide who will take the child home each night.

6. During other classes, there will be a "play pen" area set up in the corner of the room, where your baby will take a "nap"! If another teacher has to come to us and tell about you distracting their class with the "flour baby" you will lose 25 points.

7. You should be extremely protective of your child. If a tragic loss or injury occurs, you will be responsible for clean-up (NOT the custodians), reporting to instructors, and negotiation of the penalty. Penalties range from additional research to a report on child abuse. If someone else attacks your child, or uses him/her in a recipe, find a teacher as a witness to spare you some penalty.

8. You are not allowed to put the baby in your backpack, go anywhere without your baby, leave your baby in the care of anyone else, or let anyone abuse or neglect your child.

9. You must wake up one night per week and email the teacher between 12 am and 5 am. You will send an email with your name that you are emailing because your child will not go to sleep and is keeping you awake. You will then email again in EXACTLY 15 minutes. Failure to do so will result in a 50 point reduction.

10. You will lose 25 points every time you are seen without your baby! There will be no negotiation or discussion, just a 25 point deduction! You will be giving a schedule to your instructors as to which “parent” will be caring for the “child” during which period of the school day.

11. A baby book should be kept with the baby at all times. The baby book is a place to record every time that you feed the baby, change the diaper, etc... At any point during the day, your teacher is able to “spot check” the baby book. If the baby’s feeding and diaper changing has been neglected, points will be docked.

12. At the end of the assignments, you will turn in your baby book for a grade. Included in your baby book will be a birth certificate, a baby photo album, a baby care logbook, a babysitting logbook, a cost of raising a child spreadsheet, and a reflective paper on what you learned at the end of this project.

Baby Log Instructions

In Canada, according to Statistics Canada in 2009, women aged 15 – 19 had 14.2 births per 1000. Today you will learn some of the ways life changes when you have a baby. Being a parent is a full-time job. To make this realistic it will require some imagination and your acting skills. It is your job to pretend this adorable sack of flour is your newborn baby. As a responsible parent, you will record all the care you give to your precious baby. The following are things you are required to record each day:

- Feed your baby every 3 hours.
- Burp your baby after feeding.
- Change your baby’s diaper every 3-4 hours.
- Your baby needs to be bathed every day. DO NOT get your baby wet, this is only pretend. The bath may not be during school hours or during sleeping hours.
- The baby should be rocked, held and/or played with during the day, when he/she is awake.

- The baby must be dressed and covered with a blanket at all times. Your child should always be dressed for the weather. One or more layers are appropriate as babies cannot yet regulate their own body temperature.
- Add to the log when you change your baby's clothes.
- Record the time of these tasks and who performed them.

Babysitting Instructions

You may have a babysitter if one of the baby's parents is not available to care for the baby. You must have your babysitter fill out the child care log on a separate "babysitting care log" and sign the log. You may only have one babysitter a day and may not leave your baby with a sitter for more than 3 hours.

Grading Rubric

You will be graded on your care and documentation of care for your baby. You will accumulate 25 points each day your baby is with you, dressed, and held during class. This will account for one daily grade. You will also earn a major grade for completing the budget, care log, family album, identification documents, and reflection questions.

		Possible Points	Points Earned
Daily Care in Class	Baby in class and treated responsibly	25 points per day (**separate daily grade**)	/ 125
Baby Budget	Spreadsheet - complete all requirements to organize your family's budget	84 points (1 point for each)	/ 84
Baby's Birth	Name, has face, has limbs, has blanket, has clothes	20 points	/ 20
Baby Care Log	Spreadsheet - log all care given to your baby and include babysitting care log if used	10 points per day	/ 10
Family Album	A birth certificate and photos (3 minimum)	10 points	/ 10
Reflection Questions	Answer the questions included in a typed	50 points	/ 50

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	response		
Baby book	Presentation, organization, all required documents	26 points	/ 26
Total	200 points		

Total Points	Grade
200	100
199 - 189	95
188 - 178	90
177 - 167	85
166 - 156	80
155 - 145	75
144 - 134	70
133 - 123	65
122 - 112	60
102 - 92	55
91 - 0	0