

# Understanding Premature Infants

## Curriculum Overview

### Designed for:

- Middle school or high school students
- Post-secondary health science students
- Community education (parenting classes, father or male partners groups, foster care providers, social workers)
- Public health organizations
- Clinical education (prenatal and postnatal classes)

### Length:

The activities in this curriculum require between 90-115 minutes to complete. With supplemental materials, this curriculum can be adapted to a longer block of time.

### Goal:

To help increase awareness about the challenges associated with preterm birth, including risk factors and signs of premature labor, physical challenges to the infant and how to care for a preemie baby.

### Synopsis:

This curriculum introduces the RealCare Preemie Baby, and presents document information about risk factors associated with premature birth and caring for a preemie baby. These lessons provide a complete curriculum with activities and discussions designed to educate participants and communities about the risks associated with premature birth, including the short and long-term impact. The RealCare Preemie Baby is an instructional aide created to help increase awareness of preterm birth and special challenges associated with providing care to these tiny infants.

This curriculum includes pre- and post-summative assessments. These lessons and activities include objectives, materials required and approximate class time. Supplemental activities are also suggested. It is aligned to the National Standards for Family and Consumer Sciences Education.

### Issues Addressed:

- Preterm birth definitions and statistics
- Risk factors and how to reduce the risk
- Signs of preterm labor
- Potential characteristics of preemie babies
- Short and long-term effects of preterm birth
- Providing care for a preemie baby

### Curriculum Components:

- Teacher's guide – complete lesson, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Students materials – all student activity sheets and assignments
- Survey and assessment tools – to track student knowledge and attitudes prior to and after the learning experience, including summative assessments with answer keys
- Microsoft PowerPoint presentation slides