



Cornell University  
Cooperative Extension  
Orange County

Community Campus  
18 Seward Avenue, Third Floor  
Middletown, NY 10940  
Tel: 845 344-1234  
Fax: 845 343-7471  
E-mail: orange@cornell.edu  
www.cce.cornell.edu/orange

## **Planning a Baby Shower Lesson Objective**

Time: **Three - 40 minute Lessons**

New York State Parenting Standard: **Standard 1: Roles and Responsibilities, Standard 2: Human Growth and Development, Standard 3: Support Systems and Services**

Aim: **For students to develop an understanding of the financial costs and material needs a family may incur when having a new baby. To understand the importance of folic acid in a pregnant woman's diet.**

Objectives: Students Will:

- 1. Explore the financial realities of raising a child.**
- 2. Plan for the material "needs" of a family that is having a new baby/compare and contrast these with "wants."**
- 3. Organize and implement a baby shower within your local school/community.**
- 4. Learn about the importance of folic acid in pregnancy, and prepare a nutritious snack that can be served at the baby shower.**

Materials Needed:

**Lesson outline, "Planning a Baby Shower" Handouts (3), Booklets: "The Good New Vitamins" or "Folic Acid: The Vitamin that Helps Prevent Birth Defects" (free from you local NYS Department of Health)**

## **Planning A Baby Shower: Part I**

### **Lesson Outline**

- I. Financial Aspects of Having A Baby
  - A. What does it cost to raise a child?
    - 1. Accordingly to several financial resources the average figure is \$200,000. However, Kiplinger's recently printed an article quoting \$350,000 needed to raise a child up to the age of 18.
  - B. What do children need?
    - 1. Brainstorm as a class the necessities of a child from 0 – 18.
    - 2. Highlight the items a child, 0 – 2 years of age, would require.
- II. Learn By Doing
  - A. Have students work in small groups.
    - 1. Distribute different scenarios involving expectant parent(s) and financial situations.
      - Example #1, - "You and your partner are expecting twins! He/she has been laid off and you are on bed rest. You have \$400 to spend on supplies. What do you need to purchase?"
      - Example #2, - "You and your partner have been together and worked for seven years and have planned for this birth. You have saved \$2,000 for baby items. What will you buy?"
      - Example # 3 - "You and your partner did not plan for this baby and your parents will not help. You have \$150 in your bank account and the father provides minimal assistance. What are you able to purchase?"
  - B. Using a worksheet as a guide for purchases, students will use catalogs, Internet, flyers and magazines to shop for the items they need.
    - 1. In most scenarios they will need to prioritize and "bargain" shop.
    - 2. The students groups are encouraged to create a "wish list" of the items they would have liked to purchase if they had the money.
  - C. Students will document their purchases
    - 1. Have students use newsprint taping their scenario to the paper and post them around the room.
    - 2. The entire class will do a "wisdom walk" and compare/contrast their classmates' work.
  - D. This activity is an eye-opener but the students are reminded of the original figure that was quoted in the beginning of the class. The items that they "bought" are minimal to the orthodontist bills, piano lessons, insurance and COLLEGE that will be expenses in the future.

Name: \_\_\_\_\_

Parenting

Planning a Baby shower

Work in small groups and brainstorm some plans/items/things you would need in organizing a baby shower. Be specific as to how we could plan this in our classroom.

1.)

2.)

3.)

4.)

5.)

## **Planning A Baby Shower: Part II Lesson**

- III. Nutrition During Pregnancy
  - A. Women planning to become pregnant need to consume foods that contain folic acid.
    - 1. Folic acid is a vitamin found in many foods that can help prevent neural tube defects.
      - NTD's happen when the spinal cord fails to close properly.
  - B. Appropriate weight gain for a woman who carries her baby to term is 30 – 35 lbs.
  - C. Women need to make sure they are consuming enough vitamins and nutrients, especially calcium and iron, as the baby will draw this from the mother.
- IV. Learn By Doing
  - A. Locate and share recent articles on the importance of The Folic Acid to gain knowledge on the importance of folic acid.
  - B. Using the brochure from the NYS Dept. of Health "Folic Acid: The Vitamin That Helps Prevent Birth Defects and the handout "Eating for Two", plan a Day of Meals for a Woman Who is Planning to Become Pregnant.
  - C. Use checklist to ensure that the recommended servings and nutrients are met.
  - D. Save Meal Plan ideas for Baby Shower Planning.

## **Planning A Baby Shower: Part III**

### **Lesson**

- V. Planning Baby Shower
  - A. As a culminating activity to the Financial and Folic Acid activities students will plan a Baby Shower.
  - B. Work in small groups
    - 1. Have students brainstorm items, plans, arrangements that need to be considered when planning a baby shower.
    - 2. Put responses on the board/newsprint.
    - 3. Students should then be allowed to sign-up for an area of their interest. For example, entertainment, invitations, food, decorations, community outreach etc.
  - C. Use the worksheet to organize what the group will need to accomplish to have a well-planned shower.
  - D. Students can use resources from the Internet for games, themes, and the NYS Dept. of Health has a kit called “Baby Safety Shower” that has suggestions for gifts and games.
  - E. Incorporating previous work students will:
    - 1. Group #1 Food Group: make sure the food is high in folic acid, calcium, iron and low in fat.
    - 2. Group # 2 Gifts: The gifts will have to be safe, and assemble gift baskets.
    - 3. Group # 3 Activities: Activities are entertaining and educational.
    - 4. Group # 4 (or teacher) Community Outreach: make sure the filled baskets will be donated to expectant young parent(s) in the community.
- VI. Closure
  - A. Rubrics will be used to grade each student’s participation.
  - B. Ideally recipients of the baskets could be guest speakers later in the year to discuss their situation.
  - C. Perfect opportunity to have other departments in the school to become involved in a worthwhile effort. Administrators should be encouraged to attend and participate in the Shower.
  - D. Media/Press Release to make community aware and encourage support of the program.

Name: \_\_\_\_\_

Parenting

Planning a Baby shower

**Date of Baby Shower** \_\_\_\_\_

**Area of Responsibility** \_\_\_\_\_

For each “piece” of the shower you will need to identify the following:

Material needed and who’s responsible (keep in mind cost):

Timeline (everything should be in the classroom two days before the shower):

Goals that have to be met (make sure they are realistic):

Desired Outcome (what do you want the end result to be?):

Name: \_\_\_\_\_  
Parenting  
Planning a Baby shower

### **Rubrics for Planning a Baby Shower**

#### 100 - Diamond Performance

- Showed interest in project
- Managed time well
- Met all goals
- Organized effectively
- Active Participant

#### 90 – Ruby Performance

- Showed interest in project
- Managed time adequately
- Met most goals
- Organized sufficiently
- Active Participant

#### 80 – Cubic Zirconia Performance

- Showed some interest in project
- Had difficulty managing time
- Met some goals
- Difficulty organizing
- Some Participation

#### 70 – Glass Performance

- Showed little interest in project
- Had great difficulty managing time
- Met few goals
- Had great difficulty organizing
- “There in body, not in Spirit”

List the names of the members of your group and the responsibilities you shared.

1.)

2.)

3.)

4.)

Comments: