# My Baby Book

Name: _____

Class Period: _____

# Flour Sack Baby Assignment

**Remember:**

- This activity will last for FIVE days total. (Monday through Friday.) Even if you do not have Teen Living every day, you will carry your baby with you for FIVE DAYS TOTAL, 24 hours a day! (Even on days you do not have Teen Living!)

- Your baby *MUST* have a human baby face and a name. Your baby will have your last name.

- The baby is to be cared for at all times during the activity! If you absolutely cannot watch the baby, you must get a babysitter. However, you can only use a babysitter ***TWO TIMES*** during the activity. Babysitters must be paid a minimum of $5.00 an hour or other payment arrangements must be made. You must also fill out the necessary babysitting form(s) at the back of this book. Points will be deducted for unattended babies that I find out about! Babies are not to be left at school-EVER!

- Any damage to the baby or mistreatment, (tossing, punching, leaving unattended, etc.), will be considered child abuse and points will be deducted. If you are not mature enough to handle the assignment, you will be excluded and given a failing grade.

- Record the baby's care and whereabouts on your log sheets in this book. You are to fill out your log sheet and answer the journal questions for each day of the activity.

- Every assignment in this baby book *MUST* be completed to receive full points for the assignment. At the end of the week, and after your babies are checked in, this book will also be turned in and graded.

- After the assignment, the baby is to be taken home or donated to the school. It is not to be destroyed on or around school property or given to anyone else.

**GOOD LUCK AND CONGRATULATIONS!!!**

# Frequently Asked Questions

- **When does the assignment begin? How long does the assignment last?**
  - The assignment begins: _____
  - The assignment ends: _____
  - Check-In is before 8:15 a.m.
    - After checking in Monday morning, your baby is "born" and must be treated like a real baby every hour of every day throughout the week. You are responsible for the care of your baby at all times! This is your assignment and no one else's. Never leave your baby at home to be babysat by its "grandparents" or anyone else during the school day or any other time that you could be watching your child.
- **What if I am absent from school during this week?**
  - If you are absent from school on any day of the assignment, you must discuss this with your teacher as soon as possible. Usually, you will be required to bring a signed note from a parent/caregiver verifying that you did have your baby with you during this time. If you are going to be absent for a large majority of the assignment, other arrangements must be made for you to complete this assignment.
- **Things you should NEVER do:**
  - Never mistreat or abuse your own child or anyone else's child. You will automatically be excluded from the assignment and given a failing grade. Never leave your child at home, on the bus, in your locker, in your backpack, in the car, etc. Never leave your child unattended. There are a lot of irresponsible people out there that could abuse your child. Never use your baby as an excuse to be disruptive or distracting in any of your teacher's classes.
- **Things you should ALWAYS do:**
  - Always take the assignment seriously! Always treat your baby as if it were a real baby. If there is ever any question, ask yourself, "If this were a real baby, should I do this? Would this be safe for a real baby?" Always report any abuse right away, whether committed by you or by someone else. Always follow the directions for caring for your baby in each teacher's classroom.
- **When the assignment ends:**
  - Your baby must stay intact until it reaches your home. Do not destroy your baby on or near school property. If this is discovered, you will not be given credit for this assignment and you will receive a failing grade. You can do whatever you want with your baby AFTER it has made it intact all the way to your home.
- **Can I have a babysitter?**
  - Yes! Two times during the project you can have a babysitter. You must fill out the forms in the Baby Book and pay the babysitter appropriately. See the Babysitter Forms for more information.
- **Can my friends hold my baby?**
  - Yes, as long as they care for your baby appropriately and you are with them observing the care of your child. Never leave your baby alone with a friend. They must stay within your sight.
- **What if I have to use the bathroom?**
  - Leave your baby in the Nursery Area in the care of a teacher or ask a friend to hold it for you in the bathroom. Never place your baby on the bathroom floor or inside your backpack.
- **What if my baby has an accident? What if someone purposely abuses my baby and I am unable to prevent it? What if I see someone else abusing their baby?**
  - Report all abuse immediately! Your teacher will be more lenient on accidents that are reported by you, the parent, than those reported by outside sources.
- **What counts as abuse?**
  - Any mistreatment: slapping, punching, drawing on the baby, kicking, dropping, etc. Even verbal abuse is still abuse and could lead to deducted points.
- **Where does my baby sleep?**
  - You may prepare a little "bed" or crib out of blankets on the floor or other appropriate place in your room. However, be sure that your baby is safe from animals and from being tripped over by other people.
- **Can I bring accessories for my baby?**
  - Yes, as long as they are appropriate and do not interrupt any learning that takes place during the day.
- **What can I name my baby?**
  - Whatever you want….but remember, for the duration of this assignment, this is a "real baby". Would you want your real baby to grow up with that name? Your baby will have your last name.
- **What about the baby book?**
  - To get full credit, the entire book must be filled out correctly. Instructions can be found on the individual pages below.

*State of Utah*

*Department of Family and Consumer Sciences*

*Teen Living*

# Certificate of Birth

Childs Name:

_____

First Middle Last

Date of Birth:

_____

Day Month Year Hour

Gender: _____ Weight: _____ Length: _____

(M / F) Pounds Inches

# Your Baby's Name

What is your baby's first name? _____

Why did you choose this name? _____

What does the name mean? _____

*If your baby's name is not found in the name book or online, what do you think it means? Does it have any special significance?

What are possible nicknames for your baby? _____

What other names did you consider? _____

What does YOUR name mean? _____

**********

# Log Sheet and Daily Diary Instructions

**Log Sheet Instructions:**

Make an entry every hour as to where your baby is, the care being provided and who is with your baby. Remember, you are totally responsible for your baby at all times! Be sure to log the following important care information in your log sheet hourly:

Newborns infants need:

-To be bathed once a day (before or after school hours-not during)

**Remember that this is a "pretend" assignment. Do **NOT** really get your baby wet!*

-To have diaper changed every 2 to 3 hours

-To be fed every 3 hours

-To be burped after feeding

-To sleep every 2 to 4 hours

-To be dressed, held, loved, played with and comforted several times a day

**Daily Diary Instructions:**

Each day that you care for your baby, you must keep a diary of the day's events and your feelings about caring for your baby. How do you think you would feel if this were a real baby? Write about the reactions you get from others and how it makes you feel. Your descriptions should be detailed and complete. There will also be journal questions that you must answer to receive full credit. **Only substantial entries will receive full points. (Substantial entries are at least 5 complete sentence or more.)**

# Log Sheet

## Day 1

| Date: | | | |
|---|---|---|---|
| **Hour** | **Where is the baby?** | **Who is the baby with?** | **What is the baby doing? What care is being provided?** |
| 12:00 a.m. | | | |
| 1:00 a.m. | | | |
| 2:00 a.m. | | | |
| 3:00 a.m. | | | |
| 4:00 a.m. | | | |
| 5:00 a.m. | | | |
| 6:00 a.m. | | | |
| 7:00 a.m. | | | |
| 8:00 a.m. | | | |
| 9:00 a.m. | | | |
| 10:00 a.m. | | | |
| 11:00 a.m. | | | |
| 12:00 p.m. | | | |
| 1:00 p.m. | | | |
| 2:00 p.m. | | | |
| 3:00 p.m. | | | |
| 4:00 p.m. | | | |
| 5:00 p.m. | | | |
| 6:00 p.m. | | | |
| 7:00 p.m. | | | |
| 8:00 p.m. | | | |
| 9:00 p.m. | | | |
| 10:00 p.m. | | | |
| 11:00 p.m. | | | |

# Daily Diary & Journal

## Day 1

Date: _____

**Diary Reflection:** Describe important events and activities of the day. Also, describe your feelings as you care for your baby. Remember, your descriptions should be detailed and complete.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Journal Question:** How do you feel about being a new parent so far? Describe what kind of parent you hope to be someday.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

# Log Sheet

## Day 2

| **Date:** | | | |
|---|---|---|---|
| **Hour** | **Where is the baby?** | **Who is the baby with?** | **What is the baby doing? What care is being provided?** |
| 12:00 a.m. | | | |
| 1:00 a.m. | | | |
| 2:00 a.m. | | | |
| 3:00 a.m. | | | |
| 4:00 a.m. | | | |
| 5:00 a.m. | | | |
| 6:00 a.m. | | | |
| 7:00 a.m. | | | |
| 8:00 a.m. | | | |
| 9:00 a.m. | | | |
| 10:00 a.m. | | | |
| 11:00 a.m. | | | |
| 12:00 p.m. | | | |
| 1:00 p.m. | | | |
| 2:00 p.m. | | | |
| 3:00 p.m. | | | |
| 4:00 p.m. | | | |
| 5:00 p.m. | | | |
| 6:00 p.m. | | | |
| 7:00 p.m. | | | |
| 8:00 p.m. | | | |
| 9:00 p.m. | | | |
| 10:00 p.m. | | | |
| 11:00 p.m. | | | |

# Daily Diary & Journal

## Day 2

Date: _____

**Diary Reflection:** Describe important events and activities of the day. Also, describe your feelings as you care for your baby. Remember, your descriptions should be detailed and complete.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Journal Question:** How are you feeling about carrying your baby around at school? What is something that someone at school has said to you about your baby?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

# Log Sheet

## Day 3

| **Date:** | | | |
|---|---|---|---|
| **Hour** | **Where is the baby?** | **Who is the baby with?** | **What is the baby doing? What care is being provided?** |
| 12:00 a.m. | | | |
| 1:00 a.m. | | | |
| 2:00 a.m. | | | |
| 3:00 a.m. | | | |
| 4:00 a.m. | | | |
| 5:00 a.m. | | | |
| 6:00 a.m. | | | |
| 7:00 a.m. | | | |
| 8:00 a.m. | | | |
| 9:00 a.m. | | | |
| 10:00 a.m. | | | |
| 11:00 a.m. | | | |
| 12:00 p.m. | | | |
| 1:00 p.m. | | | |
| 2:00 p.m. | | | |
| 3:00 p.m. | | | |
| 4:00 p.m. | | | |
| 5:00 p.m. | | | |
| 6:00 p.m. | | | |
| 7:00 p.m. | | | |
| 8:00 p.m. | | | |
| 9:00 p.m. | | | |
| 10:00 p.m. | | | |
| 11:00 p.m. | | | |

# Daily Diary & Journal

## Day 3

Date: _____

**Diary Reflection:** Describe important events and activities of the day. Also, describe your feelings as you care for your baby. Remember, your descriptions should be detailed and complete.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Journal Question:** Describe a funny experience or incident that has happened to you with your baby.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

# Log Sheet

## Day 4

| **Date:** | | | |
|---|---|---|---|
| **Hour** | **Where is the baby?** | **Who is the baby with?** | **What is the baby doing? What care is being provided?** |
| 12:00 a.m. | | | |
| 1:00 a.m. | | | |
| 2:00 a.m. | | | |
| 3:00 a.m. | | | |
| 4:00 a.m. | | | |
| 5:00 a.m. | | | |
| 6:00 a.m. | | | |
| 7:00 a.m. | | | |
| 8:00 a.m. | | | |
| 9:00 a.m. | | | |
| 10:00 a.m. | | | |
| 11:00 a.m. | | | |
| 12:00 p.m. | | | |
| 1:00 p.m. | | | |
| 2:00 p.m. | | | |
| 3:00 p.m. | | | |
| 4:00 p.m. | | | |
| 5:00 p.m. | | | |
| 6:00 p.m. | | | |
| 7:00 p.m. | | | |
| 8:00 p.m. | | | |
| 9:00 p.m. | | | |
| 10:00 p.m. | | | |
| 11:00 p.m. | | | |

# Daily Diary & Journal

## Day 4

Date: _____

**Diary Reflection:** Describe important events and activities of the day. Also, describe your feelings as you care for your baby. Remember, your descriptions should be detailed and complete.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Journal Question:** Describe what has been the most challenging thing for you so far. Why has it been challenging? How did you deal with the situation?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

# Log Sheet

## Day 5

| **Date:** | | | |
|---|---|---|---|
| **Hour** | **Where is the baby?** | **Who is the baby with?** | **What is the baby doing? What care is being provided?** |
| 12:00 a.m. | | | |
| 1:00 a.m. | | | |
| 2:00 a.m. | | | |
| 3:00 a.m. | | | |
| 4:00 a.m. | | | |
| 5:00 a.m. | | | |
| 6:00 a.m. | | | |
| 7:00 a.m. | | | |
| 8:00 a.m. | | | |
| 9:00 a.m. | | | |
| 10:00 a.m. | | | |
| 11:00 a.m. | | | |
| 12:00 p.m. | | | |
| 1:00 p.m. | | | |
| 2:00 p.m. | | | |
| 3:00 p.m. | | | |
| 4:00 p.m. | | | |
| 5:00 p.m. | | | |
| 6:00 p.m. | | | |
| 7:00 p.m. | | | |
| 8:00 p.m. | | | |
| 9:00 p.m. | | | |
| 10:00 p.m. | | | |
| 11:00 p.m. | | | |

# Daily Diary & Journal

## Day 5

Date: _____

**Diary Reflection:** Describe important events and activities of the day. Also, describe your feelings as you care for your baby. Remember, your descriptions should be detailed and complete.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

**Journal Question:** If you had to do this assignment over again, what would you do differently and why? What would you do the same?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

# Letter to Your Future Children

Write a letter to your future children. If there was one thing you could tell them, what would it be? What do you think they should know about you? What important information should they know about life? If you could give them any advice, what would it be? Describe your life as it is right now, who your friends are, what you do for fun, and other information about your life. **(To receive full credit, the letter must be at least 5 complete sentences or more.)**

# Letter to Your Parents/Guardians

Write a letter to your parents/guardians. After your experience with this assignment, do you have a greater appreciation for what they have done for you? Tell them about your experience and how it has affected you. Write your feelings about them as a parent/guardian and your feelings about someday becoming a parent/guardian yourself. **(To receive full credit, the letter must be at least 5 complete sentences or more.)**

# What Did You Learn

## Project Reflection

**3 sentence minimum for each question for full credit.**

1. What did you think of the overall experience?

_____
_____
_____

2. What was the best part of this experience?

_____
_____
_____

3. What was the worst part of this experience?

_____
_____
_____

4. How was this experience like having your own child?

_____
_____
_____

5. How was this experience not like having your own child?

_____
_____
_____

6. Are you ready to have a child as a teenager? Why or why not?

_____
_____
_____

# Babysitter Form #1

Name of Babysitter: _____

Date Left with Babysitter: _____

Time Left with Babysitter: _____ _____ _____
Time Dropped Off Time Picked Up Total Time With Babysitter

Reason You Needed A Babysitter (Be Specific):

_____

_____

**Payment Method(s):**

_____ hours X $5.00 per hour = $_____

OR

Other: _____

_____

**Signature of Babysitter: _____**

**********

# Babysitter Form #2

Name of Babysitter: _____

Date Left with Babysitter: _____

Time Left with Babysitter: _____ _____ _____
Time Dropped Off Time Picked Up Total Time With Babysitter

Reason You Needed A Babysitter (Be Specific):

_____

_____

**Payment Method(s):**

_____ hours X $5.00 per hour = $_____

OR

Other: _____

_____

**Signature of Babysitter: _____**

**Name: _____ Class: _____**

| Daily Participation Grade | |
|---|---|
| Day 1<br>Abuse/Neglect Reported: | _____ / 15<br>Point Deducted:<br>_____ |
| Day 2<br>Abuse/Neglect Reported: | _____ / 15<br>Point Deducted:<br>_____ |
| Day 3<br>Abuse/Neglect Reported: | _____ / 15<br>Point Deducted:<br>_____ |
| Day 4<br>Abuse/Neglect Reported: | _____ / 15<br>Point Deducted:<br>_____ |
| Day 5<br>Abuse/Neglect Reported: | _____ / 15<br>Point Deducted:<br>_____ |
| **Points Deducted for Abuse:** | _____ |
| **TOTAL:** | _____ / 75 |

| Baby Book Grade | |
|---|---|
| Birth Certificate | _____ / 3 |
| Baby Names Page | _____ / 3 |
| Day 1 | |
| Log Sheet | _____ / 3 |
| Diary Reflection | _____ / 3 |
| Journal Question | _____ / 3 |
| Day 2 | |
| Log Sheet | _____ / 3 |
| Diary Reflection | _____ / 3 |
| Journal Question | _____ / 3 |
| Day 3 | |
| Log Sheet | _____ / 3 |
| Diary Reflection | _____ / 3 |
| Journal Question | _____ / 3 |
| Day 4 | |
| Log Sheet | _____ / 3 |
| Diary Reflection | _____ / 3 |
| Journal Question | _____ / 3 |
| Day 5 | |
| Log Sheet | _____ / 3 |
| Diary Reflection | _____ / 3 |
| Journal Question | _____ / 3 |
| Letter to Future Children | _____ / 3 |
| Letter to Parents/Guardians | _____ / 3 |
| What Did You Learn? Reflection Questions | _____ / 3 |
| Babysitter Forms<br>Unused forms are each worth 3 points extra credit. | _____ |
| **TOTAL:** | _____ / 60 |