

## HPC3O –Raising Healthy Children, Grade 11, Open

List the names and birth dates of your children. Please attach a copy of their birth certificates and/or baptismal certificates to this document.

Describe the configuration of your family: nuclear, step, extended, blended, lone-parent, foster, adoptive.

What did you do to encourage the healthy development of your child/children before and during birth, and in the first few months after birth?

List at two prenatal and postnatal care/support programs available for parents in your community. Did you participate in any of these? How?

What sorts of behaviors, conditions, or environments would have a negative influence on the growth and development of a fetus, infant or young child?

Describe a time when your child(ren) achieved a developmental milestone that made you feel proud.

How have you positively interacted with your child(ren)? Describe one positive interaction you've had with your child(ren). (This may be verbal or non-verbal).

How has someone in your family passed their cultural and/or religious heritage or traditions to your child(ren)?

List four legal and social responsibilities of a parent

Describe two challenges you have faced as a parent in today's rapidly changing society

Describe two techniques you have used for parenting and disciplining young children (e.g. setting limits, establishing routines, offering choices, encouraging independence, helping children understand consequences, fostering mutual respect)

Describe one way that your method of raising children differs from that of your friends or parents. What resources can you consult when trying to decide whose method is best?

What childhood experiences do children share no matter where they live in the world or what culture they follow?

List two social concerns that parents face as their children approach school age.

What are two signs of child abuse? Who should you call if you suspect someone of abusing his or her child?

Identify three community social programs or agencies that provide family support.

Describe a time when, as a parent of a young child, you have had to research an issue. What resources did you use? How did you know these were reliable? How did you decide which information to follow?