

Adult Basic Education

Adult Oriented Electives

Parenting 3200

Human Growth and Development

Part A

Study Guide

Prerequisite: None (Must be done in conjunction with Part B)

Credit Value: A total of 2 credits for completion of both Parts A and B

Text: Cunningham, Mary K., PHEc; Meriorg, Eva, PHEc; Tryssenaar, Laura, PHEc, *Parenting in Canada: Human Growth and Development*, Toronto: Nelson (2003)

Introduction to Parenting 3200 A

Parenting 3200A is the first section of a two-part, adult-oriented elective course that may be used to satisfy the graduation requirements for Adult Basic Education. *Parenting 3200* (parts A and B) focuses on gaining the skills and knowledge needed to participate in the nurturing of children in a positive and healthy way.

This course will be especially helpful for individuals who already have, or plan to have, children of their own, or who plan to work in child-care or other occupations that involve children.

When both parts A and B of *Parenting 3200* are completed, 2 credits will be awarded toward the ABE graduation requirements.

In **Unit 1, *Influences of Culture and Family***, you will examine the nature of play and its role in human social and intellectual growth. You will learn about toys and games from around the world and the part that culture plays in a child's development. You will come to understand the effects of conflicts and poverty on children in Canada and around the world. Finally, you will look at the many forms of family that exist and the importance of family as the foundation of a child's life and identity.

Unit 2, *Relationships and Introduction to Growth and Development*, analyzes how children form relationships and the role of communication in the family. In this unit, you will investigate sources of conflict and conflict management through the use of conflict-resolution strategies. The second part of Unit 2 provides an introduction to the study of human growth and development, in which you will look at the five areas of development: physical, social, emotional, moral, and intellectual. You will also learn how the human brain develops from before birth to the sixth year of life.

Unit 3, *Healthy Beginnings and the First Year*, will take you through the factors that contribute to the healthy development of the child before, during, and after birth. This unit traces human development from the moment of conception, through birth and the important first year of life. It addresses such topics as clothing and feeding infants, breast-feeding, and infant development.

Resources

The principal resource for this course (Parenting 3200A and B) is the textbook, ***Parenting in Canada: Human Growth and Development***. Other resources include government documents and supplementary readings that have been copied with permission and included in the appendixes to both parts of the course.

To the Student

Using the Study Guides

Before beginning *Parenting 3200 A*, do a quick scan of this Study Guide and ensure that you have a copy of the textbook at your disposal.

As you work through the Study Guide, you will notice that it is divided into three distinct parts or Units. Each Unit has the following components:

Reading for this Unit:

Here you will find the chapters and pages of the textbook that make up the readings for the Unit. By studying these pages, you will cover the necessary material to achieve the outcomes for this part of the course. When you begin a Unit, you should skim the recommended readings, look at the bolded headings, scan any figures and photographs present, and read any material in the margins. When you have done this precursory look at the readings, you will be ready to study the specific pages of required reading and complete the written work that is assigned.

Readings and References

This left hand column guides you through the material to read from the textbook and other sources in order to achieve the desired outcomes for the course. Opposite each required reading, is a description of written work to be completed that is based on the pages you have read.

Work to Submit

This right hand column consists of instructions that guide you through the written work that you must pass in at the end of the course. The text provides a series of “Checkpoints” questions that reinforce the learning you have accomplished; these questions (as listed in this column of the guide) form the basis of your written work. Questions on supplementary readings will also appear in this column along with instructions for the completion of assignments at the end of each Unit.

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| To the Student |
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Recommended Evaluation for Parenting 3200, Part A

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|---|-------|
| Coursework (Written answers to questions)..... | 50% |
| Assignments (10% for each Unit assignment)..... | 30% |
| Exam (comprehensive exam for Part A of the course)..... | 20% |
| | <hr/> |
| | 100% |

Note: When you have successfully completed both parts of this course (*Parenting 3200 A and B*), your total for both courses will be averaged (divided by 2) and you will be awarded 2 credits.

Unit 1: Influences of Culture and Family

To fulfill the outcomes for this Unit, Students should complete the following:

| | |
|--|--|
| Reading for this Unit: | <i>Parenting in Canada: Human Growth and Development</i> Chapter 3: Pages 50-70 Chapter 4: Pages 73-90 Chapter 5: Pages 95-114 |
| Readings and References | Work to Submit |
| <u>Chapter 3</u> | Write your own definition for “play” |
| 1. Read pages 50-56 ➔ | Write answers to “Checkpoints” questions 1, 2, and 3 on pages 56. |
| 2. Read pages 57-60 ➔ | Write answers to “Checkpoints” questions 1, 3, and 4 on page 59. |
| 3. Read pages 61-70 ➔ | Write answers to “Checkpoints” questions 1 and 2 on page 64 and questions 1 and 2 on page 66. |
| 4. Read <i>Chapter Highlights</i> on page 70 ➔ | Review and Extend your Learning |
| | Write answers to questions 1, 2, 3, 5 and 6 on pages 70-71. |
| <u>Chapter 4</u> | Define “Culture”. |
| 5. Read pages 73-80 ➔ | Write answers to “Checkpoints” questions 1, 2, 3 and 4 on page 80. |
| 6. Read pages 81-90 ➔ | Write answers to “Checkpoints” questions 1, 2 and 3 on page 85. |
| 7. Find on-line information about ➔ the <i>United Nations Convention on the Rights of the Child</i> . The RCMP has a child-friendly language site at http://www.rcmp-grc.gc.ca/pdfs/uncrc-crde-poster-affiche-eng.pdf that you may find helpful. | Choose any 5 articles from the list of children’s rights and explain their importance in your own words. First copy the article and its number, then tell why you regard it as important for the protection of children. |
| 8. Read <i>Chapter Highlights</i> on page 91 ➔ | Review and Extend Your Learning |
| | Write answers to questions 1, 2, 3, 4 and 6 on page 91. |

Unit 1: Influences of Culture and Family

| Reading and References | Work to Submit |
|--|--|
| <p data-bbox="230 268 367 304"><u>Chapter 5</u></p> <p data-bbox="230 340 542 375">9. Read pages 95-97➡</p> <p data-bbox="230 451 558 487">10. Read pages 98-114➡</p> <p data-bbox="230 562 797 598">11. Read <i>Chapter Highlights</i> on page 115➡</p> | <p data-bbox="841 340 1295 417">Write the answer to “Checkpoints” question 1 on page 97.</p> <p data-bbox="841 451 1276 529">Write answers to “Checkpoints” questions 1, 2 and 3 on page 108.</p> <p data-bbox="841 562 1328 598">Review and Extend Your Learning</p> <p data-bbox="841 632 1385 667">Answer questions 3, 4 and 5 on page 115.</p> <p data-bbox="841 701 1013 737">Assignment</p> <p data-bbox="841 770 1365 890">Choose and complete one of the options under Assignment for Unit 1 in Appendix A at the end of this guide.</p> |

Unit 2: Relationships and Introduction to Growth and Development

To fulfill the outcomes for this Unit, students should complete the following:

| | |
|-------------------------------|--|
| Reading for this Unit: | <i>Parenting in Canada: Human Growth and Development</i> Chapter 6: Pages 118-145 Chapter 9: Pages 207-224 Appendix B: Career Exploration Worksheet |
|-------------------------------|--|

| Readings and References | Work to Submit |
|--|--|
| <p><u>Chapter 6</u></p> <ol style="list-style-type: none">1. Read pages 118-122 ➡2. Read pages 123-133 ➡3. Read pages 134-145 ➡4. Log onto www.jobfutures.ca ➡ and explore a career related to working with children. Some examples are:<ul style="list-style-type: none">• Babysitter, nanny or parents' helper• Early childhood educator or assistant• Nurse aide• Psychologist• Occupational therapist• Social service or community worker• Elementary school teacher• Teaching assistant5. Read <i>Chapter Highlights</i> on page ➡ 145-146. | <p>Write answers to “Checkpoints” questions 1, 2, and 3 on page 120 and questions 1, 2, and 3 on page 122.</p> <p>Write answers to “Checkpoints” question 1 on page 124, questions 1 and 2 on page 131, and questions 1, 2, 3, and 4 on page 134.</p> <p>Write answers to “Checkpoints” questions 1, 2, and 3 on page 141 and questions 1 and 2 on page 145.</p> <p>Complete the Career Explorations worksheet – Appendix B – at the end of this guide, filling in the appropriate information for the career choice that you explored.</p> <p>Review and Extend Your Learning</p> <p>Write answers to questions 1, 2, 3, 4, 6, 7, 8 and 9 on page 146.</p> |

Unit 2: Relationships and Introduction to Growth and Development

| Readings and References | Work to Submit |
|--|---|
| <p data-bbox="235 304 365 336"><u>Chapter 9</u></p> <p data-bbox="235 373 592 409">6. Read pages 207-213. ➡</p> <p data-bbox="235 483 755 556">7. Read pages 214-224 (to the end of ➡ “Parenting Skills”.)</p> <p data-bbox="235 630 755 703">8. Read <i>Chapter Highlights</i> on page ➡ 233.</p> | <p data-bbox="820 373 1372 451">Write answers to “Checkpoints” questions 1, 2, and 3 on page 213.</p> <p data-bbox="820 483 1372 598">Write answers to “Checkpoints” questions 1, 3, and 4 on page 221; questions 1, 2 and 3 on page 223; and question 1 on page 224</p> <p data-bbox="820 630 1307 667">Review and Extend Your Learning</p> <p data-bbox="820 703 1347 777">Write answers to questions 1, 3 and 5 on pages 233-234.</p> <p data-bbox="820 814 990 850">Assignment</p> <p data-bbox="820 886 1372 997">Choose and complete one of the options under Assignment for Unit 2 in Appendix A at the end of this guide.</p> |

Unit 3: Healthy Beginnings and the First Year

To fulfill the outcomes for this Unit, students should complete the following.

| | |
|-------------------------------|---|
| Reading for this Unit: | <i>Parenting in Canada: Human Growth and Development</i> Chapter 10: pages 236-259 Chapter 11: pages 263-282 Appendix C: Breastfeeding Your Baby |
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| Readings and References | Work to Submit |
|---|---|
| <p><u>Chapter 10</u></p> <ol style="list-style-type: none">1. Read pages 236-245 ➡2. Read pages 245- 248 (The ➡ Three Trimesters)3. Read pages 249-259 ➡4. Read Appendix C (Breastfeeding ➡5. Your Baby), found at the end of this guide, and answer the questions opposite. <p><u>Note:</u> To access the complete 84 ➡ page document, go to www.health.gov.nl.ca/health/ Click on “publications” and on the next screen choose Breastfeeding Handbook 2008.</p> | <p>Write answers to “Checkpoints” questions 1, 2 and 3 on page 245.</p> <p>Write answers to “Checkpoints” questions 1, 2 and 3 on page 248.</p> <p>Write answers to “Checkpoints” questions 1, 2, 3 and 4 on page 258.</p> <p>Using Appendix C: Breastfeeding Your Baby, answer the following:</p> <ol style="list-style-type: none">1. Why do you think the Newfoundland and Labrador Government provides this pamphlet to new parents?2. List 3 positive points that the pamphlet makes about breastfeeding.3. What is “cluster feeding”?4. When are the usual periods of growth spurts in infants?5. How can a mother tell whether or not the baby is getting enough breast milk?6. Why do you think it is necessary to supplement breast milk with vitamin D? Does the baby need to be given other vitamins?7. What problems may arise if a baby is fed solid food too early? |

Unit 3: Healthy Beginnings and the First Year

| Readings and References | Work to Submit |
|--|---|
| <p>5. Read <i>Chapter Highlights</i> on ➔ page 260</p> <p><u>Chapter 11</u></p> <p>6. Read pages 263-265 ➔</p> <p>7. Read pages 266-270 ➔</p> <p>8. Read pages 271-278 ➔</p> <p>9. Read pages 279-282 ➔</p> <p>10. Read <i>Chapters Highlights</i> on page ➔ 283</p> | <p>Review and Extend Your Learning</p> <p>Write answers to questions 1, 2, 3, 7 and 8 on page 260.</p> <p>Write answers to “Checkpoints” questions 1, 2, 3 and 4 on page 266.</p> <p>Write answers to “Checkpoints” questions 1, 2 and 3 on page 271</p> <p>Write answers to “Checkpoints” questions 1, 2 and 3 on page 278-279.</p> <p>Write answers to “Checkpoints” questions 1, 2 and 3 page 283.</p> <p>Review and Extend Your Learning</p> <p>Write answers to questions 1, 2, 3, 4, 5 and 7 on pages 283-284.</p> <p>Assignment</p> <p>Choose and complete one of options under Assignment for Unit 3 in Appendix A at the end of this guide.</p> |

Appendix A

Assignment Options for Units 1, 2, and 3

Assignment for Unit 1

Complete **one** of the following assignment options:

1. Design a play centre for children of a particular age group. Use toys and games that will enhance the development of the group and allow the children to learn and create in a variety of ways.
 - Draw a plan or diagram for placement of equipment and materials in your play centre.
 - Write a description of the toys, games, and materials that might be used in your centre.
 - Explain how these things may be used and why they are age and development appropriate for the group you chose.

2. Interview a person in your community who was not born in Canada. Write a transcript of your questions and the answers given.
 - What expectations does his or her culture have for newborns?
 - What religious or cultural rituals are related to the birth and naming of children in this culture?
 - How does the family prepare the home for a new baby?
 - Pose three other questions about how culture is transmitted in the family.

3. Design and make a toy or game for use by children of a particular age group. Write a brief description to accompany your creation, explaining some of its features and how it relates to the developmental stage of the children it was intended for.

4. Write an essay or create a photo essay describing foods that have a cultural significance for your family. Explain when and why these dishes are served. Describe how you feel when you eat these foods.

OR Alternately, you may interview a person from another culture about how food is culturally significant for them and complete the assignment using that person's observations.

Assignment for Unit 1 (continued)

5. Do a library or Web search for a list of social justice organizations that work to improve the lives of children, promote child safety, and protect the rights of children. Create an informational pamphlet that provides facts on several of these organizations and how each one helps children. Here is a partial list of organizations that you might wish to investigate:

- Save the Children
- Free the Children
- Canadian Institute of Child Health (CICH)
- International Bureau for Children's Rights (IBCR)
- United Nations Children's Fund (UNICEF)
- Canadian Child Care Federation (CCCF)
- Defense for Children International(DCI)

There are numerous other such organizations; the Government of Canada Website has links to many groups that protect children's rights.

6. Research the Campaign 2000 Coalition website's "Report Card on Child and Family Poverty in Canada". Write a short report based on your findings.
- include a summary of Statistics Canada data that shows current levels of poverty in Canada
 - speculate on why Campaign 2000 did not achieve its goal to "end child poverty in Canada by the year 2000"
 - make suggestions for strategies that might help to break the cycle of poverty in our country.
7. Complete any assignment related to this part of the course that is agreed upon by you and your instructor.

Assignment for Unit 2

Complete **one** of the following assignment options:

1. Newspaper cartoons and television comedy shows make us look at the lighter side of family life.
 - make a list of five comic strips or television comedies that show different family models (single-parent families, nuclear families, or extended families).
 - Write an analysis and comparison of the primary relationship in the comics or shows. How realistic are they? Explain.
Note: If you use comic strips, you may include the samples in your analysis.
2. Write a report on what quality childcare means in our province. Conduct an Internet search using the key words “Quality Child Care” followed by your **regional municipality** (e.g. Quality Child Care Bonavista or Quality Child Care Happy Valley-Goose Bay) or **province** (e.g. Quality Child Care Newfoundland and Labrador). Report on how quality child care is defined and ensured to the people in your area.
3. Locate a recent article about a form of child abuse. Identify the type of abuse and list some strategies that might be used to resolve the issue. Search for and list some local agencies that may provide support and care for those involved; describe the services provided by these agencies.
4. Write a position paper supporting your view of one of the following topics. Choose your position on the issue and defend it by finding information to support your side. Your essay should identify any sources that you draw on for information or support.
 - Playing music or reading to a developing fetus enhances (or does not enhance) the development of the unborn child.
 - Breast feeding is superior to bottle (formula) feeding (or vice versa)
 - In-home childcare is better for the child than childcare at a day care centre. (or vice versa)

Assignment for Unit 2 (continued)

5. Research brain development in adolescents. Write a report comparing the adolescent brain to those of children and adults.
6. Complete a chart that shows various toys that appeal to children of different ages. Include which senses each toy stimulates and what kind of learning is being reinforced as the child plays. Be sure to indicate which age group each of the toys is designed for. If you wish, you may include magazine or catalogue photos of the toys.
7. Complete any assignment related to this part of the course that is agreed upon by you and your instructor.

Assignment for Unit 3

Complete **one** of the following assignment options:

1. Investigate and describe in a short report the causes of miscarriage. Can miscarriages be prevented? What might the psychological impact of miscarriage be on the mother?
2. Research the role of the professional midwife or the public health nurse. Make a poster or pamphlet to be used at a high school career fair. Include such information as educational or training requirements, duties, salary expectations, job availability, etc.
3. Interview women of three generations or age groups (for example, your grandmother, mother and a friend of your own age group) about their birthing experiences and

Either

Write a comparison essay describing their different views and experiences.

Or: Create a chart to show the comparisons. You may ask about birth environment, health professionals present, presence of father and others, length of labour, use of pain control, bonding experiences, length of hospital stay, and any other questions related to the birth of a child.

4. Locate and evaluate prenatal and post-natal care/support programs available for parents in your community. Some examples of such programs are prenatal classes, breastfeeding clinics, healthy babies programs, and support groups for parents of babies with health issues. Prepare an information pamphlet (for parents) that outlines the programs and services available to them.
5. Choose one of the congenital diseases that infants are screened for at birth such as fragile congenital hypothyroidism, sickle cell anemia, phenylketonuria (PKU), or galactosemia. Describe the test that is used. Note the incidence or frequency of the disease, the symptoms, and long-term implications for the child who is diagnosed with the condition at birth.

Assignment for Unit 3 (continued)

6. Canadian teenage mothers lag behind the older population of mothers in choosing to breastfeed their babies. Create a form of media (poster, television ad script, pamphlet, etc.) that might be used to encourage teen mothers to breastfeed.

Note: The Government of Newfoundland and Labrador has an on-line handbook on breastfeeding. Go to www.health.gov.nl.ca and click on “publications”, then click on “Breastfeeding Handbook 2008” to access the 84-page document. This handbook contains valuable information and helpful resources.

7. Create a poster or photo essay depicting the dangers to children that might occur in a home. Show ways in which parents might “childproof” the environment to keep the child safe.
8. John Bowlby’s work has raised concerns about how soon women should return to work after the baby is born. Write an essay that expresses well-developed arguments for and against a mother’s return to work before a child’s first birthday.
9. Write a book review of a popular children’s book. Your review should be written from a child-development point of view. Include the author’s name, publication information, and purpose for writing the book. Indicate why you think the book is suitable for a particular age group or a particular stage of development. Some suggestions of books to review include:

- *Pat the Bunny* by Dorothy Kunhardt
- *Everyone Poops* by Taro Gomi
- *Are You My Mother?* By P. D. Eastman
- *The Very Busy Spider* by Eric Carle
- *It’s Not Your Fault, Koko Bear* by Vicki Lansky
- *Remember Rafferty* by Joy Johnson
- *Ned Learns to Say No* by David Covolo

There are many other books for children and adolescents that are geared to a particular stage of development or to a particular situation in family life. Visit a local library or book review website to obtain information on the newest or best-respected children’s publications.

10. Complete any assignment related to this part of the course that is agreed upon by you and your instructor.

Appendix B

Career Explorations Work Sheet

Career Explorations

Occupation: _____

Directions: See www.jobfutures.ca and explore a career choice that relates to children in order to complete this worksheet.

Duties:

Educational Requirements:

Labour Market Facts:

| | |
|------------------------------|---------------------------------|
| Current Work Prospects _____ | Average Unemployment Rate _____ |
| Future Work Prospects _____ | % of part-time work _____ |
| Average Earnings _____ | % of women in the field _____ |

Appendix C

Breastfeeding Your Baby

Breastfeeding Your Baby

Congratulations on your new baby! This handout provides information about breastfeeding healthy full term infants. If your baby was born early, you will need to follow the specific feeding advice provided by your health care provider. You can find more information about breastfeeding in the *Breastfeeding Handbook* available from your health care provider.

Breastfeeding is the natural way to feed your baby. Breastfeeding gives your baby the best possible food to start his or her life. Breast milk is easy to digest, always the perfect temperature and meets your baby's nutritional needs. Breastfeeding helps your baby become and stay healthy. Breastfeeding also teaches babies to eat when they are hungry and to stop eating when they are satisfied. Breastfeeding is the first step in lifelong healthy eating habits.



Babies who are **not** breastfed have more risk of developing certain infections and diseases than babies who are breastfed. Breastfeeding is also of benefit to babies who have a family history of allergies.

You will probably have many questions about breastfeeding. Here are some questions which parents and caregivers often ask:

How often should I breastfeed my baby?

Each baby's appetite is different. You should breastfeed whenever your baby is hungry. Most babies feed every two to three hours during the first few months. Sometimes, babies feed more frequently at different times of the day, called "cluster feeding". Most babies feed 8 to 12 times in a 24-hour period, including night feeds. Your baby may feed more during hot weather or growth spurts. Let your baby's appetite be your guide!

How long should my baby breastfeed each time?

Every baby is different. Let your baby guide you! Your baby should feed until he or she is satisfied. Let your baby feed fully on one breast before switching to the other breast. Your baby will come off the breast on his or her own when satisfied.

How do I know if my baby is getting enough breast milk?

You can't measure how much breast milk your baby is getting. But, you can tell if your baby is getting enough breast milk.

Here are some ways to tell:

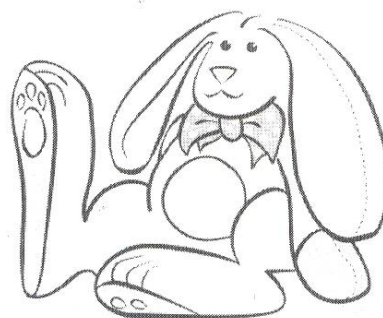
- Your baby is bright and alert.
- Your baby seems satisfied.
- Your baby has at least six wet diapers a day (after he or she is a week old).
- Your baby is growing and developing.
- Your baby is having normal and regular bowel movements. Refer to the *Breastfeeding Handbook* for details.

How much weight should my baby gain?

Each baby gains weight at his or her own rate. Most breastfed babies do not gain the same amount of weight each week. Talk to your health care provider about how much weight your baby should gain.

Growth Spurts

Is your baby feeding more than usual? If so, your baby is probably going through a growth spurt. These growth spurts can happen at any time. Babies' growth spurts usually occur at around 2 weeks, between 4-6 weeks, 3 months and 6 months. During a growth spurt your baby needs extra breast milk. Don't worry! Your body will make what your baby needs.



Does my baby need to take vitamins?

Babies who are breastfed need a daily supplement of 400 IU of vitamin D until one year of age or until breastfeeding is stopped. Babies who are breastfed after one year of age need a daily supplement of 200 IU of vitamin D, unless they are obtaining that amount of vitamin D from food. Additional information about food sources of vitamin D is provided in *Feeding Your Baby: 6 to 12 Months*.

Vitamin D is important for proper growth and development of a baby's bones. Vitamin D may also help to protect babies from developing certain diseases.

You can buy vitamin D drops at drug stores or at stores which have a pharmacy.

The vitamin D drops should be placed directly in the baby's mouth.

Your baby does not need any other vitamins. Vitamins should only be given to a baby if prescribed by a physician for special needs.



Does my baby need fluoride drops?

The use of fluoride drops is not recommended for babies less than six months of age. Some babies may need fluoride drops after six months of age. Fluoride drops should only be given to a baby upon the advice of a dental care giver.

How long can I continue to breastfeed my baby?

You can breastfeed your baby for as long as you wish. Babies should be given only breast milk for the first six months of life. Breastfeeding may continue for up to two years of age and beyond with the addition of healthy solid food at six months of age.

When should I give my baby solid food?

You should give your baby only breast milk for the first six months of life. New research shows that breast milk is all babies need for the first six months. Giving your baby solid foods too early can cause problems because:



- Your baby may not drink enough breast milk.
- Your baby's system is not ready to digest solid food.
- Your baby's risk of being anemic (low iron) increases.
- Your baby's risk of developing eczema (skin disorder) increases.
- Your baby's risk of developing allergies increases.
- Your baby may choke if he or she is not ready to swallow solid foods.

Studies show that giving babies solid foods will not help them sleep through the night.

Talk to your health care provider if you have any questions. For more information about introducing solid foods, please refer to *Feeding Your Baby: 6 to 12 Months*.

Looking for More Information?

For more information about breastfeeding please refer to the *Breastfeeding Handbook*. Support and information is also available from public health nurses, dietitians, lactation consultants and other health care providers. Some public health nurses, Healthy Baby Clubs and Family Resource Centers offer information sessions about caring for babies. You can also check out the following websites:

Health Canada www.hc-sc.gc.ca

The Canadian Health Network canadian-health-network.ca

Our thanks to Manitoba Health for permission to use original illustrations and adapt content in developing this resource. Thank you to the parents, caregivers and health care providers who provided insight and guidance in the development of this handout.

