RealCare Baby® Experience

Student Workbook

Name:

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Table of Contents

Letter to Participant's Family

Date: _____

Class: _____
Class Name

Dear parents/guardians and family:

Your student will soon experience many of the responsibilities required of the caregiver of a new infant. As a temporary caregiver, your student will care for RealCare Baby®, a computerized infant simulator that must be supervised by your student at all times. Baby will cry and need to be fed, burped, rocked, and have its diapers changed. It is your student's responsibility to tend to Baby's needs. Baby is part of the Realityworks® Handle with Care: Basic Infant Care Program.

A small computer inside Baby is programmed to follow actual schedules of 15 different newborns. Each day, Baby will be on a different schedule. Baby may need your student to care for it at inconvenient times, including when he/she is sleeping.

Your student will be graded on learning how to keep Baby happy, their understanding of the full-time commitment of child care, their persistence (getting through the care simulation without quitting), the care and condition of Baby and supplies, and returning everything to school on time. Incidences of neglect, head support failure, shaking, rough handling, wrong position, and other functions are recorded by Baby's computer and will lower your student's grade. Some of these behaviors will produce intense crying that your student should learn to avoid. This intense crying can be stopped by rocking Baby.

Your student will wear a waterproof, hospital-type wristband with a unique ID that must be present whenever your student is caring for Baby. Without the ID, Baby will not accept care. The wristband must be in good condition and still on your student's wrist when Baby is returned.

You can help by providing emotional support and treating Baby as if it were real. Offer advice, but your student should do the actual work of caring for Baby.

The RealCare Baby® infant simulator uses computerized technology and represents a substantial investment by the sponsoring school or organization.

If the RealCare Baby® infant simulator is abused, damaged, or lost while in my student's possession, I agree to reimburse
_____ up to $_____.
Organization Name

Other charges may be assessed for damaged or missing accessories.

Lack of sleep may cause your student to become drowsy. Please do not allow your student to drive if overly tired. Instruct your student to pull over to care for a crying Baby if it cries while he or she is driving.

Your student is scheduled to take the RealCare Baby® infant simulator home starting _____ and ending _____. For schedule conflicts, please contact the instructor.

Thank you for your patience and support in making this project a learning experience for your student!

Realityworks® specializes in interactive, science-based technology that helps educators worldwide

deliver unforgettable learning experiences that promote healthy choices and quality of life.

Parent/Guardian Permission Form

A response from you is requested whether permission is given or denied. Please read these statements and sign below:

The Realityworks® Basic Infant Care Program will require the participant to be the sole caretaker of the RealCare Baby® infant simulator, whose sounds and behaviors replicate those of an infant. The experience is intended to demonstrate to the participant the full-time commitment required by the caregiver of a new infant.

The RealCare Baby® infant simulator requires care throughout the day and night. When Baby cries, it is the responsibility of the participant to attend to its needs.

The RealCare Baby® infant simulator's crying and need for care may cause the participant to lose sleep, and may possibly disturb other family members. Lack of sleep may cause drowsiness. I will not allow the participant to drive if overly tired.

I am aware of all safety precautions the participant must be aware of while caring for the RealCare Baby® infant simulator.

The RealCare Baby® infant simulator uses computerized technology and represents a substantial investment by the sponsoring organization. If the RealCare Baby® infant simulator is abused, damaged, or lost while in the participant's possession, I agree to reimburse _____ up to $_____.
Organization Name

Please select one and sign where indicated.

☐ I understand the statements above and agree to allow _____ to
Participants Name

participate in the care simulation with RealCare Baby® infant simulator.

Signature: _____ Date: _____

- -

☐ I understand the statements above and do NOT wish _____
Participants Name

to participate in the care simulation with RealCare Baby® infant simulator. I understand that if I do not allow my student to participate in this project, he or she will not receive a lower grade because of my refusal. I understand that an alternative assignment requiring an equal amount of work and family involvement will be given as a substitute for this project.

Signature: _____ Date: _____

Participant Contract

I will make arrangements with my instructor to pick RealCare Baby® up at an agreed upon time to begin the simulation experience. I understand that as I take Baby home to participate in the simulated care-giving experience, I am responsible for its care. If I do not return it on the scheduled return day and time, I will be penalized in my grade for the class. If I fail to return Baby or do not return it in the same condition as Baby was when I took it home, I or my family will be responsible for paying the cost of replacing Baby.

Read each point aloud and sign at the bottom.

I promise to:

- accept full responsibility for Baby

- take care of Baby as if it were a real, live infant

- carry Baby and its' accessories with me at all times, wherever I go

- keep Baby out of the reach of young children and pets or other animals

- always use a car seat, if available, to properly transport Baby in a vehicle

- never try to care for Baby while driving or operating machinery

- never leave Baby alone or with someone else unless previously authorized by my instructor

- never expose Baby to water or moisture

- never place Baby in direct sunlight or in an area of excessive heat

- never abuse or neglect Baby; instead treat gently and patiently

- never tamper with Baby's electronics, ID, or wristband

- keep a complete record of all information required in my Infant/Toddler Schedule and Caregiver Journal

- keep Baby for the entire assigned period of time, turn in my completed Infant/Toddler Schedule, Caregiver Journal, and other assignments required at the end of my assigned time, and return Baby only to the instructor or person designated by the instructor

Participant Signature_____Date_____

Parent/Guardian Signature_____Date_____

Communication with Coach

Dear Coach,

_____ is taking my class this semester and needs a signature confirmation by you that he or she is a sports team member.

Sport: _____ Coach Signature: _____ Date: _____

Students in this class are involved in a project that involves caring for a computerized infant simulator called RealCare Baby® for several days and nights. During that time, the participant must wear an identification device (ID) on a tamper-proof wristband that is similar to a hospital bracelet. The ID and wristband must remain on the participant's wrist until I remove it after the care simulation is complete. I understand that the rules and enforcing officials may not allow a student to participate in your sport while wearing such a wristband.

Below, the student has listed the possible dates for the care simulation. I can program Baby to start after a Friday sporting event, but I require your help to do so. To ensure that the student is the only person who can care for Baby, I need you to attach the ID and wristband to the participant's wrist after the Friday sporting event. It is a very simple procedure that I trust you to do if the participant must rely on this delayed start option in order to participate.

Thank you for helping!

Coach's Response

Please circle the best date.

Possible dates: _____ _____

_____ _____

Any comments:

If a delayed start time after a sporting event would help on the date you circled, please indicate a reasonable time for Baby to become active: _____

The student must bring this form back to me for coordination of the care simulation, and then bring it back to you for signature on the night of the game, or practice.

Coach's and Participant's Responsibilities AFTER THE SPORTING EVENT

On the first night of the care simulation, after the sporting event, coach must attach ID and wristband to the participant's wrist. Please sign when you have done so.

Coach Signature: _____ Date/Time: _____

Safety Precautions

Read this list together with the participant. Signing this form indicates that you have read and understood all safety precautions that should be observed while the participant is caring for RealCare Baby®. The participant must return this form along with the *Parent/Guardian Permission Form* to participate in the care simulation.

DRIVING

• Baby may cry while the participant is driving. Please be aware that the crying may start unexpectedly, and the participant should be prepared.
• Do not feed, burp, rock, change diapers, or otherwise care for Baby while driving.
• The participant must bring his or her vehicle to a complete stop in a safe location before caring for Baby, or to retrieve a piece of Baby's accessories that falls.
• Failure to install Baby in a car seat in a motor vehicle could result in Baby or its accessories becoming projectiles in the event of a sudden stop or accident.

LOCATION

• Never leave Baby unattended in a public place, as it could be mistaken for a real infant.
• Do not place Baby in or near water.
• Do not place Baby on or near a stove, especially while cooking.
• Baby should sleep somewhere close to the participant's sleeping quarters, but not in bed with the participant. Baby may fall out of the bed or the participant could roll over on it, causing damage to Baby and discomfort to the participant.

INTERACTION WITH OTHERS

• Loud crying near people with potentially serious physical conditions, such as those susceptible to heart attack or stroke, should be avoided.
• Do not allow small children to play with Baby. Baby's hands and feet are small enough to be a choking hazard.
• Baby's crying or other sounds may cause pets to become agitated or aggressive. Keep Baby out of the reach of pets or other animals.

PHYSICAL PRECAUTIONS

• To avoid straining your arms, use an infant car seat or carrier to transport Baby, rather than holding Baby at all times. Holding techniques are listed on the Participant Care Card that accompanies Baby.
• Baby weighs around 6.5 to 7 pounds (3 kilograms) and could cause discomfort for participants with back pain.
• Do not operate any type of equipment or attempt tasks requiring the use of both hands while holding Baby.

CARE SIMULATION RULES

• The participant must never remove his or her wristband. Not only will he or she be deducted points, but the ID may be lost, or the participant may stumble around in the dark looking for it if Baby cries during the night.
• The participant should note in his or her Caregiver Journal where he or she had to delay caring for Baby because his or her safety or the safety of others may have been compromised.

Participant Signature _____Date _____

Parent/Guardian Signature _____Date _____

Caregiver Self-Assessment

Directions: Answer the following questions by placing an "x" in the appropriate box, writing your response in the space provided or circling the best answer.

1. The youngest child I have cared for was:

- ☐ Infant (newborn to 12 months)
- ☐ Toddler (1 to 3 years)
- ☐ Preschooler (3 to 5 years)
- ☐ School-ager (5 years and older)
- ☐ I have never cared for a child.

2. The longest length of time I have cared for a child was:

- ☐ 1 to 4 hours
- ☐ 5 to 8 hours
- ☐ Overnight
- ☐ Days at a time
- ☐ I have never cared for a child.

3. I have cared for up to _____ children at a time

4. On a scale of 1 to 5, I would rate my skills as the following:

	Poor		Average		Excellent
Ability to make decisions	1	2	3	4	5
Ability to be patient with children	1	2	3	4	5
Ability to communicate with children	1	2	3	4	5
Ability to communicate with parents/guardians	1	2	3	4	5
Ability to attend to an infant's basic needs	1	2	3	4	5
Ability to have fun with children	1	2	3	4	5
Ability to think quickly in an emergency	1	2	3	4	5
Ability to perform first aid and CPR	1	2	3	4	5
Ability to handle misbehavior	1	2	3	4	5
Understanding of developmental stages	1	2	3	4	5

5. The reasons I want to be a caregiver are:

- _____
- _____
- _____

Care Simulation Directions

Care for Baby for the specified period of time set by your instructor. Use the Participant Care Card or download the free RealCare Baby® Guide App for iPhone and Android devices at:

realityworks.com/support/participant-app as a helpful resource and do not forget the basics:

• When Baby cries, pick it up while carefully supporting the head, then ID.
• When you hear the chime, try these:
> - Feed
> - Burp
> - Rock
> - Diaper
• When Baby cries due to the following, rock Baby:
> - Rough handling
> - Head support failure
> - Shaken Baby
• If Baby doesn't chime, it may be in the wrong position. Try placing Baby on its back or   ID again.

Some infants are more challenging than others. Your goal is to satisfy Baby's needs as best you can.

The wristband with ID should remain on your wrist, in good condition, throughout the care simulation. There is no restriction on the bathing and showering as the ID is water-resistant. Your instructor will remove it when you return Baby to class.

Tracking Practice

Directions: For each care event RealCare Baby® requires, indicate the date/time and order in which the care occurred (i.e., first, second, third, and fourth).

Date/Time	Feeding	Rocking	Diapering	Burping

Readiness Quiz

Directions: Answer the following questions by writing your response in the space provided.

1. List the four types of care you will provide for Baby.

   _____   _____

   _____   _____

2. List three other sounds (besides crying) Baby makes.

   _____   _____   _____

3. Before you can provide care for Baby, you must hear the _____ that means Baby recognizes you.

4. Baby will record neglect if it takes you longer than _____ minute(s) to care for Baby after the chime.

5. Although real infants may be fussy for long periods of time, Baby will not be fussy for more than _____ minute(s).

6. List two things that happen if Baby is roughly handled, abused, or its head is not supported.

   _____   _____

7. There are many things that you can do to prevent rough handling and head support failure. List two.

   _____   _____

8. List three things that can permanently stain Baby's skin.

   _____

   _____

   _____

9. What can you do to help protect Baby from stains?

   _____

   _____

10. How can you simulate bathing Baby?

    _____

    _____

11. Have you read and signed the Safety Precautions and Participant Contract?
    ___ Yes ___ No (You must do so before caring for Baby outside of class.)

Infant/Toddler Schedule

Directions: For each care event Baby requires, write down the date and time. For feeding, note how long it took to feed since you cannot indicate quantity fed as with a real infant. Indicate how long Baby slept. In the Comments column, note how you are feeling (normally this column would be used to convey any information you would want to share with the parent/guardian if you were in a care-giving situation). If you need additional space, use a separate sheet of paper.

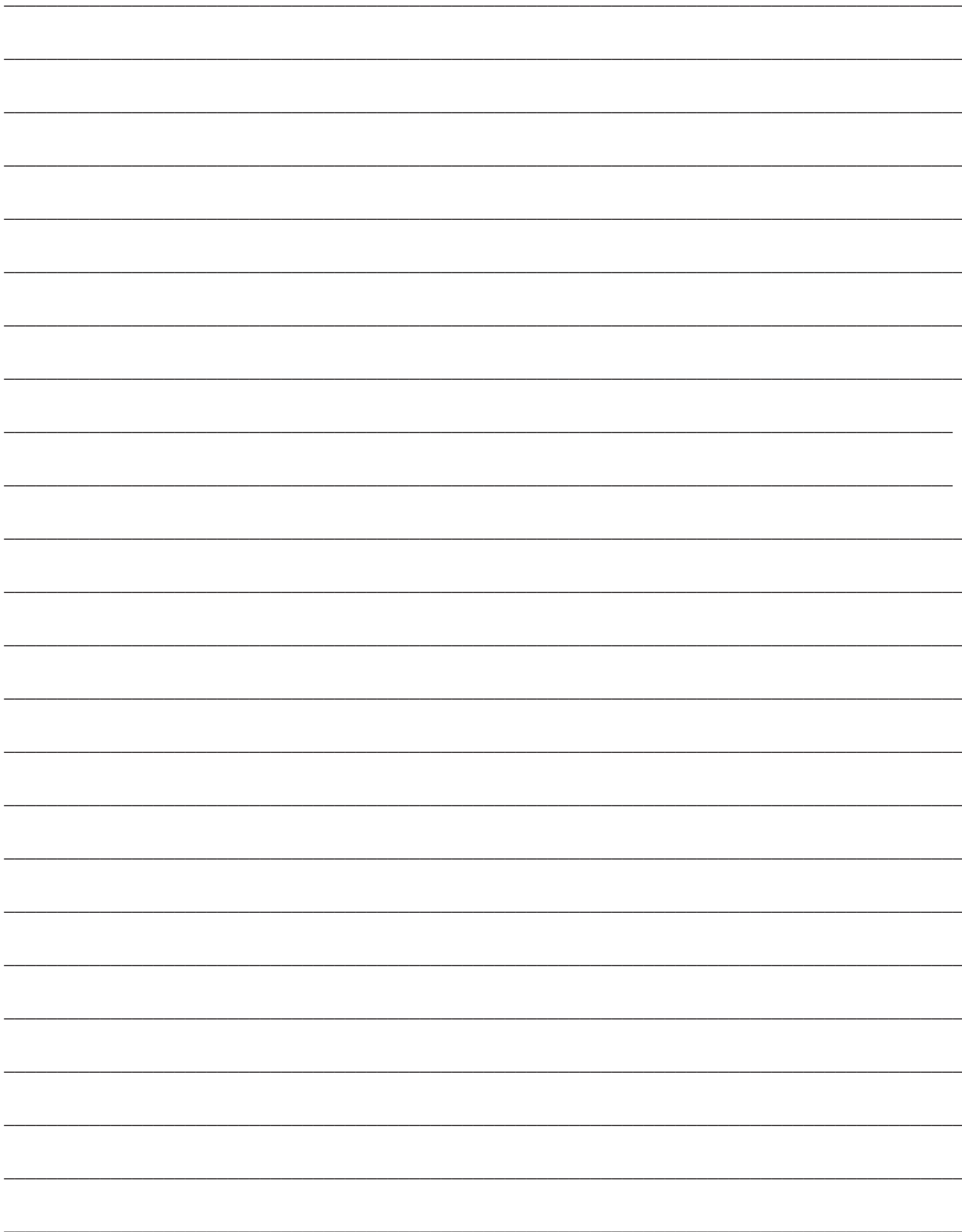| Date/Time	Feeding	Sleeping	Diapering	Comments

Caregiver Journal

Directions: At least three times per day during the care simulation, write down your thoughts and feelings about your care-giving experience. Explain challenges you are facing or emotions you are feeling. This information will help you with the reflection assignment you will complete after you turn in your RealCare Baby®.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Sample Simulation Report Page 1

**RealCare® Baby
Simulation Report**

Class   September

Student   Chris Campbell   **ID1** 5A665 **ID2** 657D3

Baby   Noah Campbell   **NOAH**   Caucasian Male

Start   10/3/2014, 5 PM   **Stop**   10/6/2014, 5 PM

Schedule Order   2 14 10 3 7

Quiet Times

Total Simulation Time: 3d 00h 00m

Proper Care		
Rock	4/4	100%
Diaper	25/25	100%
Burp	15/15	100%
Feed	35/39	90%
Average	79/83	95%

ID1 was used 94 times, ID2 was used 0 times

Performance Overview: 71%

Baby cried 22 minutes total

Mishandle		
Shaken Baby	0	0%
Head Support	7	-21%
Wrong Position	0	0%
Rough Handling	1	-3%
Other		0%
Total	8	-24%

Friday, October 3
  5:00 PM   Start Simulation
  7:12 PM   Head Support
  7:32 PM   Missed Feeding
  7:33 PM   Head Support

Saturday, October 4
  1:15 PM   Missed Feeding
  1:15 PM   Head Support

Sunday, October 5
  2:09 AM   Head Support
  9:32 PM   Missed Feeding
  9:33 PM   Head Support

Monday, October 6
  2:42 PM   Head Support
  3:02 PM   Missed Feeding

Monday, October 6
  3:02 PM   Head Support
  3:26 PM   Rough Handling
  5:00 PM   Stop

Comments:

Date Programmed: 10/2/2014 7:48 PM

Sample Simulation Report Page 2

RealCare® Baby Simulation Report

realcare®
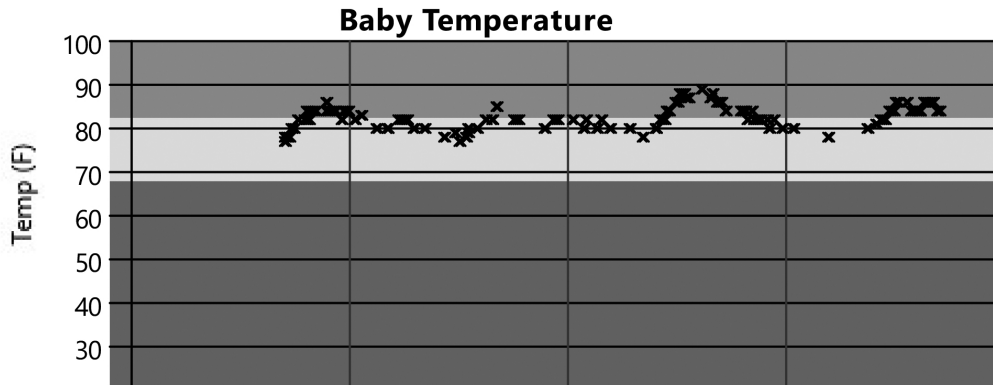
NOAH   Date Programmed: 10/2/2014 7:48 PM

Clothing and Temperature

Baby detects temperature, clothing, and length of time in car seat/carrier to address flathead syndrome. Missing clothing only appears if Baby detects no clothing during a significant period of time.

Look for spikes in temperature on the graph below to determine mishandling. Baby's temperature should fall inside the comfort range (in green – mid section of report). If Baby's temperature falls above or below the comfort range, Baby has been exposed to extreme temperatures for an extended period of time.

Baby Temperature

	4a	8a	12p	4p	8p	12a	4a	8a	12p	4p	8p	12a	4a	8a	12p	4p	8p	12a	4a	8a	12p	4p	8p
Diapers																							
Outfit																							
Infant Body-Suit																							
Sleepwear																							
Outerwear																							

| Car Seat/Carrier |

	Day 1	Day 2	Day 3	Day 4
High Temp	86 (9:36 PM)	85 (4:25 PM)	90 (2:57 PM)	86 (1:25 PM)
Low Temp	77 (5:05 PM)	77 (12:13 PM)	79 (8:23 AM)	79 (4:57 AM)
Time out of safe temp range	5.3 hours	9.5 hours	15.1 hours	6.3 hours
Max time between change of clothes	2.2 hours	3.3 hours	3.2 hours	9.1 hours
Time in car seat/carrier	0.0 hours	0.0 hours	0.0 hours	0.0 hours
Simulation Time	7.0 hours	24.0 hours	24.0 hours	17.0 hours

Assessment Rubric

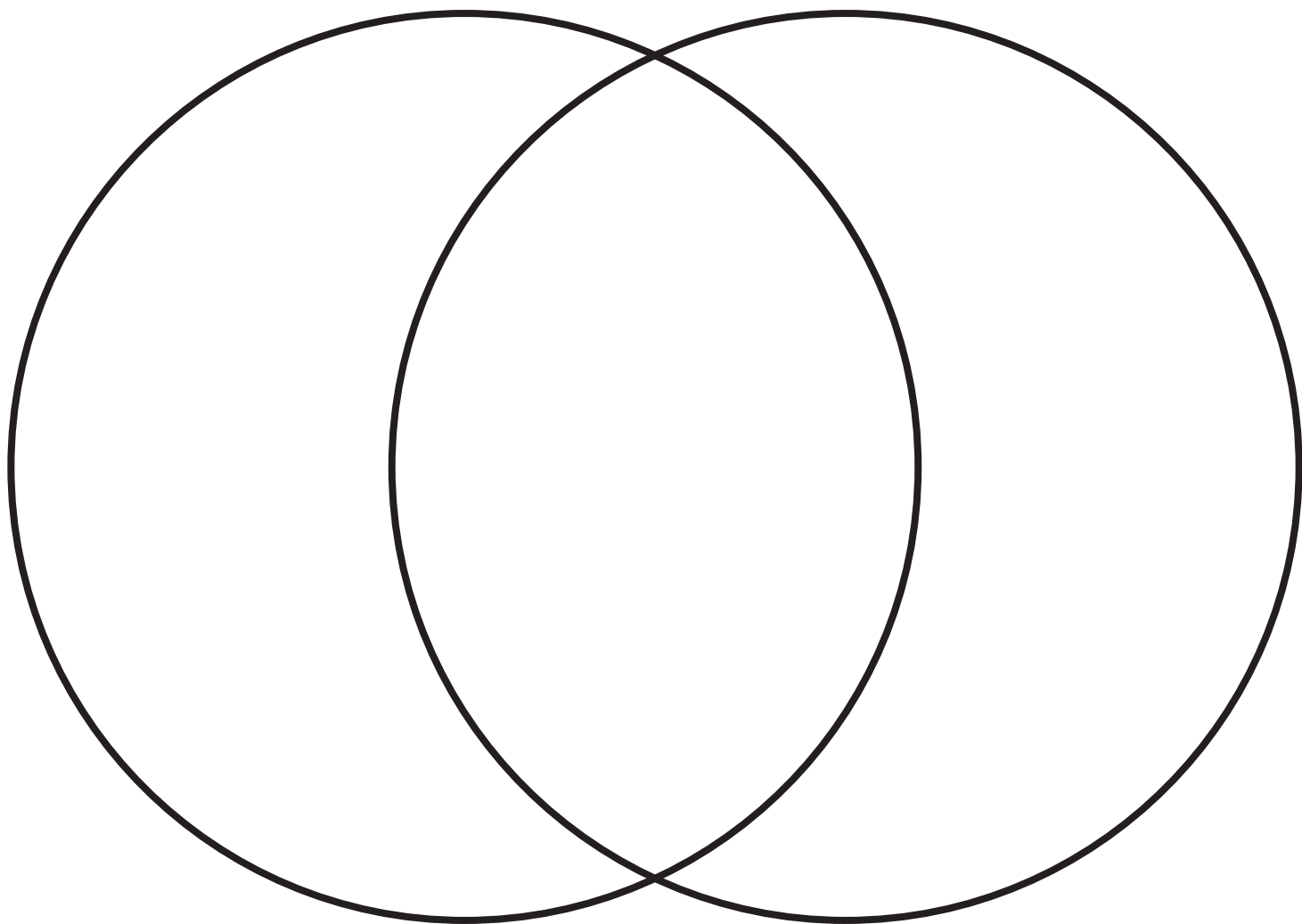|	World Class Caregiver (4)	Amateur Caregiver (3)	Indifferent Caregiver (2)	Abusive Caregiver (1)
Care Quality	Spotless reputation (8 points)	Good reputation (6 points)	Possible child abuse referral (4 points)	Evidence of child abuse (2 points)
Missed Care	3 or less instances (8 points)	4 instances (6 points)	5 instances (4 points)	6 or more instances (2 points)
Head Support	5 or less instances (8 points)	6 instances (6 points)	7 instances (4 points)	8 or more instances (2 points)
Rough Handling	2 or less instances (8 points)	3 instances (6 points)	4 instances (4 points)	5 or more instances (2 points)
Shaken Baby	0 instances (8 points)	1 instances (6 points)	2 instances (4 points)	3 or more instances (2 points)
Baby Condition	Returned Baby in great condition (4 points)	Returned Baby in okay condition (3 points)	Returned Baby with dirt or marks (2 points)	Returned Baby unusable (1 points)
Wristband Condition	Wristband and ID in great condition (4 points)	Wristband and ID in okay condition (3 points)	Wristband is damaged (2 points)	Wristband is missing or removed (1 points)
Car Seat Condition	Returned car seat in great condition (4 points)	Returned car seat in okay condition (3 points)	Returned car seat with dirt or marks (2 points)	Returned car seat unusable (1 points)
Diaper Bag Condition	Returned diaper bag in great condition with all accessories (4 points)	Returned diaper bag in okay condition with all accessories (3 points)	Returned diaper bag with dirt or marks and one accessory is missing, dirty, or broken (2 points)	Returned diaper bag in unusable and more than one accessory is missing, dirty, or broken (1 points)
Responsibility	All items returned on time (4 points)	All items returned later in the day with a reasonable excuse (3 points)	All items returned one day late with a note from a parent/ guardian (2 points)	Incomplete or one day or more late (1 points)

Total 60 = 100%   Total 45 = 75%   Total 30 = 50%   Total 15 = 25%

Venn Diagram

Caregiver Self-Assessment

Directions: Answer the following questions by placing an "x" in the appropriate box, writing your response in the space provided or circling the best answer.

1. The youngest child I have cared for was:

☐ Infant (newborn to 12 months)
☐ Toddler (1 to 3 years)
☐ Preschooler (3 to 5 years)
☐ School-ager (5 years and older)
☐ I have never cared for a child.

2. The longest length of time I have cared for a child was:

☐ 1 to 4 hours
☐ 5 to 8 hours
☐ Overnight
☐ Days at a time
☐ I have never cared for a child.

3. I have cared for up to _____ children at a time

4. On a scale of 1 to 5, I would rate my skills as the following:

	Poor		Average		Excellent
Ability to make decisions	1	2	3	4	5
Ability to be patient with children	1	2	3	4	5
Ability to communicate with children	1	2	3	4	5
Ability to communicate with parents/guardians	1	2	3	4	5
Ability to attend to an infant's basic needs	1	2	3	4	5
Ability to have fun with children	1	2	3	4	5
Ability to think quickly in an emergency	1	2	3	4	5
Ability to perform first aid and CPR	1	2	3	4	5
Ability to handle misbehavior	1	2	3	4	5
Understanding of developmental stages	1	2	3	4	5

5. The reasons I want to be a caregiver are:

• _____
• _____
• _____

RealCare Baby® Experience

CERTIFICATE OF COMPLETION

Key areas addressed:
1) Infant care-giving skills including feeding, burping, rocking, changing, soothing
2) Understanding the responsibility associated with caring for an infant

_____
Participant name

has successfully completed the RealCare Baby® Experience

From

_____
Name of school/organization

On

_____
Date

_____
Teacher Signature

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