



LAKE UNION
**Club Ministry
Academy**

Child Care Pathfinder Honor

PROF. BENITA CHAPLIN, HONOR INSTRUCTOR



This honor was presented by the:



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Requirement #1

Be able to look after a baby during several hours in the absence of its mother.

<https://youtu.be/-sIMpZJaPZ4>



Requirement #2

Preparing a Baby's Bottle

1. Wash your hands well before preparing bottles.
2. Clean and sanitize the workspace where you will be preparing the infant formula.
3. Use water from a safe source to mix formula.
4. Use the amount of formula on the container.
5. Formula can be prepared ahead of time up to 24 hours, if stored in the refrigerator to prevent the formation of bacteria.
6. Bottles should not be left at room temperature more than 1 hour. If the baby doesn't finish the bottle throw away any unused portion – do not save it for later.

Requirement #3

Prepare, Bathe, Change, and Dress a Baby

I do not recommend giving a baby a bath if there is not an adult present for any youth that are pathfinder age.

In the event the baby spits up, or has an accident, if you have been given permission from the parent, give the baby a sponge bath.



Sponge Bath Video:

<https://youtu.be/rcafWF2jkfs>



Dressing Baby Video:

<https://youtu.be/Wo6zMbBCGkc>

Requirement #4

Preparing a Baby's Bed & Put the Baby to Bed for the Night



1. To keep a baby comfortable and safe don't put anything in the crib -until the baby is 12 months old.
- No pillows
 - No blankets
 - No comforters
 - No bumper guards
 - No stuff animals or other toys.
 - All these things increase the risk of suffocation.
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Requirement #5

Weighing a baby

1. The best way to weigh a baby

- IF you have digital scale, stand on it alone, then write down your weight.
- Stand on the scale again holding the baby.
- Subtract your weight from the weight including both you and the baby's weight.

Requirement #5

Video weighting a baby

<https://youtu.be/yAWbL8MPL1g>

Requirement #6

Breast Feeding vs. Bottle Feeding



Benefits of breast feeding:

In general, the longer you breastfeed, the greater the benefits will be to mom and baby.

1. Breastfeeding provides warmth and closeness. The physical contact helps create a special bond between mother and infant.



Requirement #6

Breast Feeding vs. Bottle Feeding

2. Human milk has many benefits.

- It's easier for your baby to digest.
- It doesn't need to be prepared.
- It's always available.
- It has all the nutrients, calories, and fluids your baby needs to be healthy.
- It has growth factors that ensure the best development of your baby's organs.
- It has many substances that formulas don't have that protect your baby from many diseases and infections. In fact, breastfed babies are less likely to have:
 - Ear infections
 - Diarrhea
 - Pneumonia, wheezing, and bronchiolitis
 - Other bacterial and viral infections, such as meningitis
- Research also suggests that breastfeeding may help to protect against obesity, diabetes, sudden infant death syndrome (SIDS), asthma, eczema, colitis, and some cancers.

Requirement #7

Weaning

Weaning-is the process of stop feeding a baby with breast milk.

Ideally, the first step towards weaning a baby is introducing complementary foods along side breast milk around the age of 6 months. The weaning process continues until the breast milk is completely replaced by other foods and drinks.





Requirement #8

Fontanel

Video:

[https://youtu.be/
VjCf2LQw9ow](https://youtu.be/VjCf2LQw9ow)



We would like to thank
Instructor **Mrs. Benita Chaplin** for an
excellent honor presentation! It would be
impossible for us to continue our
operation without volunteers like you.
May God bless you!

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