



The FACS assessments are designed to test students' knowledge of Family and Consumer Science Content area. Students will be graded and receive a certificate based on test results. To prepare for the assessment, administered at State Conference, students should have an understanding on the following concepts.

### Child Development

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- Strand 1
- Responsibilities of parenting
    - Importance of children on society
    - Rights of children
    - Parenting responsibilities
  - Characteristics of parents
    - Impact on early life experiences impacting individuals
    - Factors that contribute to parent preparedness
    - Ways to develop parenting skills
    - Importance of literacy in building parent child relationship
    - Using literacy to enhance children's area of development
  - Demands vs rewards of parenting
  - Nature vs Nurture
    - Impact of nurturing upon all aspects of development
  - Factors influencing the development of self-concept
    - Define self-concept
    - Ways self-concept impact development
    - Four components
    - Low vs high self-concept
- Strand 2
- Promoting positive self-concepts in children
  - Patterns of growth and development
    - Head to foot, near to far, simple to complex
  - Five areas of development
    - Physical, social, emotional, cognitive, and moral
    - Relationships between these five
  - Developmental Theorist
    - Eric Erikson
    - Jean Piaget
- Strand 3
- Factors influencing birth defects
    - Environmental
      - Lifestyle factors
      - Folic acid
    - Genetics
      - Dominant vs recessive genes
    - Combination
  - Role of prenatal testing
  - Parts and functions of reproductive systems

- Female
- Male
- Characteristics of Pregnancy
  - Health risk of teen pregnancy
  - Ovulation
  - Conception
  - Early signs and symptoms
  - Common discomforts
  - Potential complications
  - Early and ongoing Prenatal care
- Prenatal Development
  - Stages
  - Terminology
  - First trimester
  - Second trimester
  - Third trimester
- Multiple births
- Childbirth process
  - Terms
  - Stages of labor
    - Dilation
    - Expulsion
    - Afterbirth
  - Delivery options
  - Obstetrician options
  - Possible complications
- Neonate growth and development
  - Development of senses
  - Behavior
  - Apgar Test
  - Function of fontanel
- Growth and development of Infant
  - Physical development
    - Height and weight
    - Movement
  - Feeding options
  - Social and emotional development
    - Anxiety and separation anxiety
    - Trust and mistrust
    - Role of play
  - Cognitive development
    - Sensorimotor stage of development
    - Language development
    - Object permanence

Strand 4

- Four basic cries to meet needs
  - Soothing an infant
- Abuse formula
  - Shaken baby syndrome
- Prevention strategies for SIDS
- Strand 5
  - Growth and development of a toddler
    - Physical characteristics and skills
    - Role of nutrition
    - Readiness for toileting practices
  - Social and emotional characteristics of toddlers
    - Egocentrism
    - Negativism
    - Stubborn/ Temper tantrums
    - Autonomy vs shame and doubt
  - Cognitive development of toddler
    - Sensorimotor and preoperational
    - Language development
    - Types and role of play
  - Growth and development of a preschooler
    - Physical characteristics and skills
    - Practice
    - Gross and fine motor skills
  - Social and emotional characteristics of toddlers
    - Sharing
    - Peer oriented
    - Initiative vs guilt
    - Role of play
    - Building self-concept
    - Discouragement or punishment
  - Cognitive development of toddler
    - Hands on learning
    - Egocentric
    - Preoperational Stage
    - Conservation
    - Classification
    - Sorting
    - Seriation
    - Transformation
    - Reversal
    - Reality vs fantasy
    - Cooperative play
- Strand 6
  - Teaching moral behavior
  - Positive guidance techniques
    - Define Guidance, Discipline, and Punishment

- Difference between punishment and discipline/guidance
  - Importance of reinforcing appropriate behavior
  - Responding to aggressive behavior
  - Adjusting environments
- Common reasons for Misbehaving
  - Setting limits
  - Natural and logical consequences
- Positive reactions to misbehaving
  - Positive statements
  - Redirection
  - Reverse attention
  - Positive reinforcement
  - Limited Choices
  - Time away/ Cool down
  - Encouragement
- Coping
  - Stresses in child's life
  - Signs of stress
  - Children's feelings through challenging situations
    - Financial, illness, and moving
    - Divorce
    - Death
    - Types of Abuse
      - Reporting abuse
  - Coping strategies
  - 5 Stages of grieving
    - Denial
    - Anger
    - Guilt
    - Bargaining
    - Acceptance

Strand 7

- Health and Wellness
  - Signs and symptoms of Illness
  - Immunizations
  - First aid practices
- Safety considerations
  - Car seats
  - Child-proofing strategies
  - Age appropriate toys