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Grade 9
Learning Activity

My Daily Life: Parenting Responsibilities

Learning Outcome

W-9.13 identify and describe the responsibilities and resources associated with pregnancy and parenting.



Part 1: Your typical Saturday

Fill in the chart below with your activities on a typical Saturday. Remember to include the time you spend eating, on personal care like showering or putting on makeup, homework, extra-curricular activities, time with friends, time on social media or gaming and sleeping. You can write up to 3 things per square.

| | | | | | |
|------|------|------|-------|-------|----------|
| 1 am | 2 am | 3 am | 4 am | 5 am | 6 am |
| 7 am | 8 am | 9 am | 10 am | 11 am | Noon |
| 1 pm | 2 pm | 3 pm | 4 pm | 5 pm | 6 pm |
| 7 pm | 8 pm | 9 pm | 10 pm | 11 pm | Midnight |



Part 2: Your Saturday as a parent

Imagine you are now a parent. You can decide if you are still in school or are working full-time. Fill in your own activities on this chart, which includes some of the activities required to look after a 6-month-old baby. Grey squares are full with childcare responsibilities so you cannot add any additional activities to the grey squares.

| | | | | | |
|---|---|---|-------------------------|--|---|
| 1 am | 2 am Feed and change baby's diaper, rock back to sleep | 3 am | 4 am | 5 am Feed and change baby's diaper, rock back to sleep | 6 am |
| 7 am Feed and change baby's diaper, play with baby | 8 am Get baby dressed | 9 am Feed and change baby's diaper, play with baby | 10 am Play with baby | 11 am Do baby's laundry | Noon Feed and change baby's diaper, put down for afternoon nap |
| 1 pm | 2 pm | 3 pm Feed and change baby's diaper, change dirty clothes | 4 pm Play with baby | 5 pm Feed and change baby's diaper, comfort crying baby | 6 pm Comfort crying baby |
| 7 pm Give baby a bath, dress for bed, read stories | 8 pm Feed and change baby's diaper, rock to sleep | 9 pm | 10 pm | 11 pm Feed and change baby's diaper, rock back to sleep | Midnight |



Questions:

1. What do you no longer have time for?
2. How did you decide which activities to keep and which to leave off the chart?
3. Does it seem like having a baby would change your daily life? Why or why not?
4. How could someone complete all the activities they want to and still parent?
5. Do you feel ready to take care of a child, possibly by yourself? Why or why not?



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