Objective: Create a baby book (scrapbook, google slides, ppt, etc) that covers different aspects of your personal development. Follow the guidelines below (and in the exact order) to create your baby book. You may use your mom, dad or other family references to connect your past and the concepts that you learned in the class. Be creative!! This should not only contain personal information, it should display your personality. You should have at least five pictures in your baby book. Be very descriptive, insightful and detail oriented. You will use this project during the year to relate it to the theories of development that we discuss.

Requirements:

Stage 1: Prenatal/Newborn
1. How would your parents describe your prenatal development (were there any concerns for your health)? What was the pregnancy like (easy, difficult)? Did your parents attend childbirth classes? Explain.
2. Were you full term/post term/premature, was it a vaginal birth or c-section, were there any complications, where were you born (hospital?), what was your APGAR score, who was present at your birth, was your mom given drugs for pain, how long was your mom in labor?
3. Describe yourself at birth (weight, length, what did you look like, sleep patterns).
4. Why were you given your name? Did they have any other names in mind?

Stage 2: (0-2 yrs)
1. Were you breast or bottle fed? Why did your mom choose this?
2. Were you colicky? If yes, for how long?
3. Who took care of you? Did you stay home or go to daycare (if yes, describe details)?
4. When did you begin sleeping through the night?
5. Describe your motor development (first time: sitting without support, grasping at objects, crawling, creeping, walking, pincer grasp, etc).
6. Describe your language development (first word (age, what was it), early vocabulary, etc). How did your environment play a role in your language development (bilingual home, were you read to, were you spoken to often-parents, siblings, family members)?
7. Did you experience any language barriers (stuttering, lisps, etc)?
8. Do your parents have any vivid memories of your infancy?
9. Describe the type of attachment you had and with whom (secure, insecure).
10. Describe your temperament.
11. Overall health (illnesses, concerns)
12. Did anything traumatic happen during this stage of your life? How did it affect you?

Stage 3 (2-6 yrs)
1. Describe your growth during this time. How was your overall health? Describe your motor development.
2. Who were you most attached to and why?
3. Were there any objects that you formed attachments to?
4. When were you officially potty trained?
5. Discuss your caregivers child rearing styles (types of punishment, expectations, etc)
6. Who did you play with? Do you remember what type of child you were at this point (friendly, shy, outgoing, etc)?
7. Did you suck your thumb or have a favorite object (blanket, teddy, etc)? If yes, when did you give them up?
8. Overall health (illnesses, concerns)
9. Did anything traumatic happen during this stage of your life? How did it affect you?

Stage 4 (6-11 yrs)
1. Describe your health (illnesses/concerns), motor development & play at this age.
2. What kind a student were you? Was school a positive experience for you?
3. Describe your friendships & peer acceptance at during this period.
4. Describe family influences on you during this stage (family, siblings, friends).
5. What do you remember most about this time?

Stage 5: Adolescence
1. Describe your experience with puberty and how it affected your life. Was this time difficult for you? Why?
2. How was your overall health (illnesses/concerns)?
3. Describe the influence of your peer groups in middle school.
4. Was middle school a difficult time for you? Why or why not?
5. Describe the influence of your peer group in high school.
6. Did anything traumatic happen during this stage of your life? How did it affect you?
7. At this point in your life, what are your hopes and dreams for the future?

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<th>Rubric</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
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</thead>
<tbody>
<tr>
<td>Format (spelling, grammar, flow, length)</td>
<td>No errors, excellent flow</td>
<td>No more than 3 errors</td>
<td>4-7 errors</td>
<td>8 or more errors</td>
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<tr>
<td>Requirements (5 stages &amp; individual sections)</td>
<td>All stages &amp; sections addressed &amp; additional work shown</td>
<td>All stages &amp; sections addressed</td>
<td>Missing 1-4 sections</td>
<td>Missing 5 or more sections</td>
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<tr>
<td>Creativity</td>
<td>Very creative piece, portrays individuality and personality</td>
<td>Creative piece with 'personality'</td>
<td>Lacks creativity or personal piece, more effort needed</td>
<td>Lacks creativity and ‘personal’ piece, little effort displayed</td>
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<tr>
<td>Applications (knowledge of theory, concept &amp; life connection)</td>
<td>Demonstrates clear understanding of theories &amp; connection to own life</td>
<td>Understands theories, unclear connection to own life</td>
<td>Understand theories but lacks connection of theories to own life</td>
<td>Lacks understanding of theories &amp; connection to own life</td>
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