



Co-Parenting in Real Life (Kind-of)

Welcome to parenthood!

Your parenting experience will last a total of 4 days, beginning on a Monday and ending on a Friday. Each parent will be responsible for caring for the baby 2 nights.

You and your co-parent must figure out your schedules to care for your baby and on which nights. You should figure out: pick-up, drop-off, exchange of the baby/babysitting.

Each parent will be given a unique id number so your baby will identify you as a parent. This means that your babysitter is your co-parent. You will have to coordinate this. There are no exceptions, just like in real life. You must be responsible. Communication will be essential.

As a part of this experience, you and your co-parent will document your success and trials through ONE vlog.

What is a VLOG: video blogging, video diary.

PART ONE: This part of your Vlog should be a quick introduction to the project. Answer the following **WITH YOUR CO-PARENT**.

- State your names and your baby's name and why you choose the name



- Describe the project (what kind of care will you provide, how long will you have Baby)

PART TWO: Everyday during the care simulation, video record your thoughts and feelings about your caregiving experience. (1 day = 1 reflection)

Answer the following:

- Explain challenges you are facing
- Emotions you are feeling
- What did Baby interrupt?
- Describe how co-parenting is going. What is your status with your co-parent.

PART THREE: At some point in your Vlog, each parent must include a demonstration on the following cares:

- Diapering
- Feeding
- Rocking/Cuddling (the baby SHOULD not be in the carrier!)

PART FOUR: At the end of your Vlog, you must answer the following WITH YOUR CO-PARENT.

- How was the care simulation more or less difficult than expected?
- What kinds of emotions did you feel during the care simulation overall? When and where did you feel this way? Why?
- Describe the challenges you faced with school and school related activities.
- Talk about your co-parenting experience. Exemplify what when well, what didn't, etc.

Finishing and Submitting: Combine, polish and edit your video so make it as seamless as possible, upload it to Youtube (or make an iMovie) and send me the URL on Schoology. (Tip: I'm looking for about a 5-7 minute total vid, anything longer may not upload correctly and is too long/boring to watch)

