New Mexico GRADS System Competencies

0. _____ Process Skills	1._____Manage work and family responsibilities for the well being of self and others 2._____Apply the problem-solving process to personal and family problems for the well being of self and others 3._____Relate to others in positive, caring ways 4._____Assume leadership role as a responsible family member and citizen
1._____ Self Formation	1._____Assess personal development 2._____Analyze factors contributing to the development of self within the family unit 3._____Analyze self-esteem and its effects 4._____Develop a plan to achieve personal goals 5._____Manage stressful situations 6._____Human Anatomy and Reproductive Systems
2. _____ Pregnancy, Wellness, & Prenatal Care	1._____Anaylyze pregnancy health care. 2._____Develop a plan to meet the nutritional needs of pregnant women 3._____Create a positive prenatal environment 4._____Analyze the effect of sexually transmitted diseases (STD's) on mother, father, and baby 5._____Analyze the labor and delivery process
3. _____ Postpartum & Neonatal Care	1._____Evaluate infant feeding options 2._____Assess the postpartum care period 3._____Demonstrate care of newborns 4._____Analyze sexual decisions during and following pregnancies
4. _____ Parenting	1._____Analyze attitudes and expectations of parenthood 2._____Identify parenting roles, rights, and responsibilities 3._____Identify strategies for meeting the challenges of parenting children with special needs 4._____Analyze legal issues related to parenthood
5. _____ Enhancing Child Development	1._____Set goals to meet childhood dependency needs 2._____Recognize parental roles in overall child development 3._____Enhance children's physical growth and development 4._____Enhance children's social development 5._____Enhance children's emotional development 6._____Enchande children's intellectual development 7._____Respond to specific parenting challenges 8._____Employ communication skills in guiding young children
6. _____ Creation of a Healthy, Safe Environment	1._____Employ strategies designed to meet the nutritional needs of infants and children 2._____Employ strategies designed to meet children's hygiene needs 3._____Employ safety practices to minimize hazards 4._____Demonstrate basic first-aid skills 5._____Care for children during illness 6._____Evaluate child-care services 7._____Constrast discipline techniques 8._____Develop strategies for establishing cooperative parenting environments
7. _____ Relationships & Social Support Systems	1._____Maintain Friendships 2._____Identify characteristics of healthy partner relationships 3._____Analyze factors related to marriage 4._____Analyze factors affecting families 5._____Analyze factors related to child abuse and neglect 6._____Assess dynamics of domestic abuse 7._____Assess dynamics of sexual abuse 8._____Manage conflict 9._____Investigate family legal issues 10._____Employ strategies designed to meet the basic needs of a teen-parenting family 11._____Analyze the effects of sexually transmitted diseases (STD's) 12._____Analyze sexual decisions 13._____Birth control and pregnancy options
8. _____ Economic Independence	1._____Assess school-to-work needs 2._____Identify traditional and non-traditional occupational options 3._____Assess career interest and skills 4._____Develop a career plan 5._____Manage family income and expenses 6._____Assess savings and checking options 7._____Define equitable roles, rights, and responsibilities in the school and workplace
9. _____ Employability	1._____Develop a job-search plan 2._____Apply communication skills employment search 3._____Demonstrate interview skills 4._____Employ strategies designed to meet responsibilities as working parent(s) 5._____Develop time-management plans 6._____Identify behaviors required to be successful in school and work