

# Child and Family Studies

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The Child and Family Studies program equips emerging professionals to improve individual and family well-being across the lifespan through the study of:

- Human development from conception through late adulthood, with a focus on physical, cognitive, emotional, social, and spiritual domains.
- Interpersonal relationship dynamics, and improving family life through educational and preventive practices.

## CORE COURSES

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- CFS 1315 Individual and Family Relationship Development
- CFS 2355 Child Development
- CFS 2357 Adult Development
- CFS 3304 Introduction to Research
- CFS 3350 Individual and Family Financial Management
- CFS 3354 Family Life Education & Ethics
- CFS 3356 Theories of Family Development
- CFS 4358 Planning and Administration of Non-Profits
- CFS 4359 Parenting Theory and Approaches
- CFS 4191 Professional Practices in Child and Family Studies
- CFS 4390 Practicum in Child and Family Studies

## PIPER CENTER FOR FAMILY STUDIES AND CHILD DEVELOPMENT

Beyond the classroom, students in the Child and Family Studies program engage in interactive learning experiences through the Piper Center. The Piper Center is a laboratory environment and NAEYC accredited child development center where students receive hands-on training in the field.

From this academic foundation, Child and Family Studies program students specialize in one of four concentrations:

- Child Development
- Child Life Specialist
- Pre-Occupational Therapy
- Family Life Education



## CHILD AND FAMILY STUDIES

# Child Life Specialist

The Child Life concentration in Child and Family Studies is designed to prepare students with the foundational understanding of children's development in order to provide developmentally-appropriate support in clinical settings.

### CONCENTRATION-SPECIFIC COURSES

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- CFS 3362 Child Life Theory and Practice
- CFS 3358 Infant and Toddler Development
- CFS 3368 Theories and Principles of Play
- CFS 4363 Adolescent Development
- CLA 3381 Medical Terminology
- PUBH 3320 Stress Management
- PUBH 4321 Human Sexuality
- PUBH 4327 Dying and Death Education

**Recommended Courses** | Students in the Child Life concentration are encouraged to take the following courses as part of the required professional electives: CFS 3324 Children and Families with Special Needs, CFS 4367 Family Transitions, Stress, and Resilience, REL 4395 Bioethics.

**Field-Based Experience** | Students in the Child Life concentration will complete 60 hours of observation and engagement with well-children at the Piper Center for Family Studies and Child Development, and 150-hours in a community-based setting through the practicum.\*

\* Beyond the contact hours provided by the program, students pursuing the field of Child Life will need to complete shadowing and volunteer hours in hospitalized settings. While not a requirement for certification eligibility, students are best prepared for the internship by completing the following field-based experiences: 100+ hours volunteering in clinical settings with hospitalized children, 50+ hours working with well children, and completion of a 100-150 hour Child Life practicum.

*For more information, please see the Child Life Eligibility Handout.*

# Child Life Specialist

## Professional Development

### STEP ONE | Assess Your Interests

- o See a **career advisor** in the Baylor Career Center. They have many resources and assessments that can help you identify your interests and strengths.
- o Take the **introductory CFS classes**: CFS 1315 Development of Individual and Family Relationships, CFS 2355 Child Development, and CFS 2357 Adult Development.
- o Conduct an **informational interview** with a professional in a field/position to see what skills and strengths are needed.

### STEP TWO | Make Connections

- o Attend **relevant student organization meetings** to meet faculty, students, and professionals from related areas!
- o Attend a **conference or workshop** to make professional connections and learn the latest information in the field, such as the annual Texas Occupational Therapy Association annual conference (<https://www.tota.org/conference>).
- o Take **discipline-specific courses** to build knowledge, such as 3358 Infant & Toddler Development, 3368 Theories and Principles of Play, and 3362 Child Life Theories BEFORE you apply for a child life practicum.

### STEP THREE | Build Skills

- o **Volunteer** at a camp, non-profit, church, or school, such as Camp John Marc or McLane Children's Hospital. Please note that many child life practicums require 50-100 hours of clinical experience to apply.
- o **Develop leadership skills** by taking on volunteer leadership positions through student organizations, churches or non-profits, and research opportunities with CFS professors.
- o Take the **required pre-requisite courses** for the practicum class, including 2355 Child Development, 3356 Theories of Family Development, 4359 Parenting Theory and Approaches, & 4191 Professional Practices. *Please note that CFS 4191 is ONLY offered in the fall semester.*

### STEP FOUR | Apply For A Practicum

- o **Research practicum opportunities** through the 4191 course. See the practicum coordinator for pre-approved placements, including research-based practicum opportunities.
- o Visit the Baylor Career Center to **polish up your resume** and try your hand at a mock interview!
- o **Gather important documents** such as letters of recommendation from supervisors, professors, and/or other career professionals, and verification of volunteer hours (when needed).