



# NCC Pediatrics Continuity Clinic Curriculum: General Pediatrics Scavenger Hunt Faculty Version



## PART 1 (Complete Part 1 over lunch)

You are a single active duty E3. You have one 4 year old child and are pregnant with your second. You gave away all your infant stuff after the first one because you didn't think you would need it any more.

You make \$1885.80 a month base pay, \$2124.00 BAH and \$368.29 BAS for a **total monthly income of \$4378.09**. You pay \$422 a month for child care on base, about to increase to \$844/month. You pay \$1500/month for a one bedroom apartment and \$150/month for utilities. You have a monthly payment of \$179 a month to lease your Toyota Corolla. That leaves you approximately **\$1700 monthly for all other expenses**.

What purchases for your newborn are essential right now? Here is one **suggested list**. What is missing? Would you remove anything?

Diapers, clothes, safe sleeping space, safe transportation. You might need bottles and small amount of formula, even if you plan to breastfeed. Pacifiers. What about 40% zinc oxide, saline nasal drops (both available through pharmacy), and a thermometer?

Your OB has provided you the paperwork to get your breast pump and supplies through TriCare.

Discuss cost-saving options such as foregoing bassinet for pack-n-play only, opting to go straight for convertible car seat instead of infant car seat.

What are other options/avenues for obtaining equipment/baby paraphernalia?

Army Emergency Relief, Coast Guard Military Assistance, Navy Marine Corps Relief Society, Air Force Aid Society are good resources. Options include can loans, "closets," and free layette programs, sometimes in exchange for taking a budgeting for baby class. Think about consignment shops, Goodwill for really good clothes for less money, Fleet and Family has a "basket" with coupons, etc .

What else do you think she should budget for after the newborn period?

Monthly, ongoing costs. Even if she goes on **WIC** (click on link to see WIC monthly food package)- other foods starting at 4-6 months, LOTS of diaper and wipes. Clothes in bigger sizes.

Bottles (baby will be in daycare). Wearable infant carrier, stroller. Baby books, toys.

# NCC Pediatrics Continuity Clinic Curriculum: General Pediatrics Scavenger Hunt Part 2 (After Lunch)

Instructions: Go to [Buy Buy Baby in Rockville](#) . Your group may work together or split up. Take NO MORE than 45 minutes to try and complete all the questions. Record the cost of the item you would buy in each category. **COST**

Pacifiers: \_\_\_\_\_  
How many kinds? Which is better for the breastfeeding baby? \_\_\_\_\_

Diaper Cream: \_\_\_\_\_  
How many different kinds? What is the highest percentage of zinc oxide available? \_\_\_\_\_

Baby carriers: \_\_\_\_\_  
How many different carriers are available (*HINT: they are throughout the store!*)? \_\_\_\_\_  
What do you recommend? \_\_\_\_\_

Bottles: \_\_\_\_\_  
How many bottle packages say less colic? How about better for breastfeeding babies? \_\_\_\_\_

Breast pumps: \_\_\_\_\_  
How many hand pumps are available? Would you recommend one? \_\_\_\_\_  
Why? \_\_\_\_\_

Formula: \_\_\_\_\_  
How many different types? \_\_\_\_\_  
What will one month of formula cost? (*You may use the cheapest*) \_\_\_\_\_  
How much will a baby need to take to get 400 units of vitamin D? \_\_\_\_\_

OTC meds: \_\_\_\_\_  
How many different forms of Tylenol? How about cough/cold preparations? \_\_\_\_\_

Thermometers: \_\_\_\_\_  
How many are available? Which one do you recommend? How much? \_\_\_\_\_

Furniture: (*HINT: go downstairs!!*) \_\_\_\_\_  
What is basic? \_\_\_\_\_  
What must they absolutely get? How much does that cost? \_\_\_\_\_

**Total Cost of purchasing something from every category? \$ \_\_\_\_\_**  
**If you have broken in to groups, compare group totals.**

## Scavenger Hunt Schedule

Monday, 18 OCT: Carr, Bencze, Crotteau, Bennett, Jack

Tuesday, 19 OCT: Hawley, Khan, Mauro, Ferraro, Lucido

Wednesday, 20 OCT: Kimball-Eayra, Garcia, Ferrara, Blackburn, Flemming, Dukes, Rahman, Gheri

Thursday, 21 OCT: Kimball-Eayrs, Lipton, Vick, Goetzman, Reddington, Hassler

Friday, 22 OCT: Myles, Bumgardner, Graziose, Zven, Meyers, Patel

### **Feel free to coordinate within in group, but as general guidance:**

- Wear your uniform or professional civilian attire and make sure you can access the module or bring a paper copy.
- You should plan to leave Walter Reed no later than 1225.
- Carpools encouraged, but you may drive your own vehicle if needed.
- Meet at the north side of **Congressional Plaza** where the restaurants are to have lunch and complete Part 1 of the module.
- After lunch, walk to Buy Buy Baby and complete Part 2 of the module.
- Take some notes and photos and have fun!