
UNIT: Prenatal Development**LESSON:** Labor and Childbirth**TIME:** 1 day

COMPETENCIES:

1. Compare and evaluate options for childbirth delivery facilities. (Options 2 and 4)
2. Discuss labor and childbirth as it relates to the baby. (Options 2, 3, 5, 6, and 7)
3. Identify the stages of childbirth. (Options 2, 3, 5, 6, and 7)
4. Describe possible complications that may occur during childbirth. (Options 2, 3, 5, and 7)

OVERVIEW/SUMMARY:

The last few weeks of pregnancy are a time of mixed emotions. The mother, tired from the physical demands placed on her body by the developing child, may be excited to give birth yet fearful and anxious of the actual birthing process. The father may be excited to meet the new baby yet fearful of the new responsibilities of fatherhood.

Birth is a common experience, occurring thousands of times each day, yet each birth is unique and challenging to the people involved. Different methods of childbirth and anesthetic procedures are chosen to facilitate optimum childbirth conditions in each situation.

MOTIVATOR:

Have the students bring pictures or copies of pictures of themselves as babies. Make a bulletin board titled, "You must have been a beautiful baby!" You may wish the pictures to be labeled with names or for the pictures to remain anonymous.

LESSON OPTIONS/SUPPLIES:**OPTION 1**

Book: On the Day You Were Born

OPTION 2--Competencies 1-4

GUEST SPEAKER: Invite an obstetrician, midwife, or delivery room nurse to class. Have him/her explain labor, childbirth, postpartum care, and complications that may occur during childbirth.

OPTION 3--Competencies 2-4

DISCUSSION: Teacher presentation of labor and childbirth.

OPTION 4--Competency 1

FIELD TRIP: Take the class to visit a nearby hospital or childbirth facility. Have the nurses or doctors explain what options are available to an expectant couple for delivery of their baby.

OPTION 5--Competencies 2, 3, and 4

CROSSWORD PUZZLE: Have students complete the crossword puzzle.

OPTION 6--Competencies 2 and 3

VIDEO: View a birthing video and discuss it as a class. **BE SURE TO PREVIEW ALL MEDIA BEFORE YOU SHOW IT TO YOUR CLASS.** Your local hospital library has some excellent resources. "Miracle of Birth" is a good video.

OPTION 7--Competencies 2, 3, and 4

TERMS--Review the terms used in the labor and birth process and have students complete the matching activity LABOR, DELIVERY, AND BIRTH TERMINOLOGY.

RESOURCES:

Parenting Expectations, 1-12
1991 On Target Media, Inc.
Cincinnati, Ohio 11032-12