
UNIT: Prenatal Development

LESSON: Pregnancy

TIME: 2 days

COMPETENCIES:

1. Identify symptoms of pregnancy. (Options 3, 5, and 12)
 2. Identify recommended prenatal care for mother and infant. (Options 3, 4, 5, 6, and 12)
 3. Discuss common complications of pregnancy. (Options 5 and 12)
 4. Itemize the problems and potential complications specifically related to teen pregnancy. (Options 5, 7, and 8)
 5. Analyze the role of the father and/or other support persons during pregnancy. (Options 2, 7, 11, and 12)
 6. Identify community resources available for assistance during pregnancy. (Options 5, 7, 9, 10, and 12)
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OVERVIEW/SUMMARY: From the day you were born, you began preparing yourself to become a parent. Preparation for parenthood does not begin when a couple decides to have a baby. It is a lifelong process that involves good eating habits and physical health that will someday influence your children.

MOTIVATOR:

GESTATION PUZZLE: See "Gestation" teacher information.

LESSON OPTIONS/SUPPLIES:

OPTION 1

BOOK: What's Inside? Baby

OPTION 2--Competency 2

FAVORITE ACTIVITIES: Have the students list ten of their favorite activities. Discuss with them how their participation in these activities would change if they had a baby. Continue the discussion to include ways that parenthood alters a couple's lifestyle.

OPTION 3--Competencies 1 and 2

DISCUSSION: Discuss the symptoms and signs of pregnancy using the teacher information.

OPTION 4--Competency 2

VIDEO: View "Journey to Birth" (March of Dimes) and then discuss with the class the importance of good health habits and their effect on the baby. "Inside My Mom," March of Dimes, "Mama, I Want to Be Healthy," and "Make Healthy Choices for Your Baby," Childbirth Graphics could also be used.

OPTION 5--Competencies 1-4 and 6

GUEST SPEAKER: Invite a physician, midwife, obstetrician, or nurse to talk to the class. They could discuss the signs of pregnancy and prenatal care, complications of pregnancy, and problems associated with teen pregnancy. Please be specific in telling them what you want them to talk about in class.

OPTION 6--Competency 2

NUTRITION: Discuss the food pyramid chart and the recommended servings from each group for a pregnant woman. Have the students plan a one-day menu utilizing proper servings from the food pyramid for a pregnant woman.

OPTION 7-- Competencies 4, 5, and 6

COMPLICATIONS OF PREGNANCY: Define the terms from the transparency, "Complications of Pregnancy." Discuss the information under teacher information with the class.

OPTION 8--Competency 4

TEEN PREGNANCIES: Divide the class into small groups. Give each group a poster board and marker and have them list the problems that could be caused by a teen pregnancy. As a class, discuss the problems and potential complications specifically related to teen pregnancy. Be sure to include the information listed under teacher information. "Rock-A-Bye" and "Clear Vision" videos from March of Dimes could be shown.

OPTION 9--Competency 6

COMMUNITY RESOURCES: As a class, list the resources available in your community for assistance during pregnancy.

OPTION 10--Competency 6

GUEST SPEAKER: Invite March of Dimes, Planned Parenthood, YMCA, Birth Right, Children's Aid Society, LDS Social Services, or any other community resource agency to come to class and explain the services they provide for pregnant adolescents.

OPTION 11--Competency 5

SUPPORT: As a class, discuss the importance of the role of the father or other support persons during pregnancy.

OPTION 12--Competencies 1, 2, 3, 5, and 6

VIDEO: "Take Charge of Your Pregnancy"--March of Dimes. May be used as a review before testing.

OPTION 13--Competencies will vary according to the articles read by the students.

ARTICLES: Have students read articles that deal with nutrition during pregnancy. They should then summarize the article in a one-page essay.

RESOURCES:

March of Dimes chart of fetal development.