

Adult Roles

10 - Parenting Readiness

Pregnancy

Date _____

80 min

Objective

Growth and changes during the three trimesters of pregnancy
prenatal - 40 weeks; stages: zygote, embryo, fetus
first trimester
symptoms of pregnancy:
nausea, frequent urination, missed menstrual period, etc.
formation of major organs including the heart, formation of face, and long bones
second trimester
mother experiences mood swings
baby's movements are noticeable - muscles, eyes, and ears are complete
third trimester
mother's abdomen enlarges and fatigue is common (weight gain for entire pregnancy is 25-35 lbs.)
baby - greater weight gain; baby drops during the last month
Pregnancy Issues
toxemia, ectopic pregnancy, stillborn, spontaneous abortion

PowerPoint Presentation:

Journal	What thoughts will you have when you or your wife is pregnant? Does it scare you? What will be your concerns?	Does	5 min
Text	Read pg. 232-238, Review #1-7 pg. 256		10 min
Video	Clips – Father of the Bride 2: (hot, exercise, eating) 40:10		5 min
Unit Notes and Discussion			60 min
Internet Quiz - Pregnancy			

Extra:

Life Begins CD – Fetal Development	
Media – Fetal Development & Delivery	(20 min)

Extra Credit - Web Design on Pregnancy (Rubric)
Show example

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Pregnancy Station Rotations

Date _____	<u>80 min</u>
Journal What do you think it feels like to be pregnant?	5 min
Divide into 6 groups. Explain each station. Each group has 10 min at each station and then rotate clockwise.	5 min
Station 1: Baby Contest (claydough and toothpicks)	10 min
Station 2: Diet (Felt Food Guide Pyramid, Magazines with food pictures, scissors, Good Food/Bad Food Posters)	10 min
Station 3: Baby Quilt Block (Cut construction paper into quarters, markers, etc.)	10 min
Station 4: Illness (Empty prescription bottles and over-the-counter medicine Containers, 2 dolls, 2 diapers, 4 safety pins)	10 min
Station 5: Exercise (2 Empathy Bellies, Exercise Video)	10 min
Station 6: Professional Care (Thermometer, blood pressure cuff, scale)	10 min
Vote – Choose best claydough baby and quilt block. Winners receive a baby bottle full of candy.	5 min

Extra:

Pregnancy Station Rotations was originally created by Tamra Marcroft.