

The Pregnancy Station Rotation

You have ten minutes at each station and then it is time to rotate.

1. Baby Contest: Playdough Contest

Make a baby out of the playdough and set it on a sheet of paper with your name on it.

2. Diet

Sort the food pyramid.

Cut out a picture of a healthy food and put it on the poster.

List the recommended number of servings that a pregnant woman should eat.

Bread, cereal, grains _____

Milk and milk products _____

Vegetables _____

Fruits _____

Meat, fish, poultry _____

Plan a healthy one day menu for a pregnant woman. Make sure you follow the food guide pyramid for a pregnant woman.

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

3. Baby Quilt Block

Make a baby quilt block and put it in the quilt outside on the wall.

4. Illness

Read the article.

List three medicines that are safe to use during pregnancy.

1. _____
2. _____
3. _____

Sort the medicine bottles according to whether they are safe or dangerous to take during pregnancy. Check your work with the answer key.

What is the amount of sleep suggested for an expectant mother? _____

Practice pinning on a cloth diaper.

5. Exercise

What is the average recommended weight gain for a pregnant woman? _____

List the breakdown of the weight gain and amounts. _____

What are the two best and safest exercises for a pregnant woman? _____

Do 5 minutes of exercise with the Empathy Belly.

6. Professional Care

What is a recommended schedule for prenatal visits to a health professional? _____

Explain the differences between the following:

1. OB/GYN: _____

2. Family practitioner: _____

3. Certified nurse, midwife: _____

Take your temperature and record it. _____

Take your blood pressure and record it. _____

Record your heart rate. _____

Weigh yourself (recording it is optional). _____