

RealCare™ Understanding Fetal Development Curriculum Overview

Designed for:

- Middle school or high school students
- Community education (parenting classes, fathers or male partners groups, foster care providers, social workers)
- Public health organizations (public service and other public health agencies)
- Clinical education (prenatal and postnatal classes)

Length:

The activities in this curriculum require between 7 to 9 hours to complete. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:

To help participants understand the various stages of fetal development in the three trimesters of pregnancy and the developmental milestones associated with each month of development.

Synopsis:

This curriculum introduces the RealCare Fetal Development Kit and RealCare Pregnancy Torso, and presents documented information about fetal development month-by-month. It provides a complete curriculum with activities and discussions designed to educate participants and communities about the key developmental milestones associated with each month of fetal development. The RealCare Fetal Development Kit and RealCare Pregnancy Torso are instructional aids created to help give participants a window into the womb. It will educate students on developmental changes that occur from conception to delivery with life-size, hands-on replicas of each fetal development stage.

Designed and developed by subject matter professionals, health education and curriculum specialists, this curriculum includes facilitator instructions, quiz, and slide presentation. The lesson and activities include objectives, materials required and approximate class time. Supplemental activities are also suggested.

Issues Addressed:

- Monthly fetal development
- Trimester characteristics
- Healthy eating during pregnancy
- Things to avoid during pregnancy
- Genetic diseases
- Pregnancy symptoms and discomforts
- Exploration of pregnancy and childbirth-related careers

Curriculum Components:

- Teacher’s guide— complete lesson, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student materials
- Assessment tools — Infant Development Quiz
- Microsoft PowerPoint® presentation slides

Curriculum Structure

The *Understanding Fetal Development* curriculum is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
1	Fetal Development	5-7 hours
	Introduction and Activity 1 – Fetal Development Monthly Development and Trimester Characteristics	65 minutes
	Activity 2 – Oral Pop Quiz and Discussion	10 minutes
	Activity 3 – Infant Development Milestones Role Play	30 minutes
	Activity 4 – Brain Development Research Day	45 minutes
	Activity 5 – Create a Game	45-90 minutes
	Activity 6 – I Have... Who Has? Game on Fetal Development	10 minutes
	Activity 7 – Healthy Eating During Pregnancy	45-90 minutes
	Activity 8 – Timeline of Changes Scrapbook	45 minutes
	Activity 9 – Disease Detective	15 minutes
	Activity 10 – Infant Development Quiz	10 minutes
2	Pregnancy Symptoms and Discomforts	1 hour
3	Exploration of Pregnancy and Childbirth Related Careers	1 hour
	Total	7-9 hours