

Understanding Pregnancy Curriculum

**With the Pregnancy Profile® 2.0 Simulator and Pregnancy Profile
2.0 Obstetrics Simulator**



Author



Sierra Hamm, a nurse, writer, and content creator, has over 10 years of insider knowledge in the birth industry from many vantage points. She started her career as a certified doula before becoming a baccalaureate-prepared registered nurse, attending Eastern Kentucky University as she obtained a Bachelor of Science (B.S.), Nursing degree.

Ms. Hamm has a wide variety of clinical experience, working labor and delivery in a large metropolitan hospital, free-standing birth center, and home setting. She most recently joined forces with an international health and wellness company, where she is a maternity health coach and content creator of their evidence-based maternity curriculum.

Contributing Product Subject Matter Expert



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Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table, which lists lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which contains some of the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a demonstration, or a review of previous lesson information. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson Three – Pregnancy Symptoms and Discomforts

Lesson Overview

Adolescents are seldom fully aware of what changes, general or specific, occur during pregnancy physically, socially, emotionally, and visually. When a woman's body reaches full development during a nine-month pregnancy, major changes have occurred from the pre-pregnancy state. Often these changes affect one's self-esteem, which affects one's emotional state of mind.

The following lesson is designed to get participants to think about how pregnancy would impact not only their body physically but also their life dreams, goals, and expectations.

Lesson Objectives

After completing this lesson, participants will be able to:

- Describe the physical changes that occur during pregnancy
- Describe the emotional changes that occur during pregnancy

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Pregnancy Symptoms and Discomforts</i> worksheet • <i>Physical Symptoms and Discomforts</i> slide presentation	1. Print/photocopy <i>Pregnancy Symptoms and Discomforts</i> worksheet (one per participant). 2. Prepare the <i>Physical Symptoms and Discomforts</i> slide presentation for viewing.	15 minutes
LEARN	• <i>How Would I Feel if I (Or My Partner) Were Pregnant Now?</i> worksheet • Pregnancy Profile 2.0 Simulator or Pregnancy Profile 2.0 Obstetric Simulator	1. Print/photocopy <i>How Would I Feel if I (Or My Partner) Were Pregnant Now?</i> worksheet (one per participant). 2. Prepare the simulator for class.	30 minutes (Part 1) 60-120 minutes (Part 2)
REVIEW	• <i>Pregnancy Symptoms and Discomforts</i> worksheet • <i>Blog Point of View Questions</i>	1. Print/photocopy <i>Blog Point of View Questions</i> (one per participant).	15-60 minutes

Lesson Three – Pregnancy Symptoms and Discomforts

FOCUS: Pregnancy Symptoms – Positive or Negative

15 minutes

Purpose:

Participants will have the opportunity to identify pregnancy symptoms and consider the impact that each would have on the participant's life.

Materials:

- *Pregnancy Symptoms and Discomforts* worksheet
- *Physical Symptoms and Discomforts* slide presentation

Facilitation Steps:

1. Have participants brainstorm symptoms or changes that a pregnant woman may experience.
2. Give them the *Pregnancy Symptoms and Discomforts* worksheet and have them add any that are not already listed on the sheet.
3. Have participants personally evaluate whether each of these would be a positive or a negative effect in their life right now.
4. Have participants identify which symptoms or discomforts would be most upsetting, pleasant, or hardest to deal with at their age and why. Also identify where a person could go for additional help if the symptom or discomfort is appropriate for that. For example, they could go to a nutritionist or dietitian for increased weight gain.
5. Call on a participant and ask them to choose one of the symptoms or discomforts on the worksheet. Ask them to identify which month they believe that symptom would be present.
6. Display *Physical Symptoms and Discomforts* slide presentation and discuss the physical changes that occur each month to the pregnant woman.

Pregnancy Symptoms and Discomforts

The following are physical and emotional conditions that can occur during pregnancy. Most women experience these in varying degrees at different stages throughout the pregnancy.

Directions: For each symptom or discomfort listed below, write your feelings or thoughts as to why it might be a positive or negative factor in your life right now. Be prepared to give reasons for your responses. Further, identify where you could go for additional help for the symptom, if appropriate.

Symptom/ Discomfort	Reaction: Positive or Negative	Where to go to for help, if appropriate
Monthly period stops		
New wardrobe due to increased size		
Sweating due to higher body temperature		
Frequent urination or leaking urine		
Gain 50 pounds		Dietitian, nutritionist
Blemishes may disappear or become noticeable		
Hair becomes thick and healthy		
Breasts get larger and may be sore		
Appetite increases		
Craving strange foods or combinations of foods		
Constipation		
Stretch marks		
Varicose veins		
Navel flattens or pops out as belly grows		

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Increased tiredness		
People make a fuss and try to be more helpful		
Crying for no reason		
Lower back pain		
Trouble sleeping		
Can feel the baby move		
Worrying about the baby		
Worrying about your parenting abilities		Social worker for parenting classes
Swelling feet and hands		
Reliance on others increases		
Braxton-Hicks contractions		
Center of gravity shifts, causing unsteadiness		
Fainting or light-headedness		
Nausea and possible throwing up		

Lesson Three – Pregnancy Symptoms and Discomforts

LEARN: Walking in the Shoes...

Activity 1: How Would You Feel If...

30 minutes

Purpose:

Participants will have the opportunity to reflect on how they would feel if they or their partner were pregnant now. Guest/parent speakers may be invited into the classroom to address physical and emotional challenges of being pregnant.

Materials:

- *How Would I Feel if I (Or My Partner) Were Pregnant Now?* worksheet
- *Blog Point of View Questions*

Facilitation Steps:

1. Have participants complete the *How Would I Feel if I (Or My Partner) Were Pregnant Now?* worksheet by responding to the parental questions presented.
2. Use these responses as a basis for class discussion. Expand the discussion to include the roles and responsibilities of parents. What are the needs of children? Can teenage parents provide for all these needs daily?
3. Research online and find a pregnancy blog or online video (i.e., YouTube) from an expectant parent or someone who recently had a baby. It could be from the point of view of either parent.

A man can change a lot during his partner's pregnancy, and research shows that male hormones change in response to their partner's pregnancy hormones, becoming more and more dramatic toward the end of her pregnancy, with the male's rapid increase in estrogen!

Both men and women can have unexpected difficulties coping with emotional changes during pregnancy and need referral to community health providers.

4. Have participants write a paragraph answering some of the following questions. Some, not all, of these topics may be covered in a pregnancy blog or video. Distribute the *Blog Point of View Questions* to each participant.
 - What were their first reactions upon learning of the pregnancy?
 - Was this a planned pregnancy?
 - Who did they tell first? What were the reactions of these persons?
 - What physical and emotional changes did they experience? Any challenges or difficulties?
 - As the pregnancy progressed, what changes did they notice?
 - Are there any fears about the birth or delivery?
 - How do they feel they will do as parents of a newborn?
 - Do they feel they are physically, mentally, and financially ready to be parents?
 - How do they view their role(s) as a parent?
 - What advice would they give to someone considering becoming a parent? Would this advice differ if it were someone in their twenties or thirties versus someone in their teens?

How Would I Feel if I (Or My Partner) Were Pregnant Now?

1. How do you think you would feel if you found out today that you would become a parent in 6-7 months? Write down three adjectives (descriptive words) that portray your feelings. Why did you choose each adjective?

Adjective #1 _____

Why? _____

Adjective #2 _____

Why? _____

Adjective #3 _____

Why? _____

2. Describe, in your own words, why you (circle one) ARE or ARE NOT ready to have a child.

3. What do you think a child needs from a parent? _____

4. What makes a person a good parent? _____

Blog Point of View Questions

Instructions: Search online for a pregnancy blog or a pregnancy video from either parents' point of view. Write a paragraph on the back of this sheet, answering some of the following questions.

- What were their first reactions upon learning of the pregnancy?
- Was this a planned pregnancy?
- Who did they tell first? What were the reactions of these persons?
- What physical and emotional changes did they experience? Any challenges or difficulties?
- As the pregnancy progressed, what changes did they notice?
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Activity 2: Pregnancy Simulation

Minutes: 60-120 minutes

Purpose: The purpose of this activity is to show the various physical changes that occur during pregnancy and help participants identify the emotional changes that occur.

Materials:

- RealCare® Pregnancy Profile® 2.0 Simulator or Pregnancy Profile 2.0 Obstetrics Simulator
- RealCare Pregnancy Profile 2.0 Simulator Quick Start Guide

Facilitator Instructions:

1. Wearing the Pregnancy Profile 2.0 Simulator:
It is recommended that the Pregnancy Profile Simulator be worn for at least 20 minutes to feel the effects.
2. Review the following warnings with participants if you choose:

The Pregnancy Profile 2.0 Simulator is to be used for educational purposes only. Misuse of this product can cause serious injury. While wearing the simulator:

- Do not walk on steep inclines or slippery surfaces
- Do not wear high-heeled, slippery, or loose-fitting shoes
- Do not twist side to side while bending over
- Do not make any abrupt movements
- Do not jump or run
- Do not engage in strenuous activities, especially in hot weather, to avoid the risk of heat stroke.

Immediately discontinue using this product if you feel any sharp pain, dizziness, or tingling in your fingers. Use proper lifting technique when lifting the Pregnancy Profile 2.0 Simulator and while wearing the simulator by squatting down to lift with your legs, not your back.

Participants need to follow directions carefully as they use the simulator to best understand the physical changes and challenges the female

body goes through. Demonstrate the features of the Pregnancy Profile 2.0 Simulator and use it on yourself (if you feel comfortable) with participant assistance.

You could also have a participant wear the simulator while you point out the features.

3. One best practice is to set up a station and have participants rotate through the station, completing several physical activities. Here is a suggested list of tasks:
 - Bend over to pick up something (pencil or pen)
 - Walk up and down stairs
 - Tie shoes
 - Sit down and stand up several times
 - Lie down to experience side-lying position
4. Have them do the five tasks on the list.
7. Have the other participant wearing the Pregnancy Profile Simulator share their physical and emotional observations while wearing it.
8. Have other participants in class make observations about difficulty or ease of certain movements. Have each participant wear the Pregnancy Profile Simulator for 20 minutes or more during class.

If you have multiple simulators, use them simultaneously for a shared experience. If you only have one, you may need to adjust the wearing time to fit everyone in.
9. Debrief with the class after everyone has had a chance to experience the pregnancy simulation. Divide the class into six groups. Assign each group one question to discuss for five minutes. They should be ready to share their answers with the class.
10. Ask each of the groups to share their experiences, observations, and answers to the questions:

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- What physical stresses or limitations did you notice while wearing the Pregnancy Profile® 2.0 Simulator?
- Was your observation similar or different from others who wore the simulator?
- What was a new or different sensation for you as you wore the simulator?
- Based on current knowledge about pregnancy, how realistic do you think this experience was? (If the instructor has experienced pregnancy, perhaps she can share the realities of this product).
- How would this affect your ability to function throughout a school day, weekend, or month to month?
- What lifestyle changes would have to be made to accommodate a pregnant body?

Lesson Three – Pregnancy Symptoms and Discomforts

REVIEW: Symptoms and Discomforts – Physical Versus Emotional

15-60 minutes

Purpose:

The purpose of this activity is to review the main pregnancy symptoms and discomforts and give participants an opportunity to reflect on how one symptom might impact or cause another symptom either physically or emotionally.

Materials:

- *Pregnancy Symptoms and Discomforts* worksheet

Facilitation Steps:

1. Have participants use the *Pregnancy Symptoms and Discomforts* worksheet to determine which of the symptoms/discomforts are physical and which ones are emotional. Write P for physical and E for emotional.
2. Discuss how one might affect or be a cause for another in terms of the overall health of the pregnant mother.

Supplemental Activity (Optional): 60-Second Point of View Video

1. If time permits, have participants create their own 60-second “point of view” video or written screenplay for a video (i.e. TikTok style, Instagram story, or YouTube shorts style).

Participants may choose from one of these topics or suggest one of their own:

- A day in the life of the 1st trimester
 - Morning sickness is normal but...
 - Dad’s pregnancy hormones
 - Working on the factory line with Varicose Veins
2. Have participants share their short videos the next class period.