

Understanding Pregnancy Curriculum

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



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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 Four – Fetal Development

Lesson Overview

In this lesson, participants will learn about the fetal development in the womb. An infant is in its mother’s womb, or uterus, for about nine months from the time it is conceived. That nine-month period is divided into three sections called “trimesters.” Different stages of development take place during each trimester. Participants will follow the physical growth that occurs during each trimester.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify the stages of fetal development in the three trimesters of pregnancy
- Analyze healthy and unhealthy habits and their effects on the unborn child

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	<ul style="list-style-type: none"> • <i>Fetal Development</i> slide presentation • <i>Development Stages</i> worksheet • <i>Fetal Monthly Development</i> worksheet • <i>Instructor Information</i> • Everyday objects the size of the fetus • Fetal Development Poster 	<ol style="list-style-type: none"> 1. Find everyday objects listed in the FPCUS section. 2. Print/photocopy <i>Development Stages</i> and <i>Fetal Monthly Development</i> (one of each per participant). 3. Prepare the <i>Fetal Development</i> slide presentation for viewing. 4. Read instructor information. 5. Hang the poster up for reference. 	45 minutes
LEARN Activity 1: Trimester Development Mix-Up	<ul style="list-style-type: none"> • <i>Trimester Characteristics</i> worksheet • <i>Trimester Development</i> worksheet • Scissors • Hat or container 	<ol style="list-style-type: none"> 1. Print/photocopy <i>Trimester Characteristics</i> and <i>Trimester Development</i> (one of each per participant). 2. Cut each characteristic out on the dotted lines. 	20 minutes
Activity 2: Oral Pop Quiz and Discussion	<ul style="list-style-type: none"> • Blank piece of paper for participant answers 	None	10 minutes
Activity 3: Infant Milestones Roleplay	<ul style="list-style-type: none"> • <i>Infant Development Milestones</i> • <i>Infant Development Milestones – Answer Key</i> • <i>Infant Development Milestones Fact Sheet</i> 	<ol style="list-style-type: none"> 1. Print/photocopy <i>Infant Development Milestones</i> and <i>Infant Development Milestones Fact Sheet</i> (one of each per participant). 2. Print/photocopy <i>Infant Development Milestones Answer Key</i> (one per pair). 	30 minutes
Activity 4: Research Day	<ul style="list-style-type: none"> • Internet access or library books on brain development 	None	45 minutes

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Activity 5: Create a Game	<ul style="list-style-type: none"> • Game materials: Markers, index cards, construction paper, scissors, glue, etc. 	1. Gather game materials.	45-90 minutes
Activity 6: I Have... Who Has? Game	<ul style="list-style-type: none"> • <i>I Have... Who Has?</i> sheet • <i>Fetal Development Stages</i> slide presentation 	<ol style="list-style-type: none"> 1. Print/photocopy <i>I Have... Who Has?</i> Sheet (one). 2. Cut the <i>I Have... Who Has?</i> sheet into pieces. 3. Prepare to display the slide presentation. 	10 minutes
Activity 7: Menu for Pregnancy	<ul style="list-style-type: none"> • <i>Healthy Eating During Pregnancy</i> • <i>Healthy Menu</i> • <i>Things to Avoid During Pregnancy</i> 	1. Print/photocopy <i>Healthy Eating During Pregnancy</i> , <i>Healthy Menu</i> , and <i>Things to Avoid During Pregnancy</i> (one of each per participant).	45-90 minutes
Activity 8: Timeline of Changes Scrapbook	<ul style="list-style-type: none"> • Blank piece of paper 	None	45 minutes
Activity 9: Transparency Talk and Disease Detective	<ul style="list-style-type: none"> • <i>Fetal Development Stages</i> slide presentation • <i>Disease Detective</i> 	<ol style="list-style-type: none"> 1. Print/photocopy <i>Disease Detective</i> (one per participant). 2. Prepare to display the slide presentation. 	15 minutes
REVIEW	<ul style="list-style-type: none"> • <i>Infant Development Quiz</i> 	1. Print/photocopy the <i>Infant Development Quiz</i> (one per participant).	10 minutes

Lesson Four – Fetal Development

LEARN: Infant Development by Trimester

Purpose:

The following activities will help participants be more realistic about physical and mental development after birth. After birth, an infant grows and starts to learn how to use its arms, legs, and other parts of the body.

An infant reaches many physical milestones during the first three years. Not all infants reach all milestones at the same time. Every infant is different. Many young people have unrealistic expectations about what very young infants can do. For example, many think that a newborn infant can smile, coo, and laugh right away. It takes one or two months for these behaviors to emerge.

Unrealistic expectations about infant behavior have led to frustrated parents and child abuse in some cases. The infant development milestones activities listed in this section can help participants gain a more realistic outlook on the development of infants and young children.

Activity 1: Trimester Development Mix-Up

20 minutes

Materials:

- *Trimester Characteristics* worksheet
- *Trimester Development* worksheet
- Scissors

Facilitation Steps:

1. Cut out each developmental characteristic on the dotted lines on the *Trimester Characteristics* worksheet.
2. Write the words “First Trimester,” “Second Trimester,” and “Third Trimester” on a whiteboard.
3. Mix up the developmental characteristics in a hat or other container and have each participant take turns drawing one. They must decide which trimester it belongs in.
4. Write the characteristic on the board under the trimester the participant chose or tape the papers on the board and move as needed.
5. After all the characteristics have been assigned, distribute the *Trimester Development* worksheet, and discuss each trimester. Change the lists so they are correct as you discuss each characteristic.
6. Discussion: Does one trimester have more characteristics than another? Which one? Which trimester is the most important? (All three are equally important, but major organs and systems form mostly in the first trimester.)

Activity 2: Oral Pop Quiz and Discussion 10 minutes

Materials:

- Blank pieces of paper for participant answers

Facilitation Steps:

1. Have a short pop quiz with the four questions listed below to jumpstart a discussion about infants’ mental development. Have participants write their answers on a sheet of paper while you ask questions orally.
2. Oral quiz questions:
 - Which is more active: An adult’s brain or an infant’s brain? (An infant’s)
 - Which is more developed at birth: The brain or the heart? (The heart)
 - True or false: Brain development depends totally on heredity. (False)

Trimester Characteristics

The sperm joins the egg in the fallopian tube.	Able to feel pain.
Cells rapidly divide. The embryo floats toward the uterus.	Vocal cords are used to cry silently.
Embryo implants itself in the wall of the uterus.	Muscles get longer and are easier to move.
Backbone, spine, spinal cord, brain and nervous system form.	Mother feels kicking and movement inside her. Fetus is cushioned in liquid called amniotic fluid.
Lungs, intestines, and beginnings of urinary system start to develop.	Adult taste buds are formed.
Heart starts beating.	Eyebrows, eyelashes, and hair start to grow.
Placenta starts working.	Fetus is able to grasp things with hands. Kicking continues.
Spine and spinal cord grow quickly.	Fetus can hear voices and recognizes mother's voice.
Facial features become visible.	Fingernails and fingerprints appear.
Muscle system is formed.	Sex organs are formed.
Movement begins.	Fetus starts growing quickly in size.
Embryo is about a 1/2 inch long.	Fetus is covered with downy hair called lanugo.
Arms, legs, fingers and toes form.	Fetus inhales amniotic fluid to practice breathing.
Brain waves can be measured.	Skin is covered by a waxy substance called vernix.
Heart is almost completely developed.	Nourishment from the mother through the umbilical cord continues.
Baby teeth form in the gums.	Fetus sleeps most of the day.
Brain is physically fully formed.	Fetus gains the most weight and grows longer.

Infant Development Milestones

Your instructor will divide your class into groups of two. One development milestone should be highlighted on this worksheet. You and your partner must role play an infant who is achieving the highlighted milestone and the infant's parent as they watch the infant do this. Choose who will role play the parent and who will role play the infant. Practice your role play.

Your instructor will then combine two pairs of participants together to form a group of four. You and your partner must perform your role play in front of the group, displaying your highlighted milestone, and have the group guess what it is.

Move both arms well and coordinate movements.

Make gurgling, cooing, babbling, or other sounds.

Respond to parents' voices.

Hold head up for short periods of time.

Follow objects with eyes.

Recognize parents' faces.

Turn head to locate a sound.

Roll over from stomach to back or back to stomach.

Push up with arms while lying on stomach.

Put some weight on legs when held in standing position.

Play with own hands and feet.

Imitate sounds.

Turn head to locate even soft sounds.

Sit up without support.

Begin to crawl or creep.

Hold own bottle.

Reach for objects.

Stand while holding onto something.

Say words like "dada" and "mama."

Pull up on something to stand.

Anticipate parents coming back into view.

Walk while holding onto furniture.

Make hand movements to indicate wanting something.

Stand alone for a second or two.