



# Lesson 10

## Pregnancy and Birth

### Background

This lesson offers students general information about heredity/genetics, pregnancy, and essential parenting skills, including discussion points about the many responsibilities of being a parent.

### Discussion Questions

1. What do expecting moms need to do to take care of themselves during pregnancy? Why is it important to have the help of a partner/husband during this time? What additional responsibilities would a husband typically have? Why?
2. In addition to not drinking alcohol – including beer and wine – what are some other recommendations for keeping a growing baby healthy?
3. What about smoking? What effect does it have on the baby? (Answer: low birth weight, possible congenital defects/disorders, increased risk of premature birth and Sudden Infant Death, possible future obesity and diabetes.)
4. Why do alcohol and tobacco affect the development of a baby? (Answer: Alcohol and chemicals in tobacco – most notably nicotine and carbon monoxide – are absorbed into the mother's bloodstream and pass into the placenta where the developing embryo is. (Sometimes the levels of chemicals are higher in the baby's bloodstream than in the mother's!) This affects the development of the baby's brain, the amount of oxygen the baby receives, and interferes in other ways with normal growth.)
5. Is fetal alcohol syndrome treatable? (Answer: No, unfortunately the effects are permanent and irreversible. The most common cause of mental disability in babies is fetal alcohol syndrome.)
6. What can happen if the mother does not get enough folic acid? (Answer: Increased risk for the child to have spina bifida and low IQ.) What foods contain folic acid? (Leafy green vegetables, orange juice, fortified bread, cereal, multivitamins.)



## Vocabulary Builders

Term	Definition
<b>Prenatal Care</b>	A term used to describe the important health care an expectant mother needs during pregnancy to help ensure a healthy fetus, birth and baby.
<b>Folic Acid</b>	An essential B-vitamin that is important to the health of the fetus because it helps build healthy cells. Folic acid is found in leafy green vegetables (i.e., broccoli, spinach), some fruits and juices (i.e., orange juice), fortified bread, cereal, and multivitamins.
<b>First Trimester</b>	A term used to describe the first three months of a pregnancy (or the fetus' development.) This is a critical time in the development of the growing baby, which is why expectant moms need to see a health practitioner regularly. This is typically a time of extreme tiredness, nausea and vomiting ("morning sickness"), frequent urination, and other physical symptoms.
<b>Fetal Alcohol Syndrome</b>	This refers to the condition of babies born to mothers who drank alcohol during their pregnancy. Congenital disorders related to this syndrome include poor coordination, smaller head size, deformed facial features, abnormal joints and limbs, and mental retardation. It is strongly recommended that expectant mothers abstain from alcohol throughout their pregnancy.

## Activity

### Oh Baby... Time or Money?

**Directions:** Show students the "Time or Money" workbook worksheet.

Explain to students: Think about the many responsibilities mothers and fathers have. For example: In the morning, parents are responsible for changing the baby's diaper and feeding the baby. This involves both time and money (diapers/food, getting up early). Parents also have to bathe and clothe a baby – also requiring time and money (gas/electricity to heat the water, shopping for clothes that babies outgrow quickly.)



To complete this worksheet, imagine a day in the life of a baby, and write down all the daily activities in a baby's life. Indicate whether the activity involves time or money by placing a check in the appropriate column (put a check in both columns if appropriate). Remember, the average newborn baby eats every two to four hours – about eight to twelve times a day! And every feeding has an associated diaper change!

After the students have completed the worksheet, say:

- How many of you had a busy day?
- What were some of the responsibilities you had with your newborn baby?
- How will these responsibilities change as the baby grows older?
- When did your day start?
- When did your day end?
- A newborn baby generally wakes up several times between the hours of 8:00 PM and 6:00 AM, needing to be fed, burped and/or changed. Then there's the time it takes to put the baby back to bed!
- How many of you would like this work schedule?
- *What would the workload look like with a second child? A third? Twins?!*



## Time or Money Worksheet

Time:	Responsibility:	Time?	Money?
6:00 AM	Feed and change the baby		
7:00 AM			
8:00 AM			
9:00 AM			
10:00AM			
11:00AM			
12:00PM			
1:00 PM			
.....			
8:00 PM	Put the baby to bed		