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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Child Development |
| **Lesson/Unit Title** | Preparing for Parenthood: Pregnancy and Labor |
| **TEKS Student Expectations** | **130.277. (c) Knowledge and Skills**  (4) The student investigates components of optimal prenatal care and development. The student is expected to:  (A) identify signs and stages of pregnancy  (C) describe nutritional needs prior to and during pregnancy  (D) analyze appropriate medical care and good health practices prior to and during pregnancy |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Analyze the various aspects of the birth process * Summarize the different stages of prenatal development to monthly prenatal development * Assess reasons for good health practices prior to pregnancy * Discuss the importance of prenatal care by a physician * Identify common normal physical discomforts of pregnancy and complications associated with pregnancy * Determine the nutritional needs of a woman during pregnancy |
| **Rationale** | Prenatal development is the growth of an infant that takes place before birth. What happens during the period of prenatal development? How does it affect the mother? What changes does her body undergo? Pregnancy can be a very emotional time for both expectant parents. Today, parents have many options to consider about how and where their children will be born. Once labor begins, what happens in each stage? |
| **Duration of Lesson** | Five 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Alpha-Fetoprotein (AFP):** AFP is protein made by the fetus’ liver, in the fetal gastrointestinal (GI) tract and the yolk sac. During pregnancy, AFP crosses into the mother’s blood. The level of AFP in the mother’s blood can be measured to screen for disorders such as neural tube defects and Down syndrome. The mother’s AFP levels tend to be high with neural tube defects such as anencephaly and spina bifida, and low with Down syndrome  **Amniocentesis:** If necessary, this test is performed between 15 and 20 weeks of pregnancy and can indicate chromosomal abnormalities such as Down syndrome, or genetic disorders such as Tay Sachs disease, sickle cell disease, cystic fibrosis, and others. It also can detect the baby’s sex and risk of spina bifida (a condition in which the brain or spine do not develop properly)  **Amniotic Fluid:** Clear, slightly yellowish liquid that surrounds the unborn baby (fetus) during pregnancy. It is contained in the amniotic sac  **Amniotic Sac:** During pregnancy, the amniotic sac is formed within the uterus and encloses the fetus. This sac bursts normally during the birthing process, releasing the amniotic fluid. A popular term for the amniotic sac with the amniotic fluid is the bag of waters  **Birth Center:** A special place for women to give birth. They have all the required equipment for birthing, but are specially designed for a woman, her partner, and family. Birth centers may be free standing (separate from a hospital) or located within a hospital  **Cervix:** The lower, narrow part of the uterus (womb). The cervix forms a canal that opens into the vagina, which leads to the outside of the body  **Cesarean Section or C-Section:** Procedure where the baby is delivered through an abdominal incision. This is also called a cesarean delivery or cesarean birth  **Colostrum:** Thick, yellowish fluid secreted from breast during pregnancy, and the first few days after childbirth before the onset of mature breast milk. Also called first milk, it provides nutrients and protection against infectious diseases  **Ectopic Pregnancy:** A pregnancy that is not in the uterus. It happens when a fertilized egg settles and grows in a place other than the inner lining of the uterus. Most happen in the fallopian tube, but can happen in the ovary, cervix, or abdominal cavity  **Embryo:** A period during pregnancy where the baby has rapid growth, and the main external features begin to take form  **Episiotomy:** This is a procedure where an incision is made in the perineum (area between the vagina and the anus) to make the vaginal opening larger in order to prevent the area from tearing during delivery  **Lamaze:** A philosophy of giving birth developed by Dr. Ferdinand Lamaze. The goal of Lamaze classes is to increase women’s confidence in their ability to give birth. Lamaze classes teach women simple coping strategies for labor, including focused breathing. But Lamaze also teaches that breathing techniques are just one of the many things that help women in labor. Movement, positioning, labor support, massage, relaxation, hydrotherapy, and the use of heat and cold are some others  **Placenta:** During pregnancy, a temporary organ joining the mother and fetus. The placenta transfers oxygen and nutrients from the mother to the fetus, and permits the release of carbon dioxide and waste products from the fetus. The placenta is expelled during the birth process with the fetal membranes  **Preeclampsia:** Also known as toxemia, it is a syndrome occurring in a pregnant woman after her 20th week of pregnancy that causes high blood pressure and problems with the kidneys and other organs. Symptoms include sudden increase in blood pressure, too much protein in the urine, swelling in a woman’s face and hands, and headache  **Trimester:** A typical pregnancy is nine months long. Pregnancy is divided into three-time periods, or trimesters, that are each about three months in duration the first, second, and third trimesters |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer lab with Internet access (be sure to follow district guidelines) * Computers/laptops with printer capability * Presenter/remote * Reserve computer lab, if needed   **Materials:**   * Baby supplies   + Baby bottle   + Baby clothes   + Booties   + Bulb syringe   + Car seat   + Diaper   + Formula   + Infant comb   + Infant nail clips   + Infant thermometer   + Rattle   + Receiving blankets   + Toys   + Wipes   **Supplies:**   * Crayons * Glue sticks * Large drawing or construction paper * Magazines for cutting out pictures * Markers * Scissors * Copies of all handouts   **PowerPoint:**   * Preparing for Parenthood: Pregnancy and Labor   **Technology:**   * Infographic:   + Pregnancy Stages: When Should You Decide on Cord Blood Banking?  The pathway to a healthy pregnancy.<http://www.cordblood.com/benefits-cord-blood/cord-banking-basics/Stages-of-Pregnancy-Infographic>   **YouTube:**   * Ovulation and Due Date Calculator  Use this calculator to find out when you are most likely to become pregnant and to estimate your due date should conception occur.<http://www.womenshealth.gov/pregnancy/mom-to-be-tools/ovulation-due-date-calc.html> * Inside Pregnancy: Fertilization  The race starts with the act of love. Tens of millions of spermatozoa rush ahead on a hunting trip that may eventually lead to a fateful encounter and a promise of new life.<http://www.babycenter.com/2_inside-pregnancy-fertilization_10354435.bc> * Inside Pregnancy: Weeks 1-9  A 3D animated look at baby development in the first trimester of pregnancy, from the first few cells that make up the blastocyst to a tiny fetus with a brain, beating heart, fingers, eyes, and earlobes.<http://www.babycenter.com/2_inside-pregnancy-weeks-1-to-9_10302602.bc> * Inside Pregnancy: Weeks 10-14  A 3D animated look at baby development in the first trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-10-to-14_10308108.bc> * Inside Pregnancy: Weeks 15-20  A 3D animated look at baby development in the second trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-15-to-20_10308111.bc> * Inside Pregnancy: Weeks 21-27  A 3D animated look at baby development in the second trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-21-to-27_10312242.bc> * Inside Pregnancy: Weeks 28-27  A 3D animated look at baby development in the third trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-28-to-37_3658874.bc>   Teacher note: The following is a graphic video. Please use teacher’s discretion in viewing this video. Preview prior to showing to the students and abide by district’s guidelines for viewing videos.  Inside Pregnancy: Labor and birth  A 3D animated look at labor, including how contractions begin, the cervix opens, and the water breaks, and how the baby crowns, squeezes through the birth canal, and is delivered.<http://www.babycenter.com/2_inside-pregnancy-labor-and-birth_3658872.bc>  **Graphic Organizers:**   * Pregnancy and Labor Note-taking   **Handouts:**   * Assignment Cards: Pregnancy and Labor * Exploring Birth Options * Immunization and Pregnancy * Learning New Words and Meanings * Lesson Closure * Medicine and Pregnancy 2012 * Pregnancy and Labor Project * Rubric: Pregnancy and Labor Project |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Before class begins:**  Display as many of the lesson related supplies (see Materials or Specialized Equipment Needed) that you have available, on a table in front of the room:  Begin the class with the following questions and have students share their responses:  These items are all necessary things to make sure the baby is healthy and thriving.   * What does a mother need to do to prepare before the baby is born? * What is prenatal care and what does that consist of? * What can a mother do to have the healthiest pregnancy possible? * What are the three stages of prenatal development? * What are the signs and symptoms of pregnancy? * What is an embryo? * What is a zygote? * What is a fetus? * What are the nutritional requirements of the expectant mother during pregnancy? * What are the three stages of labor? |
| **Direct Instruction \*** | Introduce lessons objectives, terms, and definitions.  Distribute graphic organizer Pregnancy and Labor Note-taking so that students may take notes during the slide presentation. Teacher to determine what information needs to be included in the note-taking document.  Introduce PowerPoint Preparing for Parenthood: Pregnancy and Labor. Allow time for questions and class discussion.  YouTube videos included in the PowerPoint:   * Ovulation and Due Date Calculator  Use this calculator to find out when you are most likely to become pregnant and to estimate your due date should conception occur.<http://www.womenshealth.gov/pregnancy/mom-to-be-tools/ovulation-due-date-calc.html> * Inside Pregnancy: Fertilization  The race starts with the act of love. Tens of millions of spermatozoa rush ahead on a hunting trip that may eventually lead to a fateful encounter and a promise of new life.<http://www.babycenter.com/2_inside-pregnancy-fertilization_10354435.bc> * Inside Pregnancy: Weeks 1-9  A 3D animated look at baby development in the first trimester of pregnancy, from the first few cells that make up the blastocyst to a tiny fetus with a brain, beating heart, fingers, eyes, and earlobes.<http://www.babycenter.com/2_inside-pregnancy-weeks-1-to-9_10302602.bc> * Inside Pregnancy: Weeks 10-14  A 3D animated look at baby development in the first trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-10-to-14_10308108.bc> * Inside Pregnancy: Weeks 15-20  A 3D animated look at baby development in the second trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-15-to-20_10308111.bc> * Inside Pregnancy: Weeks 21-27  A 3D animated look at baby development in the second trimester of pregnancy<http://www.babycenter.com/2_inside-pregnancy-weeks-21-to-27_10312242.bc> * Inside Pregnancy: Weeks 28-27  A 3D animated look at baby development in the third trimester of pregnancy <http://www.babycenter.com/2_inside-pregnancy-weeks-28-to-37_3658874.bc>   Teacher note: The following is a graphic video. Please use teacher’s discretion in viewing this video. Preview prior to showing to the students and abide by district’s guidelines for viewing videos.   * Inside Pregnancy: Labor and Birth  A 3D animated look at labor, including how contractions begin, the cervix opens, and the water breaks, and how the baby crowns, squeezes through the birth canal, and is delivered.<http://www.babycenter.com/2_inside-pregnancy-labor-and-birth_3658872.bc>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * shortened, simplified instructions * repeated instructions * opportunity to repeat instructions * opportunity to write instructions |
| **Guided Practice \*** | Distribute handout Exploring Birth Options. Students will complete handout as the teacher shares:   * Exploring Birth Options  Witness the wonderful emotions and deeply felt connection to womanhood in this short preview to our series exploring natural childbirth, midwifery, and your birth options.<http://www.mothersnaturally.org/videoSeries/>   The students will also research three additional birth options.  Allow time for questions and discussion.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * simplified homework assignments * reduced assignments * taped assignments |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Note to teacher: Print the assignment cards Assignment Cards: Pregnancy and Labor and cut apart so that the students can draw one for the activity. Place cards in a basket.  Divide the class into ten small groups. One person from each group will draw a card from the basket. Assign each group one card to research. Give each group a large piece of drawing or construction paper and the supplies needed to complete project (see Materials and Specialized Equipment Needed tab). Distribute Pregnancy and Labor Project.  Students will work on their project and will present during Summative/End of Lesson Assessment.  Distribute Rubric for Pregnancy and Labor Project so students may fully understand what is expected.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * extra time for assignments * opportunity to respond orally * emphasis on major points |
| **Lesson Closure** | Review lesson objectives, terms, and definitions.  Distribute handout Lesson Closure. The lesson closure activity is an instructional strategy, which allows students to summarize main ideas, evaluate class processes, answer questions posed at the beginning of the lesson, and link to both the past and the future. It also allows the teacher to evaluate the progress of the students and the lesson. |
| **Summative/End of Lesson Assessment \*** | Students will present their Pregnancy and Labor projects.  Students will be assessed with appropriate rubric.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * grading according to work done * providing praise and encouragement |
| **References/Resources/**  **Teacher Preparation** | **Images:**   * Microsoft Clip Art: Used with permission from Microsoft.   **Textbook:**   * Brisbane, H. (2004). *The developing child*. (9th ed.). New York: McGraw Hill Glencoe.   **Websites:**   * Exploring Birth Options  Witness the wonderful emotions and deeply felt connection to womanhood in this short preview to our series exploring natural childbirth, midwifery, and your birth options.<http://www.mothersnaturally.org/videoSeries/> * Gerber  Essential minerals for pregnancy-Be sure to get these 12 important minerals for you and your baby’s health. You can meet many of your daily mineral needs by eating a well-balanced diet.<http://www.gerber.com/allstages/nutrition_and_feeding/essential_minerals_for_pregnancy.aspx> * Immunizations and Pregnancy  Before becoming pregnant, a woman should be up-to-date on routine adult vaccines. [https://www.cdc.gov/vaccines/pregnancy/downloads/pregnancy-vaccination.pdf](http://www.cdc.gov/vaccines/pubs/downloads/f_preg.pdf) * Pregnancy  Becoming a mother is one of the most exciting times in a woman’s life. This section of womenshealth.gov will help you learn what you can do before, during, and after pregnancy to give your baby a healthy start to life. <http://www.womenshealth.gov/pregnancy/> * Centers for Disease Control and Prevention  You’re Pregnant: Now What?<http://www.womenshealth.gov/pregnancy/you-are-pregnant/> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Think-Pair-Share activity  After discussing Preparing for Parenthood: Pregnancy and Labor, you will begin with a Think-Pair-Share. The students will begin by writing down as many ideas related to Preparing for Parenthood: Pregnancy and Labor as they can. They then pair with a partner and share their best 5 ideas. After the pairs have shared, they pick the best 3 ideas from the two of them and share with another pair. (At this point you have groups of 4.) The group will pick their top 3 ideas and will share them with the class while a recorder writes the ideas on the board. As a class, you will decide on the top three ideas. * Make sure students understand the vocabulary (word wall) before moving forward with this lesson. They are to make flash cards using an index card with the word on one side of the card and the definition on the other side. It is important for all students; especially ELL’s to have a firm foundation before moving forward. This is key to them following the entire lesson. |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events:  Assign students to read about pregnancy, immunization, nutrition, or medicine concerns.  Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * Immunization and Pregnancy * Medicine and Pregnancy * Have students practice using the words from this unit with Learning New Words and Meanings * Have students form their own questions about the text prior to reading or have them write down any questions that come to mind as they are reading. * Encourage students to connect reading to their life experiences or prior knowledge.   Word Attack Strategies. Prior to reading, allow students to skim the passage or text, circling words that are unfamiliar to them. Once these words are decoded (glossary, dictionary, dictionary.com, classroom discussion) the students will have a better understanding of the pronunciation and meaning of the unfamiliar word(s) facilitating comprehension. |
| **Quotes** | A grand adventure is about to begin. **-Winnie the Pooh**  We have a secret in our culture, it’s not that birth is painful, it’s that women are strong. **-Laura Stavoe Harm**  If I had my life to live over, instead of wishing away nine months of pregnancy, I’d have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle. **-Erma Bombeck**  There is no way out of the experience except through it, because it is not really your experience at all but the baby’s. Your body is the child’s instrument of birth. **-Penelope Leach**  A mother’s joy begins when new life is stirring inside… when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone. **-Author Unknown** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * Pregnancy is ………. * Pregnancy is considered a miracle of life because……. * Natural childbirth is a good choice because……… * Prenatal development is ………. |
| **Communication**  **90 Second Speech Topics** | * What is prenatal development? * Describe the monthly development of an unborn infant during the first trimester. * What changes does a woman’s body undergo during pregnancy? |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | **Free iPads Apps:**   * Pampers Hello Baby Pregnancy Calendar  Details growth in the womb TEKS 2C * BabyCenter: My Pregnancy  Track Your Pregnancy Day by Day<http://www.babycenter.com/my-pregnancy-today-app>   Research the type of childbirth method you would be the most interested in trying if you were becoming a parent. After gathering your information, determine if this method would be suitable for you. If not, what other method might better suit your needs? |
| **Family/Community Connection** | Create a questionnaire to ask family and friends about their pregnancy and labor experience. Present findings to class for extra credit.  Interview a couple who has recently had a baby. Ask them how the pregnancy affected their lives and what changes had to be made to prepare for the infant. Include information on family involvement, relationships with others, and physical adjustments. |
| **CTSO connection(s)** | **Family, Career, and Community Leaders of America (FCCLA)** [**http://www.fcclainc.org**](http://www.fcclainc.org)  **STAR Events:**   * Chapter Service Project (Display and Manual): A team event – recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and act on a community need.   Families First- Students display research posters, mobiles, tri-fold boards on the development of an infant at a school open house or community |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson.<http://www.nylc.org/>   * Students will research local agencies, which provide family services during pregnancy.   Students will identify the needs of the families by contacting the family service agency. The students will determine what the needs of the families are and conduct an assistance drive (sock, shoes, and blankets) to donate to the families. The students will conduct a research of the family service agency. Where is it, how far it is from the school? How will they get there (transportation needs)? What are the costs, method of collecting the items they need, timeline for project, and delivery of needed items? |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)