Lesson 4: Healthy Pregnancy

Cluster of Learning Outcomes

Students will…

✔ K.5.S1.E.1c Describe responsible behaviours for a healthy pregnancy (e.g., receive prenatal care; avoid use of alcohol, tobacco, and other harmful drugs; consume nutritious foods and fluids; have regular medical checkups; avoid sexual intercourse with infected partners…).

K.4.S1.A.1 Examine personal strengths, values, and strategies (e.g., enhancing strengths, working on weaknesses, restructuring negative thoughts, thinking positively, persisting to achieve goals in spite of setbacks…) for achieving individual success and a positive self-image.

S.4.S1.A.2 Design, implement, and evaluate an action plan for making a decision based on personal values and beliefs related to physically active and healthy lifestyle practices (e.g., active living, good nutrition, no substance use, safety…).

✔ Indicates targeted learning outcome.

Lesson Focus

As a result of the learning activities within this lesson students will be able to

• identify factors that contribute to a healthy pregnancy
• recognize the negative effects of drugs and disease on pregnancy

Resources

Blackline Masters
• BLM S1-4.1: Maternal and Fetal Circulation
• BLM S1-4.2: Pregnancy and Drugs

Resource Masters (See Appendix C)
• RM 6: Fetal Circulation
• RM 7: Personal Care during Pregnancy
• RM 8: Pregnancy and Alcohol/Drugs
• RM 9: The Prevention of HIV/AIDS

Organizations/Websites
• Addictions Foundation of Manitoba: <http://www.afm.mb.ca/>
• Health Canada: <http://www.hc-sc.gc.ca/>

Professionals
• Elder/religious leader
• public health nurse

Print/Publication
Notes to Teacher

Teachers are encouraged to make connections with the substance use and abuse prevention strands (e.g., K.5.S1.D2) within the physical education/health education curriculum.

Current nutrition information is available from Health Canada at: <http://www.hc-sc.gc.ca/>.

For information on substance abuse during pregnancy, refer to the Addictions Foundation of Manitoba website at: <http://www.afm.mb.ca/>.

Also refer to RMs 6 to 9 (in Appendix C).

Curricular Connections

PE/HE:
K.5.S1.D.2

ELA:
GLO 1—Explore thoughts, ideas, feelings, and experiences
Suggestions for Instruction

1. **Factors That Affect Pregnancy**
   Invite a public health nurse into the class to speak to students or show a video about factors that affect a pregnancy (based on information provided in RM6 to 9). Encourage students to record key points and to raise questions.

   Use transparencies of BLM S1-4.1: Maternal and Fetal Circulation and BLM S1-4.2: Pregnancy and Drugs.

2. **Taking Care of Two**
   Students pair up and create a list of factors and behaviours that affect the health of a pregnant female and the developing fetus. Ask students to include positive factors (e.g., regular medical checkups) and negative factors (e.g., drinking alcohol during pregnancy). Create a master list for class discussion.

3. **Validate**
   Working in groups of four or five, students select a statement from a given list. Each group validates their statement for classmates. Encourage class discussion.

   **Examples of Statements:**
   - A pregnant female’s nutritional intake during her pregnancy affects the development of the fetus.
   - Smoking during pregnancy may harm the fetus.
   - By drinking alcohol, the expectant mother increases the risk of fetal alcohol syndrome.
   - Second-hand smoke is just as harmful as or worse than smoking for the expectant female and fetus.
   - Appropriate physical exercise during pregnancy is good for both the female and the fetus.
   - The male partner can play an important role during pregnancy.

Suggestions for Assessment

**Journal/Learning Log: Taking Care of Two**

Teacher Assessment: Anecdotal Notes

Students answer the following questions in their journals/learning logs:

1. What are five practices/behaviours that help a pregnant female to remain healthy?
2. Where could a pregnant female go for help and advice?
3. What role might a male partner play in taking responsibility for a healthy pregnancy?
Notes