

## 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

#### Print/Publication

- Manitoba Addictions Awareness Week (MAAW) Committee. *Manitoba Addictions Awareness Week: Resource Kit*. Winnipeg, MB: MAAW Committee, current annual publication. Available from Addictions Foundation of Manitoba.

#### 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

## 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 RMs 6 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