

Goal

To increase awareness about fetal development, general changes that occur during pregnancy, and management of common discomforts.

Objectives

By the end of the module, participants will be able to describe:

- Some common physical and emotional changes that occur in pregnancy.
- Some general changes in baby's growth and development through the pregnancy.
- At least one way to manage nausea, fatigue, back pain, and leg cramps.
- How to do Kegel exercises and pelvic tilts.
- When to see a health care provider for unusual pregnancy symptoms.
- The risk factors and signs and symptoms for preterm labour.
- How things change for the partner during pregnancy.
- Where they can access prenatal resources and services in their community.

Outline (60 – 75 minutes)

1. Introductions and housekeeping
2. Baby's growth and development
3. Pregnancy timelines
4. Changes by trimester
5. Preterm labour
6. Emotional changes
7. Partner adjustments
8. Community resources

Special Equipment

- Laptop/computer and projector.
- Growing Uterus Charts - Childbirth Graphics.
- Video: *Healthy Journey: Your Contemporary Guide to Pregnancy* (produced by InJoy Birth and Parenting Education)
- Internet access, to demonstrate due date calculator (www.sogc.org/health/pregnancy-calculator_e.asp). Consider using screen shots if internet is not available.
- Individual cards with possible reactions expectant women and their partners may have when they first find out they are expecting. Include a variety of reactions, including ones that may pertain to both, and ones that may pertain to just one of the partners.
- Sticky dots, two different colours.
- Backpack, weights (or watermelon) OR empathy belly for Empathy Belly activity.
- Flipchart and markers for Picasso Pregnancy activity.

Handouts

- Best Start Resource Centre. *Healthy Beginnings*, (5th Edition when available) or *A Healthy Start for Baby and Me* (2016)*
- Best Start Resource Centre (2016), *Preterm Labour Signs & Symptoms*.
- Best Start Resource Centre(n.d), *Physical Changes During Pregnancy Key Messages* PDF www.ontarioprenataleducation.ca/physical-changes/
- Best Start Resource Centre(n.d.), *Preterm Labour Key Messages* PDF www.ontarioprenataleducation.ca/preterm-labour/

Videos/Slideshow

- National Geographic (n.d). *The Biology of Prenatal Development*, , available from EHD Store at www.ehd.org/store/index.php?route=product/product&product_id=51
- National Geographic (n.d). *The Biology of Prenatal Development*, free video clips (widgets) available from www.ehd.org/get-free-videos.php
- Webmd (2014). *Slideshow: Fetal Development Month by month*. www.webmd.com/baby/ss/slideshow-fetal-development

References

Best Start Resource Centre. (2010). *Creating circles of support for pregnant women and new parents*. Toronto, Canada: author.

Motherisk. (n.d). *Information on morning sickness*. Toronto, Canada: author.

Simkin, P., Whalley, J., Keppler, A., Durham, J., & Bolding, A. (2010). *Pregnancy, childbirth and the newborn: The complete guide* (4th ed.) . Minnetonka, MN: Meadowbrook Press.

Society of Obstetricians and Gynecologists . (2016). *Kick counts*. Retrieved from <http://pregnancy.sogc.org/routine-tests/kick-counts/>

* Unless provided previously to participants.