

ARISE SPROUTS

TEEN PREGNANCY PREVENTION SERIES: PRENATAL CARE, DELIVERY, POSTPARTUM EXPECTATIONS AND MENTAL DEVELOPMENT

TABLE OF CONTENTS

About the Sprouts Series.....	3
Tips for Teaching ARISE Life-Management Skills.....	5
Performance Evaluation.....	7
ARISE Motivational Posters.....	8

SECTION ONE

Chapter One: Prenatal Care.....	13
Chapter Two: Delivery.....	26
Chapter Three: Postpartum Expectations.....	31
Chapter Four: Talk Show.....	37

SECTION TWO

Chapter Five: Your Child’s Mental Development.....	39
Chapter Six: Toys and Books.....	46
Chapter Seven: Poetry.....	50
Chapter Eight: Talk Show.....	52



TABLE OF CONTENTS (CONT.)

LEARNER'S WORKSHEETS

SECTION ONE

Chapter One: Prenatal Care.....	54
Quiz.....	100
Chapter Two: Delivery.....	101
Quiz.....	117
Chapter Three: Postpartum Expectations.....	118
Quiz.....	134
Chapter Four: Talk Show.....	135
Assessment.....	143

SECTION TWO

Chapter Five: Your Child's Mental Development.....	146
Quiz.....	166
Chapter Six: Toys and Books.....	167
Quiz.....	176
Chapter Seven: Poetry.....	177
Quiz.....	183
Chapter Eight: Talk Show.....	184

BONUS MATERIAL, ASSESSMENTS, AND ANSWER KEYS

Using ARISE True Life Tales to Create Memorable Learning Experiences..	191
ARISE True Life Tales.....	192
Assessment.....	210
Worksheet, Quiz and Assessment Answers.....	212
67 Reasons to Wait for Sex.....	218
How to Use ARISE Motivational Quotes and Posters.....	222
Additional Motivational Posters.....	224
ARISE Curricula and Training.....	227

ARISE SPROUTS

TEEN PREGNANCY PREVENTION SERIES: PRENATAL CARE, DELIVERY, POSTPARTUM EXPECTATIONS AND MENTAL DEVELOPMENT

SECTION ONE

**“We find delight in the beauty and happiness of
children that makes the heart too big for the body.”**

—Ralph Waldo Emerson



www.ariseflife-skills.org

1

PRENATAL CARE

Objective: Learners will develop an awareness of the importance of prenatal care, including visits to the doctor, good nutrition, and general health care.

PRENATAL POEM

Worksheet: *Page 54*

Learner's Workbook: *Page 7*

1. Ask learners to define “prenatal.” Explain that “prenatal” is used to describe the time between when a woman gets pregnant and when she has the baby. During this time, it is important for expectant mothers to take especially good care of themselves to prevent possible problems with pregnancy.
2. Have learners open their workbooks to worksheet page 54, Learner's Workbook page 7. Allow time to create a poem about keeping healthy during pregnancy. For example, *eating a balanced diet; getting regular exercise and going for routine doctor check-ups*. Once everyone has finished, encourage them to present their work out loud.

DOCTOR VISITS

Worksheet: *None*

1. Discuss how important it is for a woman to see a doctor as soon as she thinks she may be pregnant. Prenatal visits give expectant mothers the opportunity to ask questions. They can talk about the changes their bodies are going through and discuss physical discomforts and methods of relief.
2. Divide learners into pairs and have them talk about any problems future mothers may experience (physical or emotional). For example, *they may feel insecure about raising a child, or perhaps gaining weight is a big issue*.
3. Share responses as a group. Add the following answers if they are not mentioned: *feeling tired, headaches, dizziness, nausea, vomiting, cramps (leg, abdomen, back), heartburn, varicose veins, belching, constipation, blotching of the skin, swelling of hands and feet and hemorrhoids*.

WORTH REMEMBERING...

“When I was pregnant, I obsessed about whether my baby would be okay. What soothed me most was finally hearing her heartbeat.”

— *Melanie Haiken, Parenting Magazine*

SHARING WHAT YOU KNOW

Worksheet: *Page 55*

Learner's Workbook: *Page 8*

1. Inform learners that doctors usually perform blood tests to check for conditions such as Rh factor, anemia, Rubella (German measles), and sexually transmitted diseases like HIV. These are done to ensure a healthy baby.
2. Explain to learners Rh factor is a substance found in a person's red blood cells. When a woman who's Rh-negative becomes pregnant, it's very important to determine whether or not her child carries the Rh factor. This is crucial because a mother who has this condition will develop antibodies in her blood which destroy her baby's red blood cells. There is a chance Rh-positive infants born to Rh-negative mothers may have anemia, jaundice, or brain damage. The child may even die. Doctors have been able to reduce these risks by giving the woman a medication called Rhogam®, which prevents the mother's blood from developing those antibodies that attack her infant's blood cells.
3. Direct everyone to worksheet page 55, Learner's Workbook page 8. Have learners write a letter to a pregnant friend convincing her to get tested.

SEXUALLY TRANSMITTED DISEASES

Worksheet: *None*

1. Herpes and syphilis are two STDs (sexually transmitted diseases) expectant mothers need to be especially concerned about. Symptoms of genital herpes include a rash, minor sores, large blisters, or open sores on the genitals or anal area. This disease is easily passed on to someone else. It's also possible to have herpes and not show any signs. The first warning of syphilis is an open sore called a chancre (pronounced SHANK-er). It can be located on the genitals of both men and women, inside the vagina, anal area, mouth, or throat.
2. Women with herpes cannot deliver a baby vaginally because the infant may catch the disease during childbirth. If the disease is in an active stage, a mother will have a cesarean section (a c-section), in which her stomach is cut open to deliver the child. It is very important to prevent herpes infection in newborns because if the disease is left untreated, the baby will die.
3. Teach learners that prevention is the best medicine. While condoms help to stop the spread of STDs, they are not foolproof. Ask volunteers to discuss different steps they will take to protect themselves against herpes and syphilis.

NOTE TO INSTRUCTORS: Before going on to the next page, turn to the "67 Reasons to Wait for Sex" worksheet on page 218, Learner's Workbook page 160. Have volunteers take turns reading each reason until all have been read. Once they have finished, talk about the reasons as a group. Which of the reasons made the most sense to the learners? Why?

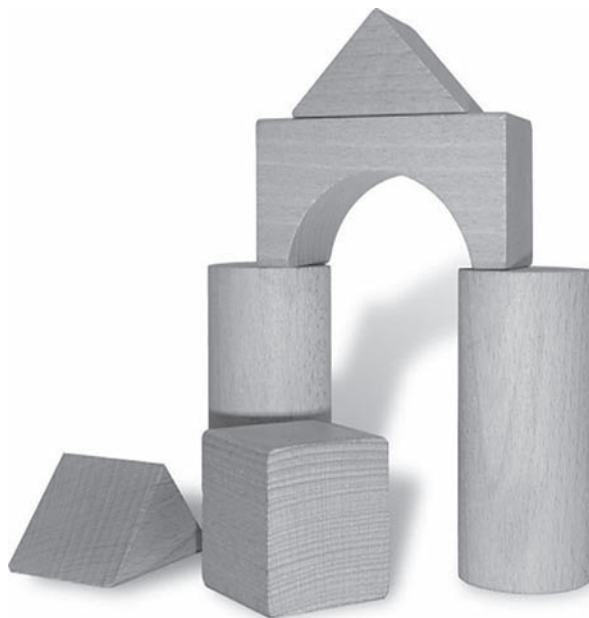
ARISE SPROUTS

TEEN PREGNANCY PREVENTION SERIES: PRENATAL CARE, DELIVERY, POSTPARTUM EXPECTATIONS AND MENTAL DEVELOPMENT

SECTION TWO

**“We worry about what a child will become tomorrow,
yet we forget that he is someone today.”**

—Stacia Tauscher



www.ariseflife-skills.org

5

YOUR CHILD'S MENTAL DEVELOPMENT

Objective: Learners will understand how they can help turbocharge their child's mind and stimulate a child's mental development.

MIND POWER

Worksheet: *Page 146*

Learner's Workbook: *Page 97*

1. Have learners turn to worksheet page 146, Learner's Workbook page 97. Select one volunteer to read the information.
2. As a group, discuss why it is important to give a young child attention, as well as the opportunity to grow up in an exciting environment and develop his mind power.

MENTAL DEVELOPMENT TABLE

Worksheet: *Pages 147 and 148*

Learner's Workbook: *Pages 98 and 99*

Direct learners to look at worksheet pages 147 and 148, Learner's Workbook pages 98 and 99. Ask for volunteers to read the information and discuss each different stage as a group.

SHARE AND DISCUSS THE FOLLOWING WITH LEARNERS:

“Don't forget that when compared to a grown-up, every baby is a genius. Think of the capacity to learn—the freshness, temperament, and will of an infant a few months old!”

—May Sarton, *Mrs. Stevens Hears the Mermaids Singing*

ARISE SPROUTS

TEEN PREGNANCY PREVENTION SERIES: PRENATAL CARE, DELIVERY, POSTPARTUM EXPECTATIONS AND MENTAL DEVELOPMENT

SECTION ONE

LEARNER'S WORKSHEETS

“Soft is the heart of a child. Do not harden it.”

—Unknown

www.ariseflife-skills.org

PRENATAL POEM

On the lines below, create a poem about keeping healthy during pregnancy. For these purposes, don't worry about grammar or spelling. Just do the best you can. The main idea is for you to participate.



SHARING WHAT YOU KNOW

Write a letter to a pregnant friend convincing her to get tested for HIV. In the note, use the information below. For these purposes, don't worry about grammar or spelling. Just do the best you can. The main idea is for you to participate.

Many children with AIDS were infected by their mothers during pregnancy or delivery.

Approximately 70 percent of newborns who test positive for HIV will test negative for the virus after several months. This is because of the time it takes for healthy newborns to get rid of maternal antibodies (things that fight off disease) from their systems.



Dear Friend,

Love,

MIND POWER

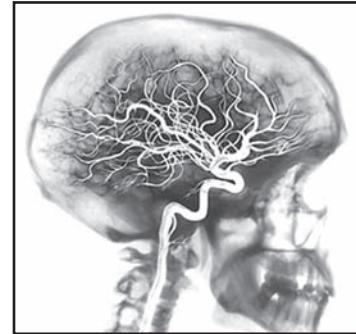
- The majority of what we learn is obtained before we graduate from elementary school.
- 40 percent of everything we know is acquired by age four.
- We learn 80 percent of what we will ever understand by age eight.
- Stimulating (exciting) a child's senses changes the size and structure of his brain. It even alters how it works.
- According to a scientific study, 60 to 65 percent of a child's working vocabulary is acquired by age three.



MENTAL DEVELOPMENT TABLE

Newborn

- Day 1: Listens and is alert
- Day 3: Responds when spoken to
- Day 9: Eyes move to sound
- Day 14: Recognizes his mother
- Day 18: Makes sounds and turns his head
- Day 24: Mouth moves when mother speaks



12 Weeks

Your baby begins to understand his body. He looks at and moves his fingers. He will respond to conversation with nods, smiles, mouth movements, noises, and squeals.

Activity:

Act out nursery rhymes with your child by using dramatic expressions.

24 Weeks

Your infant makes attention-seeking noises. He will smile at a mirror and blow bubbles.

Activity:

Have your child drop an object; then give it back to him.

Push a ball toward your little one, showing him how it rolls.

One Year

Your baby knows about kissing and shows many emotions. He will pick up a toy and hand it to you, or he says a few meaningful words. He may recognize an object in a book and point to it.

Activity:

Talk about what you're doing while you perform it, such as putting on clothes.

Help your child learn about animals and sounds they make.

MENTAL DEVELOPMENT TABLE (CONT.)

18 MONTHS

Your toddler can recognize some items on a page and will point to them if you say their names. He will imitate your actions. He can complete a one-direction request.

Activity:

Encourage learning by doing things over and over.
Introduce simple shapes and repeat words.

Two Years

Your child has an increasing vocabulary of the names of objects. He can perform difficult orders and will recognize something previously played with. He will begin to talk and ask questions.

Activity:

Help him use simple tools, such as a shovel, hammer, crayons.
Frequently look at picture books with your child.

Three Years

Your toddler asks a lot of questions. He can count to 10 and build with blocks. He prefers real-life games.

Activity

Work on your child's memory by reminding him what you did before.
Make up stories with your child as the main character. Help your little one make simple decisions.

