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Exploring the Consequences I: If You Think a Pimple Is Embarrassing! **Lesson Objective**

Time: **45 minutes**

New York State Parenting Standard: **Standard 2: Human Growth and Development**

Aim: **For students to gain an understanding of healthy growth and development of a pregnant woman and her child.**

Objectives: Students Will:

- 1. Discuss the importance of prenatal care**
- 2. Understand the risks of teen pregnancy**
- 3. Understand the effects of an unhealthy pregnancy on mother and child**
- 4. Be able to see and/or feel what it is like to be nine months pregnant**

Materials Needed:

Empathy Belly; Charts and Posters, including: uterine/fetal growth charts, fetal alcohol syndrome; cigarette smoking and pregnancy, healthy choices during pregnancy, fetal models 10weeks and 25weeks, Pelvis/placenta/newborn model. “Where Does All the Weight Go?” handout, Ten Good Reasons NOT to be a Teenage Parent Pamphlet (purchase through Journeyworks Publishing 800-775-1998). *These materials may be available through your local Maternal Infant Services Network, Cornell Cooperative Extension or Other Agency in your area working in the field of Human Development or Parenting.*

Exploring the Consequences: If You Think A Pimple Is Embarrassing! Lesson Outline

- I. Discussion – Pregnancy should be planned
 - A. Importance of folic acid, prenatal care proper nutrition
 - 1. The way to better health for the mother and the baby is for the pregnancy to be planned so that you can prepare months (3+) in advance, with healthy eating habits and increase folic acid intake.
 - B. Risks of teen pregnancy
 - 1. Low birth-weight
 - 2. Premature babies – physical risks, financial burden
 - 3. HIV/STDs (paternal risk factors)
 - 4. Lack of prenatal care, poor nutrition
 - 5. Emotional complications/relationships/stress
 - C. Unhealthy pregnancy
 - 1. Fetal alcohol syndrome
 - 2. Cigarette smoking/substance abuse
 - 3. Over the counter and prescription medications
 - D. Father’s role physically, financial, emotionally
- II. Discussion – Birth and newborn Care
 - Labor and Delivery
 - 1. Vaginal v. Cesarean Birth (Include your local statistics)
 - B. Infant Feeding – pros and cons
 - 1. Breastfeeding – gives immunity to the baby through the mother to prevent illness and infections; free; easy; perfect temperature; promotes bonding. There are more limits regarding who can feed baby; mother cannot use drugs (legally or illegal) and must be aware of her nutritional intake. It is also not recommended for mothers suspected to have HIV infection.
 - 2. Formula – does not supply natural immunity to the baby as breast-milk does; more illness which costs money and time; preparation time; cost money; allows for others to feed baby.
- III. Practice with the Empathy Belly
 - A. The Empathy Bell is a used to simulate a pregnancy –what it feels like to be pregnancy. It allows the wearer to feel over 20 symptoms of being pregnant which include: Weight gain of 30lbs, shallow breathing and shortness of breath; bladder pressure; Shift in center of gravity, waddling;

During presentation students with signed parental permission slips will have the opportunity to wear the Empathy Belly for several minutes. Handout describes how weight gain is distributed during pregnancy

