HIGH SCHOOL
LESSON VIII
THE BIRTH PROCESS
MATERNAL AND FETAL DEVELOPMENT

Objectives
Students will
• Discuss how confirmation of a pregnancy test is determined
• Discuss pre-natal care and development in each trimester
• Determine factors that influence pre-natal development such as diet, lifestyle and care
• Describe the development of the fertilized egg through pregnancy
• Explain the physical changes that occur in the body from conception through birth

Concepts
1. The stages of development from fertilization to birth are divided into monthly units after the first week.
2. There may be pregnant students in the class, therefore, it is crucial to provide correct information in a sensitive manner.

Activity Choices
1. Divide the class into 10 groups. Assign each group one stage of development starting with the first week after fertilization and continuing for nine months. Have students further research a presentation regarding the stage of development assigned. Include the impact of the mother’s health and behavior on the developing baby.
2. Discuss the fact that when planning to become pregnant, a female should be in optimum physical health to increase chances of a healthy baby. In Pima County, teens give birth to 14.8% of the babies, yet they have 19.3% of the fetal deaths and 18.9% of the infant deaths. Some health precautions to take before pregnancy are:
   A. make sure immunizations are current
   B. maintain a healthy, well balanced diet including the proper vitamins and minerals (especially folic acid)
   C. maintain a healthful level of physical fitness
   D. abstain from harmful substances
   E. manage chronic illnesses
   F. treat minor infections
   G. avoid closely spaced pregnancies
   H. avoid pregnancy until after the age of 19
3. Discuss the vocabulary list for student understanding

Vocabulary
1. conception 5. obstetrician
2. embryo 6. pediatrician
3. ectopic pregnancy 7. fetus
4. RIA test 8. miscarriage