

# Step Up to Prenatal Care

## **Use:**

- For discussion of the importance of prenatal care and lifestyle choice that can consequences of nutrition, exercise, medical care, medication, drugs/alcohol, rest, and hydration.

## **Preparation:**

- Prepare individual cards with four different statements from the list below
- Two cards should have all negatives (leave off "Gave birth to a child without receiving prenatal care")
- Eight cards should have three positives, and one of each of the negatives.
- The remainder of the cards should have four positives.

## **Implementation:**

- Have all students stand in a straight line on one side of the room at least four steps from the wall behind them. You may have students from more than one line, and face each other, being sure to leave at least four steps behind them.
- Give each students one card with four characteristics list as prepared above. Be sure to give out all the cards with negative behaviors (2 with all negative, 8 with one negative - the rest will be all positive characteristics
- Indicate that when a positive behavior/characteristic is read that is listed on their card, they are to take one step forward.
- If a negative behavior/characteristic is read that is listed on their card, they are to take one step backward.

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- Read the characteristics below. The negatives are listed in red.
  1. Went to the doctor's over 12 times.
  2. Ate plenty of fast food and restaurant meals.
  3. Ate 5 cups of fruits daily.
  4. Helped a friend move to a new house.
  5. Ate 5 cups of vegetables.
  6. Played basketball and baseball regularly
  7. Walked 30 minutes a day, 5 days a week.
  8. Drank little or no alcohol.
  9. Used aspirin or ibuprofen to relieve headaches
  10. Consumed 1 cup of yogurt, 1 ounce of hard cheese and 3 cups of milk daily.
  11. Exercised on elliptical machine and took a cycling class.
  12. Didn't use any illegal drugs.
  13. Drank enough to feel "buzzed" twice a week
  14. Asked advice from you doctor about prescription drugs.
  15. Started prenatal care during the first month of pregnancy.
  16. Got adequate sleep.
  17. Didn't obtain a flu shot
  18. Gave birth to a child without receiving any prenatal care.
  19. Stayed hydrated.
  20. Took pre-natal vitamins as recommended.
  21. Smoked 2 packs of cigarettes each week.
  22. Consumed recommended amounts of proteins in healthy foods.

Implementation: (continued)

- Students can determine if it is a negative or positive through discussion during the activity.
- When all the statements are read, have students sit in groups:
  - Students who had only negative behaviors (2 students)

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- Students who had only (1) negative behavior with (3) positive behaviors. (8 students)
  - Students who had only positive behaviors (all others)
- Ask the students in the "positive group" and the "mostly positive", what kinds of things they did that were good for prenatal care and why this is important.
  - Ask the group of "mostly positive" students to each indicate what was the negative characteristic, and why that isn't healthy for a person who is pregnant.
  - The "all negative group" will have each of the negative characteristics.
    - Example: People who smoke two packs of cigarettes per week have an increased chance of having a child with asthma.

## Options:

- Indicate to the "all negative group" that they never were pregnant, and that their lifestyle choices did not negatively affect an infant. Discuss the benefits of abstinence and contraception to avoid pregnancy.
- To include males, ask how this affects fathers.
  - Cost of prenatal care, healthy food for mother may change his nutrition habits, reduce smoking and drinking.
- Place a sticker or mark on one of the "all positive" cards to indicate the high incidence of health issues with infants born to teen mothers.