










Lessons & Links




Childbirth

	<p>Objective Examine the preparation for labor, signs of labor and the process of delivery.</p>
	<p>Visuals Bulletin Board: Dr Suess, The More You Know, the Calmer You'll Feel</p>
	<p>Materials Birthing doll, charts, dilation model, Bring all food items lists on page 15 of Childbirth from A - Z Handbook</p>
	<p>Books Childbirth from A to Z handbook</p>
	<p>Blended Learning Drugs Used in Labor(Gale Virtual Reference)</p>
	<p>PowerPoint Labor & Delivery</p>
	<p>Videos You Tube: Partly Cloudy</p>
	<p>Handouts Epidural Anesthesia Pain Relief for Labor and Giving Birth Anesthesia and You Hero During Labor Road Map of Labor & Delivery The Process of Labor and Birth Chart</p>
	<p>Worksheets Labor & Delivery Word Sort, with Words I Know in Sentences Stages of Labor Fill In The Blanks Is It True or False Labor Be A Hero During Labor Epidural for Childbirth Anticipation Guide My Birth Plan Labor & Delivery easy as ABC 123</p>

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Instructional Procedures

	<p>Activate Prior Knowledge Use Labor and Delivery Wordsort to fill in Words I Know and Use in Sentences WS. Pair & Share.</p>
	<p>Discussion View You Tube Video: Partly Cloudy and discuss the message. How can a couple be prepared for Labor & Delivery and their newborn?</p>
	<p>Lesson</p> <p>Begin with Childbirth A to Z handbook. Students can look at the table of contents and circle all topics that most interest them. Then turn to those sections, read and then pair and share with classmates. What did they learn or find interesting?</p> <p>Describe the signs and appropriate responses to preterm labor. Predict the difference between Preterm, True and False labor. Read information (Handbook pg 7). Complete Is It True or False Labor WS.</p> <p>Discuss packing for the hospital (handbook pg 3). What are some valuables you should leave at home?</p> <p>Discuss the coach's duties and How to Be a Hero</p> <p>Classify the medical procedures conducted during admission, labor and delivery. (handbook pg 8 & 15)</p> <p>Show the Road Map of Labor and discuss the various paths women may take to giving birth. Describe what is happening along the journey.</p>



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Think about a time when you were getting a shot or medical procedure. Consider which of the following cause MORE or LESS pain:

- Feeling afraid (MORE)
- Support of loved ones (LESS)
- Focusing on relaxing (LESS)
- Not knowing about the process (MORE)
- Using breathing techniques (LESS)
- Tense, tightened muscles (MORE)
- Listening the “horror stories” (MORE)
- Panicking (LESS)

Students complete the [Epidural for Childbirth Anticipation Guide](#). Pair and Share. View [Epidural Anesthesia](#) and answer the True/False Questions and correct the false statements.

Students will read and code the text ([see coding symbols](#)) in the articles; [Pain Relief for Labor and Giving Birth](#), [Anesthesia and You](#)

Discuss why relaxation is important (Handbook pg 11 & 19)
Find meditation apps and practice relaxation techniques.

Complete Video Summary WS for “Labor & Delivery for Teens” or [Labor & Delivery ppt](#).






Explain the stages of labor and delivery using dilation and uterus model to demonstrate the stages of labor. (handbook pg 13 & 20).

Dilation (Handbook pg 16) Bring all food items listed and have students measure in centimeters. Place in order from 1 – 10 centimeters to illustrate the changes in the first stages of labor.

View the [illustrations on Stages of Labor & Delivery](#). Discuss

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	<p>The 3 phases of labor and 3 stages of L & D.</p> <p>Complete the worksheet, Labor & Delivery: Easy as ABC and 123. Also refer to The Process of Labor & Birth.</p> <p>Optional Activity: Cut the descriptions on worksheet into strips and have students sort them into correct sequence.</p> <p>Complete Childbirth from A to Z fill in the blanks</p> <p>Complete My Birth Plan and share with coach and caregiver.</p>
	<p>Hands-on Activities Play Labor & Delivery Go Fish Card Game</p>
	<p>Writing Prompt Write about childbirth from your baby's point of view. What was it like, what was baby thinking, what would baby say?</p>
	<p>Apps Search and evaluate apps about labor & delivery.</p>
	<p>Pinterest Search for infographs about labor & delivery. Write a comment and pin to classroom board.</p>
	<p>Assessment Test: Childbirth</p>