

## ***K: Pregnancy and Birth***

### ***Educational Aims***

- 1. Describe the stages of birth*
- 2. Name gestures that help welcome a baby into a new family*

### ***Children will:***

- *Learn about the stages of birth from conception, growth over the 9 months, changes in the mother, ways a baby can be delivered, and finally how to welcome a baby into a new family*
- *Understand it takes a sperm and an egg to make a baby, one cell coming from the mother and one from the father, and know when the two cells meet they produce a fetus*
- *Learn about the fetus attaching to the uterus and growing into a baby*
- *Learn about multiple babies (ex: twins, triplets, etc.)*
- *Learn that during pregnancy the mothers body takes care of all the needs of the baby, the mothers body will transform to adapt to the growing baby (ex: tired, sick, produce milk, etc.)*
- *Learn it takes 9 months for the fetus to grow and this is divided into 3 stages, 1st, 2nd, and 3rd trimesters*
- *Learn babies can be born in different places, many different people can be present, and a child can be delivered naturally or by cesarian*
- *Learn that welcoming a new baby into a family can look different for everyone, how a baby might be welcomed, how we prepare for a new arrival, what are the needs of a new baby, and who can meet these needs*
- *Learn there are many different family models (ex: nuclear, single, homoparantal, adoptive, recomposed), with the understanding that all children are loved*
- *Learn that some children are adopted*

*Activity: with the use of different books children will learn about the process of a new baby from conception to bringing a baby home*

*Examples of complementary activities:*

- Describe the stages of birth in pictures*
- Share the story of your birth from a photo taken of you and explain how you were welcomed into your family*
- Illustrate your family and describe it to others*
- Illustrate different family models*