



# PREGNANCY BASICS

## SESSION I: Emotional Health and Stages of Pregnancy

### LEARNING OBJECTIVES

Participants will:

1. Know the importance of emotional health in your well-being and the health of your baby
2. Understand the stages of pregnancy
3. Understand normal body changes during pregnancy
4. Understand the importance of healthy eating for your health and the health of your baby
5. Understand the importance of early and continuous prenatal care
6. Know how to access quality health care resources and establish a medical home
7. Know what prenatal tests will be given during your stages of pregnancy
8. Know when to contact a health care provider if concerned about or experiencing pregnancy complications
9. Understand the consequences of using drugs and alcohol and your ability to keep your baby
10. Know what are kick counts and why their important for a healthy birth outcome
11. Understand what is preterm labor and the warning signs
12. Understand the importance of a support system during pregnancy

### SESSION OUTLINE/AGENDA: 10:00 am 12:00 pm

Title	Facilitator	Time-Frame
Introduction	Sandra/Vella	10 minutes
Emotional Health Choices	Sandra/Vella	10 minutes
Stages of pregnancy	Sandra	25 minutes
Healthy Eating	Vella	15 minutes
Break	Sandra/Vella	05 minutes
Important Tests during Stages of Pregnancy	Sandra	15 minutes
Consequences of testing related to Substance Use during Pregnancy	Sandra	10 minutes
Introduction of Kick Counts	Vella	10 minutes
Overview of the Signs of Preterm Labor	Sandra	15 minutes
Resources/Questions and answers	Sandra/Vella	05 minutes



**EQUIPMENT NEEDED**

- LCD projector
- Laptop computer

**TEACHING SUPPLIES**

- Flip chart paper
- Markers
- Dry erase markers (if needed)
- Pregnancy Timeline poster
- With Child chart set posters
- Flip chart on Healthy Eating
- Baby models
- Pelvis model
- Growth and Development of the Baby video

**HEALTH EDUCATION MATERIALS NEEDED**

- Also Script Notes for handouts
- PowerPoint for the Session

**PARTICIPANT INCENTIVES**

- ACHSI Journals