

PREGNANCY WITH AN APP – PART 2

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Volume 53 / High School

Delivering a personal pregnancy experience!



**NASAFACS 15**

**15.2** Evaluate parenting practices that maximize human growth and development.

**NASAFACS 4**

**4.1** Analyze career paths within early childhood, education & related services.

**NASAFACS 12**

**12.2** Analyze conditions that influence human growth and development.

**Objectives:**

Students will...

- Analyze the growth and development of a child within the womb from conception to birth
- Learn how a baby develops inside the womb at each week of pregnancy

**Essential Questions:**

- What factors influence a person's choice to have a child?
- What roles do doctors play in the birth of children?

**Corresponding FCCLA Star Event Categories:**

- Early Childhood Education
- Focus on Children
- Life Event Planning

**Materials List:**

- iPad® or compatible device for each student or group
- Sprout Pregnancy App
- *Beginning of Life* Set of 5 DVDs (WA29666)
- Empathy Belly® Pregnancy Simulator (Teen Version, SB43112; Adult Version, SB43113)



WA29666



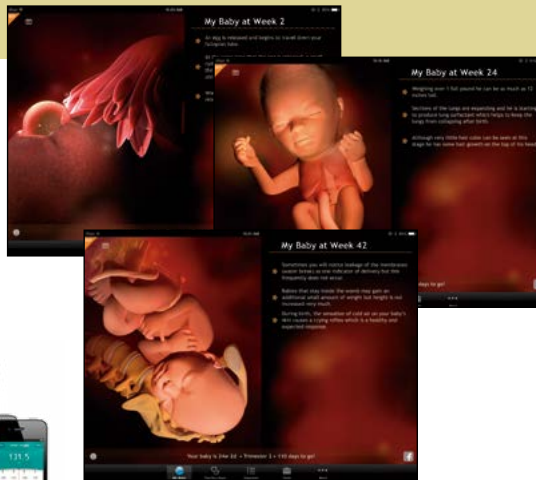
WA31781



SB43113

**Additional Nasco Resources Recommended:**

- With Child Life-Size Display (WA17647)
- Ready-or-Not Tot® Parenting Simulators (go to [NascoEducation.com](http://NascoEducation.com) for a complete listing)
- *Beginning of Life: From Conception to Baby* DVD (WA29321); one of the *Beginning of Life* Set of 5 DVDs, (WA29666) listed above in the Materials List
- *Beginning of Life: Understanding Childbirth* DVD (WA29320); one of the *Beginning of Life* Set of 5 DVDs, (WA29666) listed above in the Materials List
- *50 App Activities for Life Skills* Book by Ashley Davis, M.Ed. (WA31781)



Empathy Belly®  
Pregnancy Simulator  
(SB43112)

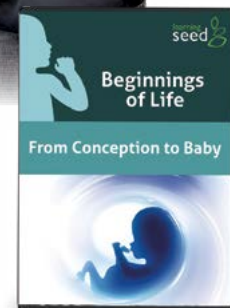
## DAY 1

### Introduction (30-35 minutes):

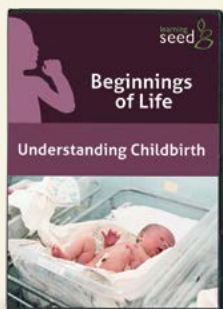
Have students download and use the free app Sprout Pregnancy. Explore the app as a class and view the baby at each week as it looks inside the womb. Watch the DVD, *Beginning of Life: From Conception to Baby*, and discuss how the program relates to the information available in the Sprout app.

### Activity 1 (15-30 minutes):

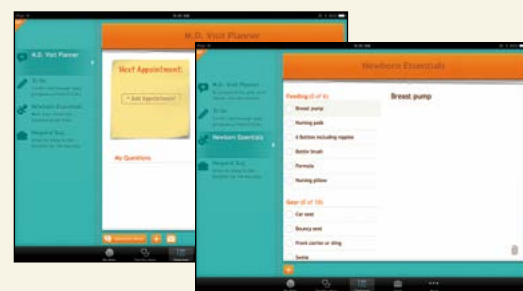
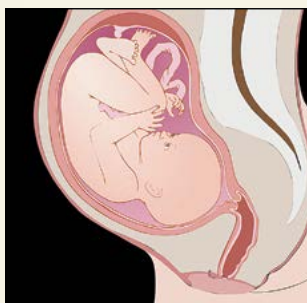
**My Baby**—Assign each student a week of pregnancy (also works to group students or weeks) to research. Have students record the facts about the assigned week for their notes. After they have recorded the information, have students wear the Empathy Belly® Pregnancy Simulator around the classroom at various weights. This will help them feel what pregnancy is like at each week.



WA29321



WA29320H



## DAY 2

### Activity 2 (30-40 minutes):

**The Doc Says**—Students should record the key facts about what the doctor says for the week assigned in the previous activity. Some weeks may include items to add to the “to do list” or the “MD visit planner.” When they finish, watch the DVD, *Beginning of Life: Understanding Childbirth*, and discuss their app research in comparison to information presented in the program. You can also have them share their findings with the class.

The doc says...

### Activity 3 (10-15 minutes):

Use the “Tools” section of the Sprout app to complete the following activities:

- **MD Visit Planner:** Students should record two questions in addition to any the app may provide to ask a doctor in relation to their week.
- **To Do:** Students should pick 10 items from the “Newborn Essentials” list and find a price for each online. Record findings in the “To Do” section (e.g., Blanket = \$5 from Target.com).

### Additional Activities:

- Watch the DVDs *Beginning of Life: Heredity and Environment* and *Beginning of Life: Newborn Development*.
- Use the With Child Life-Size Display for extended learning and life-size examples.
- Use these additional Free Sprout Apps to add a digital aspect to the Ready-or-Not Tot® at-home experience; have students track their time with the Ready-or-Not Tot® on the Sprout Apps:

Sprout Baby  
Pregnancy Journal

Growth Tracker  
Feeding Tracker

Diaper Tracker  
Sleep Tracker