

PREGNANCY WITH AN APP

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Volume 28 / Middle 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
- Create growth charts and visualize infant development

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:

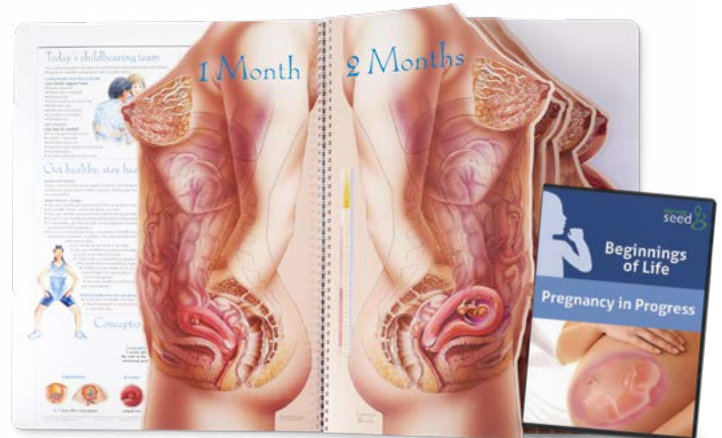
- Early Childhood Education
- Focus on Children
- Life Event Planning

Materials List:

- iPad® or compatible device for each student or group
- Sprout Pregnancy App
- Large Paper
- Rulers
- Uterus/Fetus Model Set (**SB32704**)
- With Child Life-Size Display (**WA17647**)
- *Beginning of Life: Pregnancy in Progress* DVD (**WA29323**)



SB32704

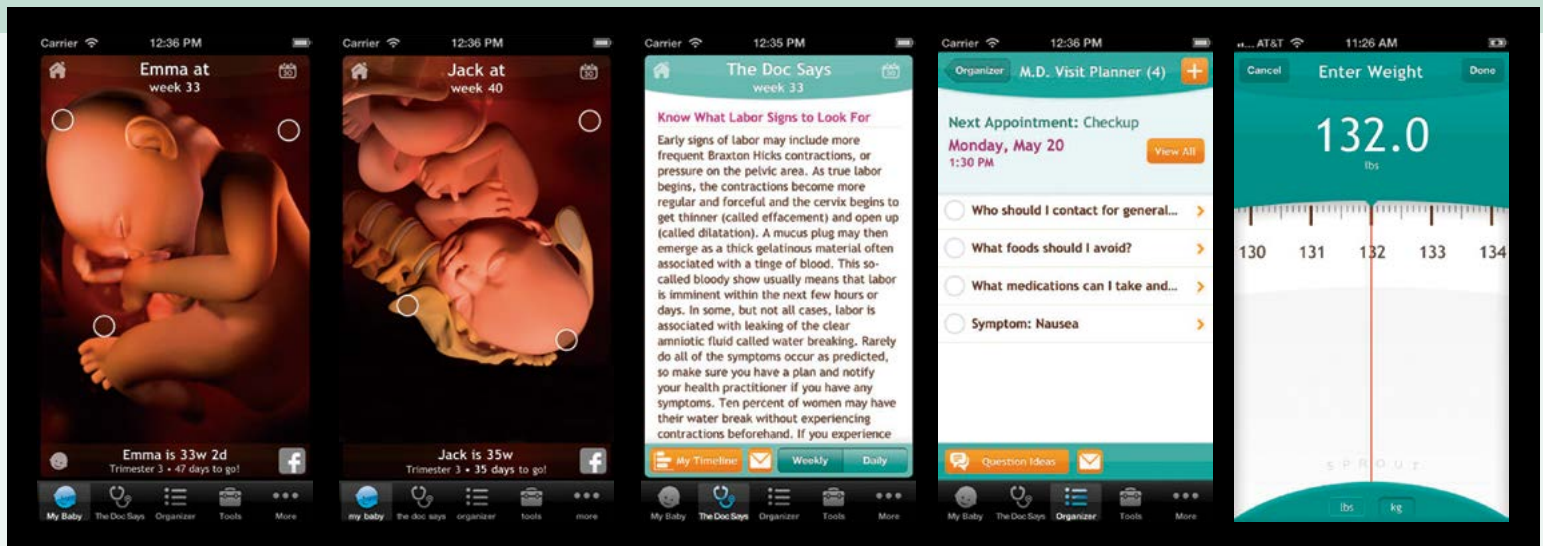


WA17647

WA29323

Additional Nasco Resources Recommended:

- *Beginning of Life* Set of 5 DVDs — **WA29666** (*Beginning of Life: Pregnancy in Progress* DVD listed in Materials List above [**WA29323**] is included in this complete set)
- *50 App Activities for Life Skills* Book by Ashley Davis, M.Ed. (**WA31781**)



DAY 1

Introduction (5-10 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. Listen to the sound effects and discuss the baby development.

Activity 1 (15-30 minutes):

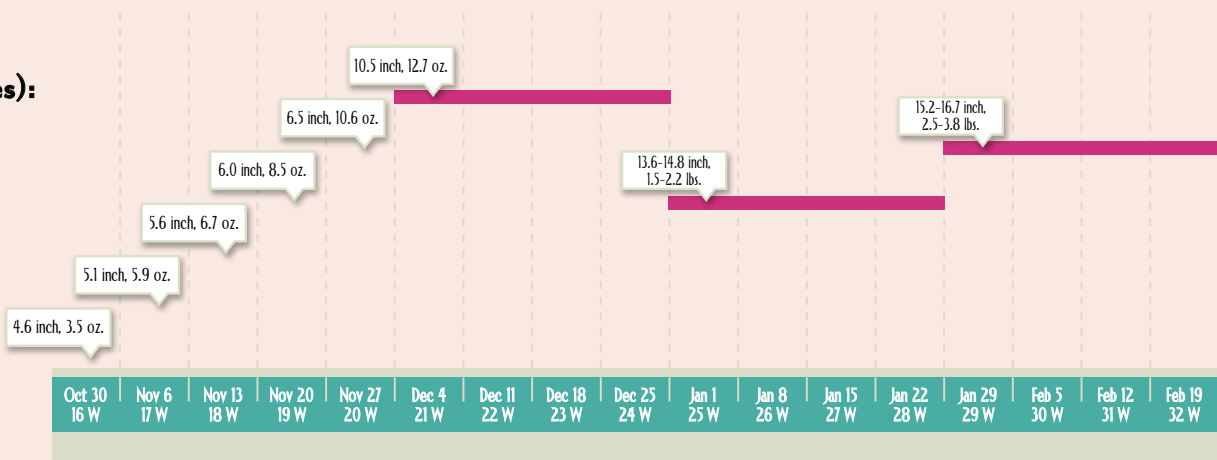
Have students record the definitions of the following vocabulary words/terms:

Fetal Kicks	Birth Canal	Umbilical Cord
Lanugo	Conception	Doppler
Fetal REM	Corpus Luteum	Fetus
Braxton Hicks Contractions	Zygote	Testosterone
Breech	Blastocyst	Estrogen
Water Break	Embryo	Amniotic Fluid

DAY 2

Activity 2 (30-40 minutes):

Have students create a growth chart of the baby inside the womb using a large piece of paper and a ruler. Each week of pregnancy should be represented on the chart. Size information can be found on the top of each page of the Sprout App. Use the Uterus/Fetus Model Set to help students visualize what the lifelike size of the fetus is at various weeks of pregnancy (8, 10, 16, 22 and 40). Have them compare their charts to the models.



Conclusion (10-15 minutes):

Have students put vocabulary words on the growth charts in the appropriate locations and discuss their relationships. Use the With Child Life-Size Display to add more information and details to their growth charts.

Additional Activities:

- Watch the other *Beginning of Life* DVDs and compare them to the app information.
- Explore these additional Free Sprout Apps:

Sprout Baby	Growth Tracker	Diaper Tracker
Pregnancy Journal	Feeding Tracker	Sleep Tracker