

Lesson Instructions

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Getting prepared for birth can be a bit scary. This lesson helps the girls to prepare.

Suitable For: All clients.

Time Frame: Mid or late third trimester.

Lesson Objective: To help your client prepare for the coming baby.

Instructions: Show the DVD *Understanding Pregnancy, Chapter 2 (Medical Care- Third Trimester Only)* first, then hand out the discussion sheet. Go over the discussion sheet with your client.

Note: You can use this lesson as a review of medical information learned early on in their pregnancy. If your client is not in their 3rd trimester do not show the DVD. The information is simply a review of different tests or medical information pertinent to the third trimester. The discussion worksheets can stand alone and cover a lot of good information about kick counts and getting everything ready for their baby.

*** Questions to discuss with your client are bolded and italicized.**

Homework: Give the client the checklist and the Kick Count homework.

Supplies: DVD: *Understanding Pregnancy*

Video Length: 1:40

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