



Are you ready for a baby?

(Classroom discussion time: 20 minutes;
Additional student time required prior to discussion)

National FACS Standard: 15.4 and 15.4.1

Objectives:

Students will:

- Recognize the responsibilities associated with being pregnant and having a newborn.
- Consider the physical, emotional and financial aspects of pre-pregnancy, pregnancy, and post-pregnancy planning.
- Understand how much planning is necessary before the decision to have a baby is made.

Materials Needed:

None needed

Instructions:

Have students keep a journal of the following questions for one week day and one weekend day.

- What time did you wake up?
- What time did you go to sleep?
- What did you eat during the day? (Be specific: Include Junk food, fruits, vegetables, etc.)
- What activities did you participate in? How much time did you spend with each?
- Were you tired during the day? If so, were you able to take a break and rest or nap?
- Do you work? If so, how much money do you typically make each week?

After step one is complete, share these facts with the students as well as discussing pregnancy and the health, social, financial and psychological implications.

- Pregnant women must eat a balanced and healthful diet.
 - That includes taking a multi-vitamin with 400 mcg of folic acid every day
- Pregnant women tire more easily and often need to take frequent naps during the day.
- Pregnant women must choose a prenatal care provider.
- Being a parent is a full time job, so it is important to make sure you are ready emotionally, physically and financially.
- Moderate exercise is an essential part of a healthy pregnancy
- Many pregnant women experience morning sickness, or nausea and vomiting and a diminished appetite.
- Pregnancy can cause a woman to have to limit or avoid certain activities such as participating in sports, consuming alcohol and other drugs, lifting heavy objects and so on.



- Having a baby is expensive:
 - You will need to make a budget, shop smart and figure out everything you will need, look at what options your health insurance offers, buy life insurance, etc.
- Consider the cost of having a healthy pregnancy vs. complications that may require bed rest, missing work, etc.
- Job options may be limited for women who work in high risk careers such as working with chemicals, animals, radiation or those that require heavy lifting.
- Child care is extremely expensive and increases with the amount of children you have (newborns, twins, triplets, etc.)
- Decisions parents have to make to stay at home in regards to having complications for mother or child, a premature baby, etc.
- The emotional aspect of having a miscarriage.

Ask students how they think their lives would change if they were to become pregnant and have a baby and what would change about their daily routines.