

Name:

Date:

Per:

Pregnancy

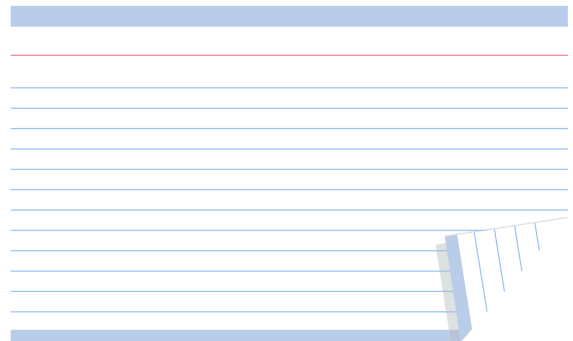
What Do We Already Know and What Do We Want to Learn?

Use the card your teacher gives you.
Keep it confidential and anonymous. Do not write your name on the card.

Side 1: List what you already know about how babies are made and the stages of human pregnancy.

Side 2: Write any questions you have about how babies are made and the stages of human pregnancy.

Turn the card into your teacher.



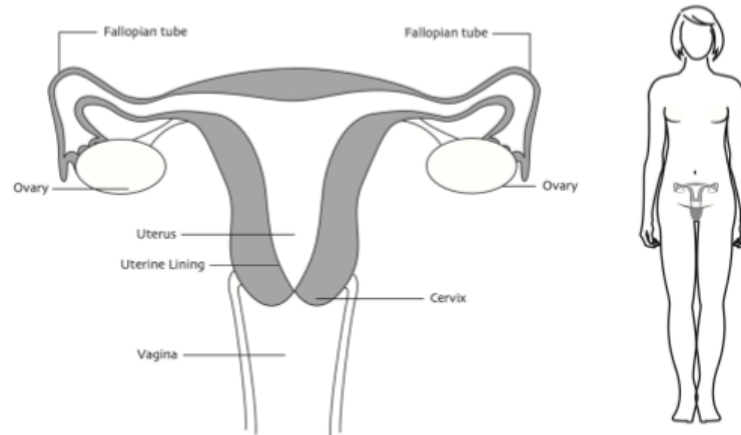
Essential Questions

- How does pregnancy happen?
- What are the stages of human pregnancy?

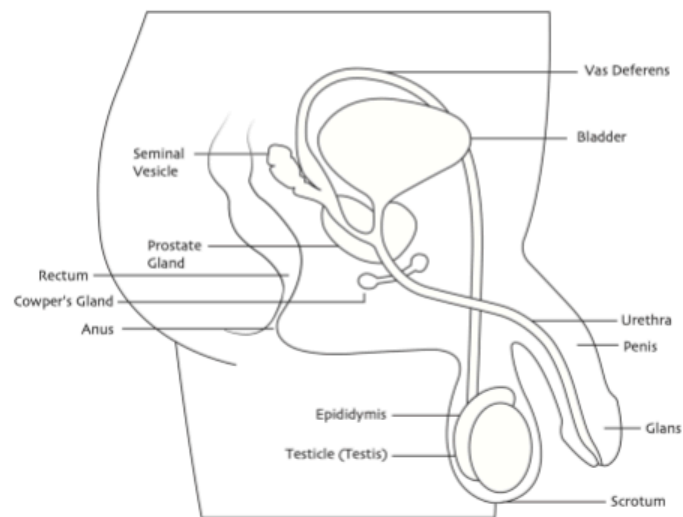
Learning Intentions

- I can explain how pregnancy occurs as part of human reproduction.
- I can identify the stages of human pregnancy.

The Female Reproductive System



The Male Reproductive System



What do you know about how the reproductive system works?

Use the charts above to describe anything you know about how the reproductive systems work.

Know Your Terms: Pregnancy

Egg - A _____ reproductive cells

Sperm - A _____ reproductive cells

Fertilization - When a sperm and egg cells are _____

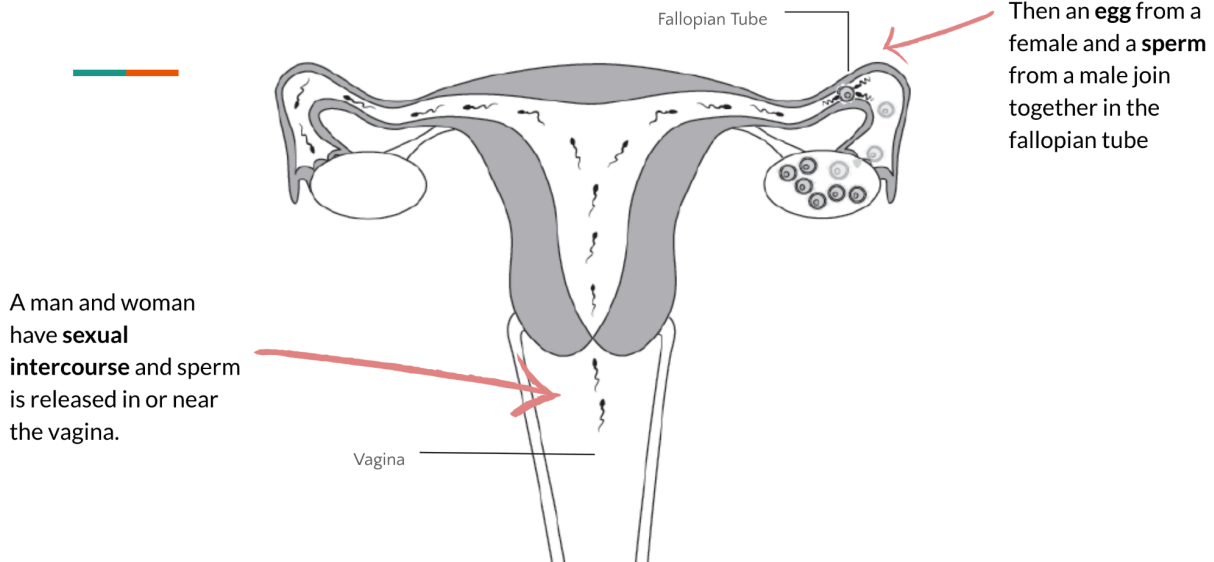
Zygote - The egg once it is _____

Embryo - The name for when the zygote starts dividing into _____ cells

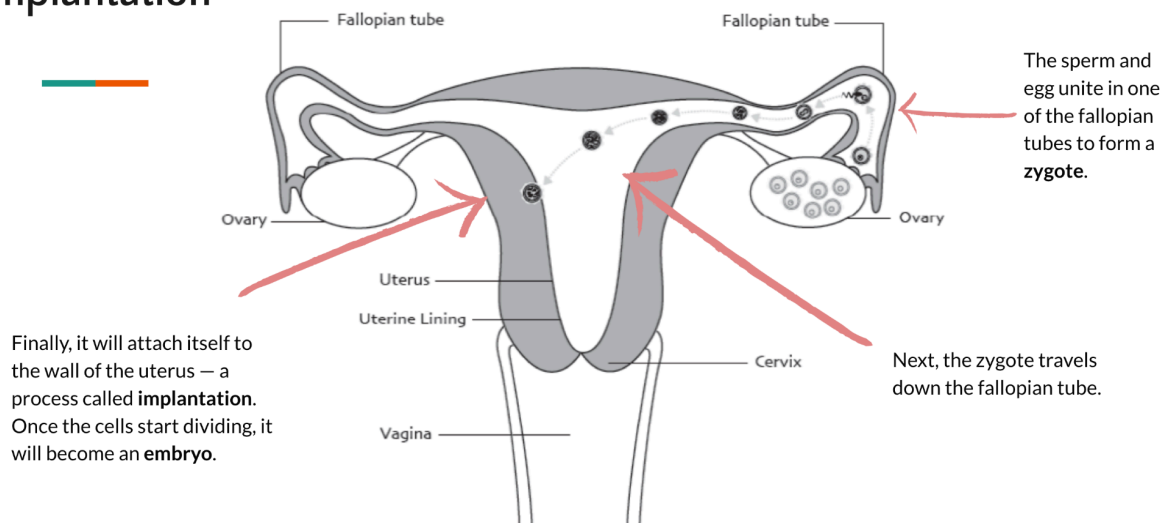
Fallopian tube - the narrow tubes in a woman's abdomen that carry the _____ from the ovaries to the _____, and where fertilization most often occurs.

Uterus - a pear-shaped organ in the _____ reproductive system, and where a fertilized egg _____ during pregnancy.

Fertilization



Implantation



How does pregnancy happen?

Answer this question using the charts in your workbook and what you learned in the video

Know Your Terms: Stages of Pregnancy

Fetus - The name of the baby during _____

Prenatal - The time _____ pregnancy and _____ birth

Full term - The _____ of week 39 to the _____ of week 40 of pregnancy. A baby born during this time is full term.

Premature - When a baby is born _____ week 37 of pregnancy

Labor - When a pregnant woman's body is contracting, pushing, and _____ her baby.

Vaginal Birth - When the baby is born through the _____ vagina.

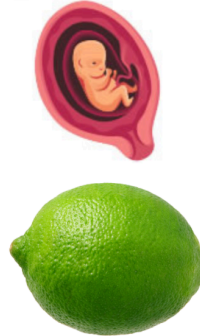
Cesarean Birth - When the baby is delivered through a _____ cut in the _____ and uterus (also called a 'C-section').



At 4 weeks: the size of a poppy seed



At 8 weeks: the size of a kidney bean



At 12 weeks: the size of a lime

First Trimester

- The rapidly dividing cells are in the process of forming the various body systems, including the digestive system.
- Brain and spinal cord begins to grow.
- The heart is beating and developing.
- The eyes, mouth, and tongue are forming.
- Teeth are budding inside the gums. The fetus moves around but the mother can not feel the movements yet.
- Fingernails and toenails are starting to grow.

Some effects on the mother:

- The first thing she might notice is that her period does not arrive, or she may have other signs like feeling sick, tired, and tenderness in her breasts.
- During this trimester, she usually doesn't appear visibly pregnant.



At 17 weeks: the size of an avocado



At 21 weeks: the length of a banana



At 26 weeks: the size of a cauliflower

Second Trimester

- The brain develops a lot.
- The fetus grows eyelashes and eyebrows, can open the eyes, and looks more like a human baby.
- The fetus' ability to hear develops around week 18.

Some effects on the mother:

- Around week 16 to 20, she will start visibly appearing pregnant.
- Develops backaches as her womb gets heavier.
- Headaches and stomachaches are common.
- Breasts may start to leak a little pre-milk.



At 30 weeks: the size of a cabbage



At 35 weeks: the size of a cantaloupe



At 40 weeks: the size of a small pumpkin

Third Trimester

- The fetus has a chance of survival if born after the 24th week. Most babies born before this time cannot live because their lungs and other vital organs are not developed enough.
- The fetus spends most of its time asleep. Its movements are strong and coordinated.
- The fetus can hear and is growing quickly as it gets ready to be born, nearly $\frac{1}{2}$ pound per week.
- Its lungs are growing fast, and it is facing down as it's getting ready to be born.

Some effects on the mother:

- Leg cramps
- Difficulty sleeping
- Tightening in the uterus as her body practices for labor

The Process of Giving Birth

The process when the woman _____ is referred to as _____.

Labor can last for a couple of _____ or a couple of _____.

Most babies are _____ out of the woman's _____.

If the baby cannot come out that way for medical reasons, doctors will bring the baby out by performing an _____ called a Cesarean section or a _____, where they cut through the woman's abdomen into the uterus.

How to find out if you are pregnant, and how to stay healthy

If sexually active, the following signs can indicate a pregnancy:

- Missing a period
- Breast tenderness
- Nausea and sickness, especially in the morning
- Tiredness

To know for sure, a woman can take a pregnancy test bought at the pharmacist or drug store or she can do a test at the doctor's office.



If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

Exit Slip

Write **3** new things you learned in this lesson.

Write **2** questions you still have about pregnancy.

Write **1** wish you have for a safe and healthy future.

At Home Connection

With a parent/guardian or other trusted adult:

- Option 1: Share your exit slip as a way to begin a conversation.
- Option 2: Ask them about the story of your birth.
- Option 3: Research the financial costs associated with raising a child in the United States.

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