



Developed with Ashley Davis, M.Ed.

Volume 28 | Gr. 6-8

# Pregnancy with an app

*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.

## 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**)

### Additional Nasco Resources Recommended:

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

## Objectives

*Students will...*

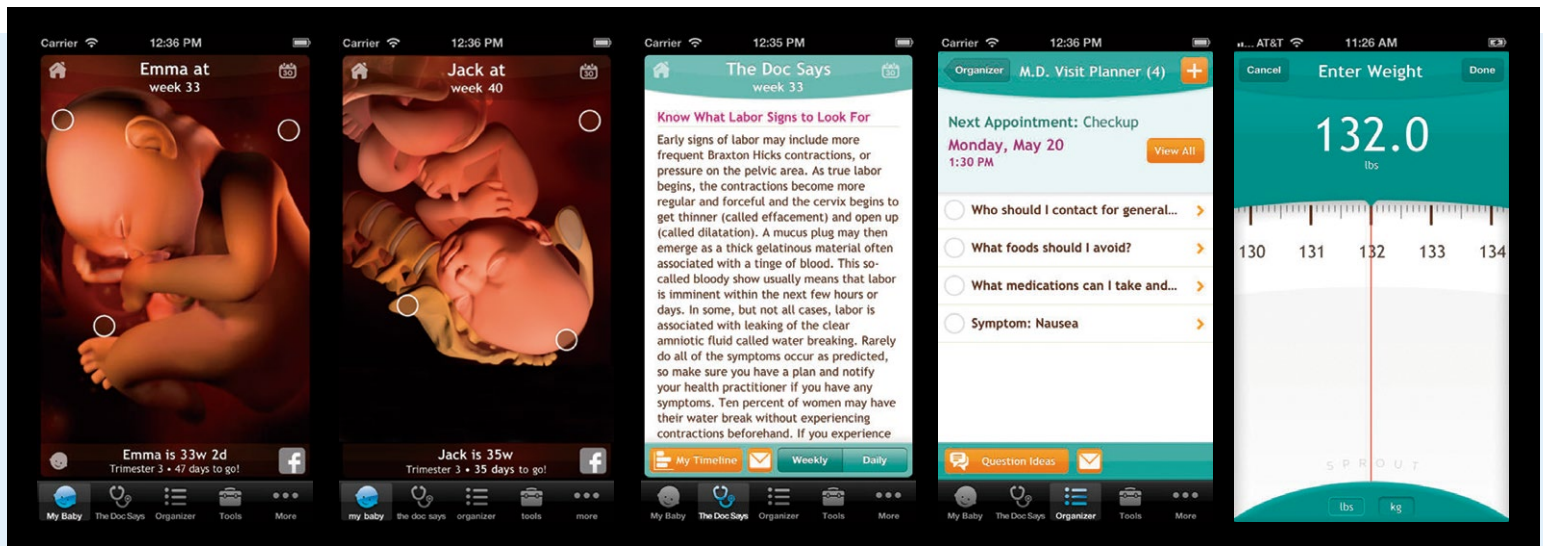
- Analyze the growth and development of a child within the womb from conception to birth
- Learn how a baby develops inside the womb at each week of pregnancy
- Create growth charts and visualize infant development

## 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



## 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)

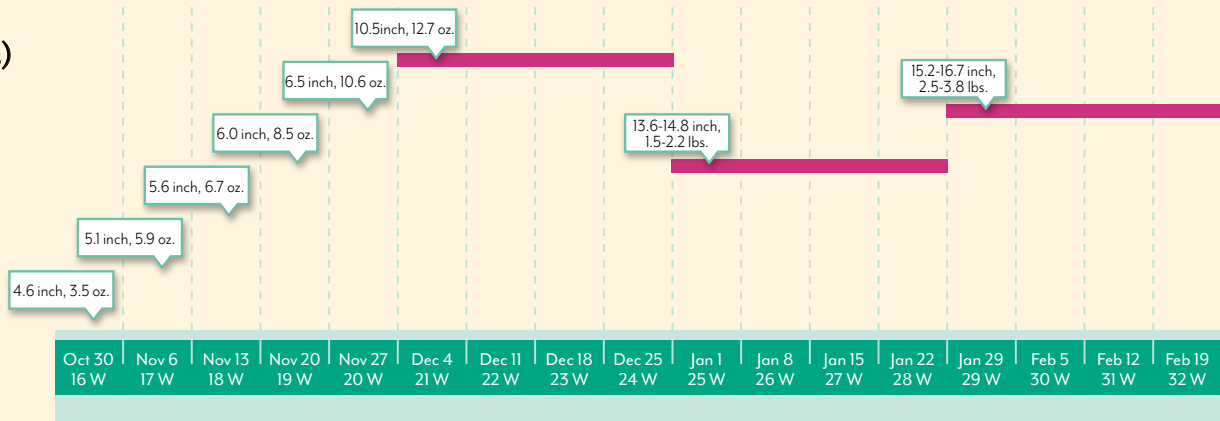
Have students record the definitions of the following vocabulary words/terms:

- |                            |               |                |
|----------------------------|---------------|----------------|
| 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  |