

PREGNANCY & BIRTH

Lesson

Understanding where we came from and how babies arrive in the world can be a very confusing subject for children. This is a particularly good lesson to share if you or someone close to the child is pregnant. Explain to the child that a baby starts to form and grow inside a mommy. When the baby has grown enough, the baby comes out of the mommy. Base the details of the lesson on your child's age and maturity level. Consider showing your child photos of a baby's growth in the womb. Your child may be very intrigued by the fact that they once resembled the pictures!



Arts & Crafts

Materials: Paper and acrylic paint or an ink stamp pad.

Description: Let your child stamp their handprints and footprints on a piece of paper. After cleaning up, show them the difference in size from the handprints and footprints the hospital took right after they were born (if available) and point out how tiny newborn babies are and how much they have grown.



Snack Time

Enjoy graham crackers or vanilla wafers dipped in milk. Explain that newborn babies can't eat solids yet, so their diet consists mainly of milk.

Outing

Consider taking your child to a local hospital. Even if the hospital rules and regulations do not allow the child to see the maternity facility and/or the nursery area, it will be a good learning experience for your child to see the environment in which most babies are born.



Reading Time

- Before You Were Born, by Jennifer Davis
- How You Were Born, by Joanna Cole
- When You Were Inside Mommy, by Joanna Cole

