



Right From the Start

Module: I, II, III, IV
Topic: Special Needs
Type: Reflection/Journaling
Group Size: Large Group
Time: 15 - 20 minutes

Purpose:

To integrate the concepts of pre-natal care and inclusion to the PITC training.

What you will need:

Participant Materials	Trainer Materials	Equipment
<p>The following handouts:</p> <ul style="list-style-type: none"> :: Handout A: Disability Cases :: Handout B: Fetus Development <p>The following materials:</p> <ul style="list-style-type: none"> :: Depending on the size of the group, some of the envelopes will indicate that the child has a special need (Handout A) :: An envelope for each of the participants with strips of paper each having a brief description of each of the nine months of pregnancy. (Handout B) :: A piece of yarn about a yard long for each participant. 	<ul style="list-style-type: none"> :: Handout A: Disability Cases :: Handout B: Fetus Development :: Overhead with the picture of a pregnant woman or pictures of each of the nine months of the development of a fetus. :: Optional: A wand 	<ul style="list-style-type: none"> :: Overhead Projector

Directions:

For the Trainer: Preparation before the training

1. Cut Handout B Fetus Development into nine sections. Each section will have a description of one of the nine months of pregnancy.
2. Put the strips in an envelope with a paper clip to keep them together in order.
3. For every tenth participant, add to one of the envelopes a special needs condition, such as spinal bifida, fetal alcohol syndrome, or another condition that develops during pregnancy. You can use the handout Disability Cases as a resource. Adjustment will be needed if group is smaller than 30 participants.

Once the training has begun, preferably at the beginning:

1. Give each participant an envelope and a piece of yarn. Discuss how during pregnancy a “rolling in” process begins in the womb. A lot of what that child will be is “rolling in”, for example, genes, temperament, physical characteristics, etc. After the infant is, a “rolling out” process will begin. The child will start to develop based on what was taken in while in the womb.
2. Begin the activity by moving your “Magic wand” over each of the participants and tell them that they are now all pregnant. The rolling-in process has begun.
3. Ask them to take the papers out of the envelope and remove the clip.
4. Explain to the group that you will describe what is happening in each of the nine months. If any of the participants find a note attached to one of the nine months, they should raise their hand and read what the note says.

(Directions continued on next page)

PITC ACTIVITIES

Directions (continued):

5. Put up the transparency of the pregnant woman or first month of fetus development. As you read the description of the first month of pregnancy, you want the participants to use the piece of yarn to start the "rolling in process". They should crumble the piece of paper into a small ball and wrap it with a section of the string to hold it together. They will continue to do the same thing after each month's description. At the end of the activity they will have a big, crumbled ball, consisting of small rolled up papers tied together by the string.
6. Continue with the other eight months.
7. As participants raise their hands and read the information, explain that all though the training you want them to pretend that they are the mother or father of the child described with a special need. They have the responsibility of reminding the rest of the participants that we must make the necessary accommodations to meet the needs of this child as the session progresses regardless of what topic is being covered.

Note: Be prepared for emotional reactions from some participants. It is likely that someone in the group may have a personal experience with a child with special needs. When using this activity, it may be helpful to have a training partner who is knowledgeable about disability issues.

Variations:

:: You may choose to show an overhead with a picture and the information of each of the nine months of the development of the fetus.

:: The activity can be used for training on: attachment, routines, environments, group care, etc. If the training lasts more than one day, participants can talk about their newborn's individual needs.

Links to Head Start Program Performance Standards:

:: 1304.21(a)(1)(ii)

:: 1304.21(b)

:: 1304.40(c)(1)(i)-(iii) Family Partnerships & Services to pregnant women

Activity Developed by:

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Source Material:

Papalia, Diane E. : Wendkos Olds, Sally. (1996). *A Child's World in Infancy Through Adolescence*. Seventh Edition, McGraw-Hill, Inc.



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ACTIVITY NO. 35 (for administrative purposes only)

Handout A
Disabilities Cases
Developed by Alba Guzman, PITC Certified Trainer

Case 1

During the first trimester your baby has had a series of problems with the development of the nervous system. There has also been some morphological changes with respect to the facial features, which at birth might not be noticeable, however as the baby continues to develop these facial changes will become more noticeable. Among the problems that this baby will face are the problem of slower physical development and mental retardation. Although at present you may not be aware of this information you suspect that something may be wrong. You have the habit of drinking alcoholic beverages and continued to do so during your first few months of pregnancy. Your baby at birth will be diagnosed with fetal-alcohol syndrome.

Case 2

Your pregnancy was uncomplicated until the 25th week when you began to bleed. Despite the medical interventions you received; you delivered a 26-week premature baby. You will need to wait several weeks before you will be able to take your baby home, since your baby will need to remain in the neonatal intensive care unit (NICU). Thanks to the advances in modern medicine your baby can survive the multiple complications that come with such a premature birth. However his brain has been affected forever and the baby will be diagnosed with cerebral palsy. The baby will have great difficulty with controlling his motor skills, which will result in delay in the ability to talk and walk; however with your love and support and the care and education from specialist in this field the baby will achieve development that will fill you with much satisfaction and pride.

Case 3

Recently you have been informed by your doctors that your baby will be born with spinal bifida. This condition occurred because the neural tube that later on develops into the central nervous system and the spine did not close completely as it normally would have by the 4th week of pregnancy. The type of spinal bifida you baby has is myelomeningocele which affects the nerve endings of the spinal medulla and possibilities spinal medullar it self. Your baby will have paralysis of the legs in addition of no control of bowel or bladder. Since you received the news of your baby's diagnosis you have received much help and support from the medical professionals. Among the things you have learned is that a healthy diet with folic acid supplements before pregnancy minimize the probabilities of a baby being born with problems of the neural tube as in the case spinal bifida.

Handout B: Fetus Development

First Month

Development is more rapid than at any other time. By the end of the first month, it measures about ½ inch in length. Blood flows through its veins and arteries, which are very small. It has a minuscule heart, beating 65 times a minute. It already has the beginnings of a brain, kidneys, liver and digestive tract.

Second Month

By the end of the second month, the fetus is less than 1 inch long and weights only 1/13 ounce. Its head is half its total body length. Facial parts are clearly developed. The arms have hands, fingers and thumbs and the legs have knees, ankles, and toes.

Third Month

By the end of the third month, the fetus weights about 1 ounce and measures about 3 inches in length. It has fingernails, toenails, eyelids (still closed), vocal cords, lips and a prominent nose. The organ systems are functioning. The fetus can move its, legs, feet, thumbs, and head. If the eyelids are touched, it squints; if its palm is touched, it makes a partial fist.

Fourth Month

The body is catching up to the head, which is now only one-fourth, the total body length. The fetus now measures 8 to 10 inches and weights about 6 ounces. The mother may be able to feel the fetus kicking,

Fifth Month

The fetus, now weighing about 12 ounces to 1 pound and measuring about 1 foot, begins to show signs of an individual personality. It has definite sleep-wake patterns, has a favorite position in the uterus and becomes more active, kicking and stretching. By putting an ear to the mother's abdomen, it is possible to hear the fetal heartbeat.

Sixth Month

The rate of fetal growth has slowed down a little by the end of the sixth month. The fetus is about 14 inches long and weighs 1¼ pounds. The eyes are complete, opening, closing and looking in all directions. It can hear, it cries and it can make a fist with a strong grip.

Seventh Month

By the end of the seventh month, the fetus, 16 inches long and weighing 3 to 5 pounds, now has fully developed reflex patterns. It cries, breathes, swallows and may suck its thumb.

Eighth Month

The 8-month old fetus is 18 to 20 inches long and weights between 5 and 7 pounds. Its living quarters are becoming cramped.

Ninth month

About a week before birth, the fetus stops growing, having reached an average weight of about 7 ½ pounds and a length of about 20 inches