

Timing & Health For Family

Lesson 5

**Current
Stats &
Facts**

**Meets
Education
Standards**

**Great
Starter
Questions!**

**Easy to
Use!**

**Fully
Engaging &
Inclusive**

Meets all your needs!



Topics Covered

**Choose
your timing**

**Perils of
Teen Parenting**

**Risks of Alcohol,
Drugs, &
Tobacco**

**Fetal
Development**

**Partner
Communication**

**Planning ahead
and
Preparing now**

Lesson Materials

← Instructor Guide

← National Standards

← Lesson Plans

← Student Workbooks

← Slides

Romance. Like a runaway freight train.

Life would be simpler if we could only conceive a child when we are ready!

But that's not how this works. When passions run high, the "urge to merge" is great.

Timing a pregnancy is usually less about deciding when to have a child, and more about applying the brakes until we're ready to be a parent.

Let's explore different ways unplanned pregnancy happens so we know how to navigate.

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Easy to Use!

★ **For Teachers** ★

Lesson 5 Timing & Health for Family

Lesson Overview

Goal	Teens will learn how parenting readiness can affect family wellbeing, and will create a plan to optimize their timing and health for forming a family.
Rationale	With greater awareness of preconception health factors, teens can begin now to create a strong foundation for their future children and family.
Key Message	“Planning ahead and preparing will give your future child the best start in life.”

Instructor Guide
includes:

Lesson Overviews
Presentation Notes
Expansion Topics
Activities

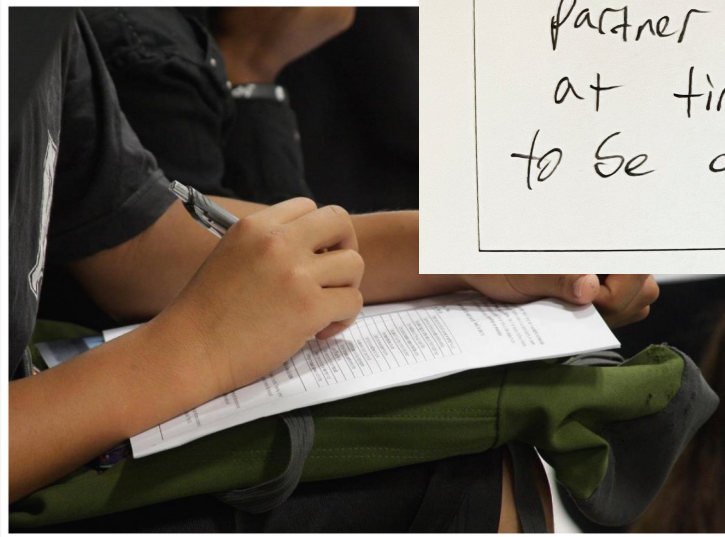
Easy to Use!

★ For Students ★

From student's workbook

My hopes about the timing of having a child. *(Describe in words or pictures)*

My wish is for my child, if my future partner wants to have a child, that it will be at time where money isn't tight, in order to be able to pay to support my child.



★ National Standards ★

Health Education *and* Family Consumer Science

Meets dozens of Standards!

EXAMPLE

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Lesson 5 Timing & Health for Family - Workbook

b. Health

To create a healthy beginning for my child, my plan will include these steps. *(Check all that apply.)*

My plan includes

Before my partner and I conceive a child	
<input type="checkbox"/>	My partner and I will visit a health professional, so we can learn about fertility, nutrition, preventing birth defects, and how to have a healthy pregnancy right from the start.
<input type="checkbox"/>	I will address any addictions (e.g., alcohol, drugs) because they can affect early fetal development even before we know we are pregnant.

Current Stats & Facts!

Perils of teen parenting - Single Parenting

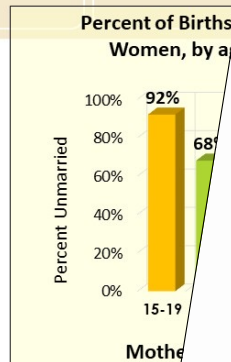
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Single Parenting

Teen pregnancy doesn't usually result in a lasting commitment.

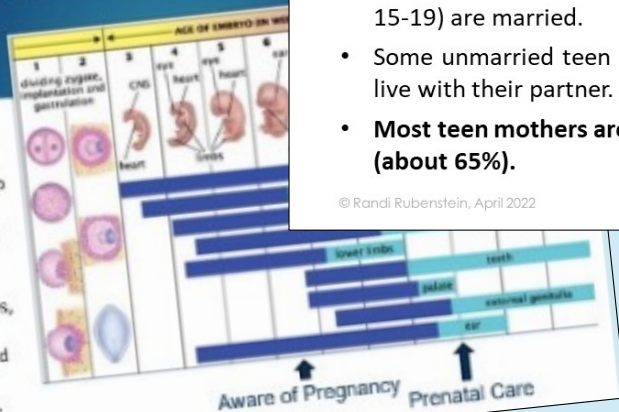
- Only 8% of teen mothers (ages 15-19) are married.
- Some unmarried teen mothers live with their partner.
- **Most teen mothers are single (about 65%).**

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Prenatal Development

It is during the early stages that an embryo is most susceptible to harm from tobacco, alcohol, x-rays, drugs, infection, and nutritional deficiencies.



MLP Workbook – Lesson 5 Timing and Health

5b. Health

Fetal Alcohol Spectrum Disorder

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Symptoms of Fetal Alcohol Spectrum Disorder (FASD) include deformities, slow physical growth, problems with vision or hearing, learning disabilities, hyperactivity.

Children born with FASD will need special care all their lives.

Between 1% and 5% of children have FASD.

FASD is completely preventable by abstaining from alcohol beginning with the very first days of pregnancy.

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At birth, Brenna weighed just 4 pounds and 13 ounces. She came home wearing a doll's clothes.

Great Discussion Questions and Activities!

Example

MLP Workbook – Lesson 5 Timing and Health 5b. Health

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Imagine the joy of meeting your child for the very first time!

In your workbook, jot down or doodle some of your thoughts and visions about welcoming your baby's arrival into the world.

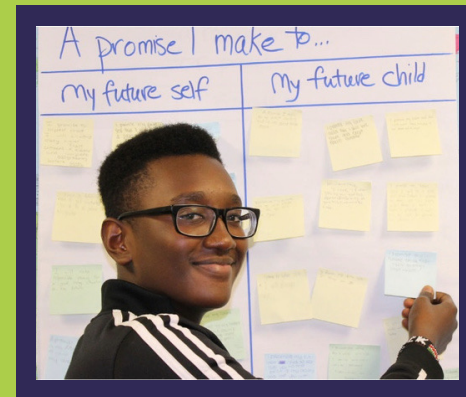


My thoughts and vision for welcoming my baby's arrival into the world. (Describe in words or pictures)

- Happy
- Healthy 😊
- Prepared

Example from a teen's workbook

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“The students were all very engaged and we were able to stay on track with this help of this resource.” - Educator

Fully engaging and inclusive

Respecting diversity in:

- Abilities
- Culture
- Gender
- Faith

Before the beginning



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MLP Workbook – Lesson 5 Timing and Health 5a. Timing – Ready or Not?

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To choose “the right time” it’s important to have a plan and discuss it with your partner.

You will also want to think about situations that could easily undermine your plans.



If your path to parenting will involve adopting instead of childbirth, it’s still important consider your readiness.

Even if you’ve already had a child, you are still in a preconception phase for future children.

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2. Be **healthy**



Impact on Teens!

Over 27,000 students instructed since 2005.

Over **95% of students** say they will be better prepared to care for a family.

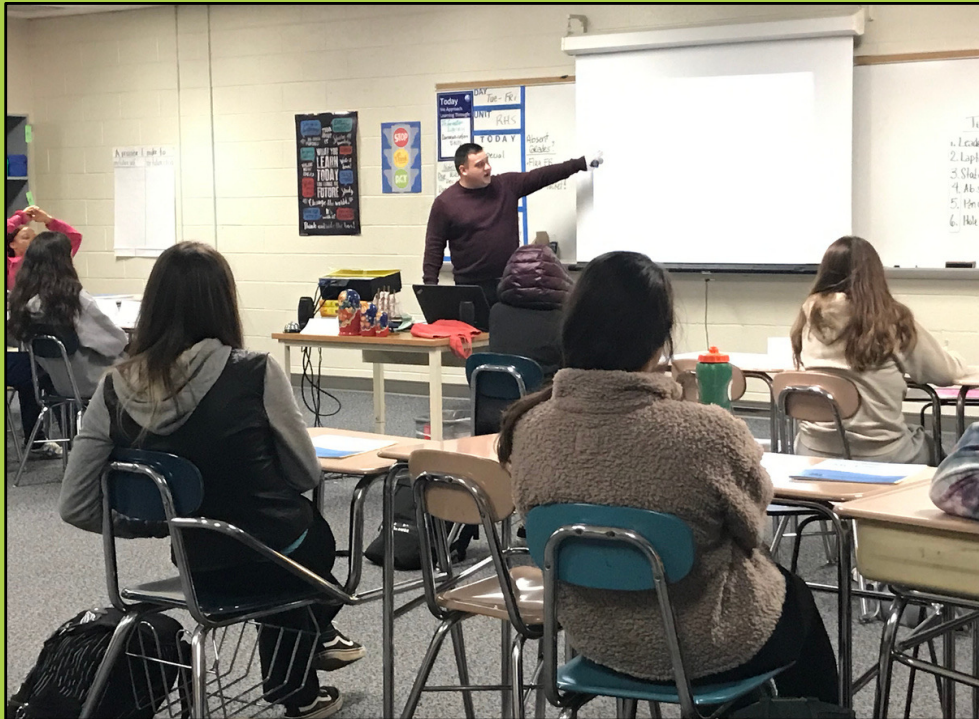
"I learned how to care for a child financially, physically, and emotionally. I learned things I never knew about parenting."

Educators recognize the value!

***"I have seen first-hand
how ETP's lessons have
helped so many kids
make good decisions."
- Educator***



Get it Today, Teach it Tomorrow!



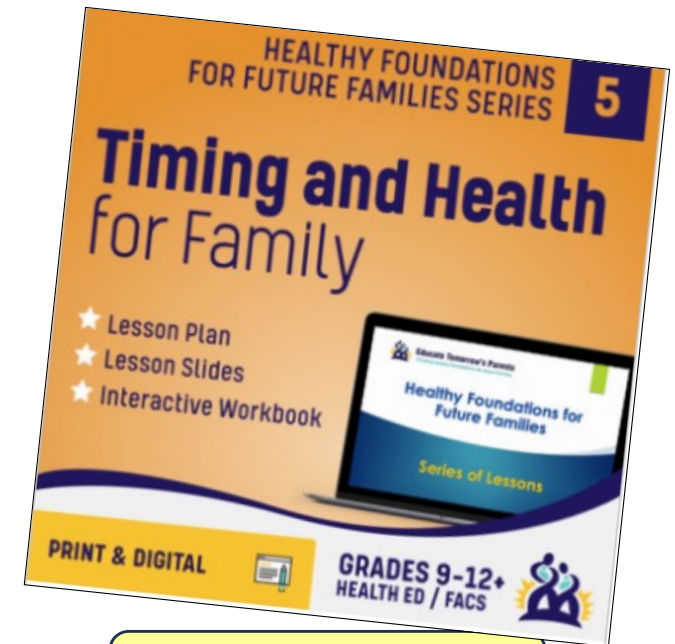
51 slides, 4 workbook pgs

"It's everything I hoped to teach and in one lovely format and useful presentation."

Buy the Lesson!
Save time and energy



*You will LOVE these high-quality
instructional materials!*



[Click here](#)

Full link

<https://www.teacherspayteachers.com/Product/Life-Skills-Planning-Ahead-for-Family-HS-Health-FACS-Lesson5-8044725>

Learn more www.eduparents.org



**Educate
Tomorrow's
Parents**