

# **March of Dimes & Zeta Phi Beta Sorority, Incorporated Stork's Nest Prenatal Education Curriculum**

The Stork's Nest Prenatal Education Curriculum is designed to help women learn how to have the healthiest pregnancy possible; it is a tool for providing the educational sessions that are an essential component for every Nest. Zeta Phi Beta Sorority, Inc. and the March of Dimes have worked together to create a curriculum that meets the needs of women who participate in Stork's Nests across the country. Together with the incentives offered by the Stork's Nest, the Prenatal Education Curriculum plays an important role in making sure that pregnant women make the right choices for themselves and their babies.

## **What are the goals of the curriculum?**

The goals of the Prenatal Education Curriculum mirror those of the overall program:

- To increase the number of women getting early and regular prenatal care
- To give pregnant women and their partners information about medical and lifestyle issues related to a healthy pregnancy.
- To promote the adoption of healthy behaviors during pregnancy

The goals are met through seven sessions that provide the basic information pregnant women need to know to take care of themselves and avoid the dangers of low birth weight, birth defects and other potential problems their babies could face. The sessions detailed in this curriculum are straightforward and interactive, making them both educational and enjoyable for participants, regardless of background or education level.

## **Who is this curriculum for?**

This curriculum was created for coordinators and speakers for Stork's Nests that offer educational sessions. It is primarily designed to meet the needs of Stork's Nests that do not have professional health staff available to offer classes. The curriculum aims to be a simple and thorough guide to delivering a series of classes on prenatal health. It assumes no prior knowledge of prenatal health or teaching experience.

However, many Stork's Nests operate their Nests cooperatively with local clinics, hospitals, health organizations or programs like WIC. When a partnership like this exists, often nurses, health educators or other professional health staff from the partner organization give classes on prenatal health to Stork's Nest participants.

Although health professionals will not need to consult the curriculum for content, they should familiarize themselves with the session plans so that they are aware of what topics the Stork's Nest Prenatal Education Curriculum covers. They can then present the same topics based on their own prenatal knowledge and teaching experience. This assures that all Stork's Nest participants receive consistent information, no matter which Nest they belong to.

## **Session Plans**

*This curriculum is a simple guide to implementing the following seven sessions on prenatal health.*

### 1. The Stork's Nest and You

- Overview of the Stork's Nest program and the importance of prenatal care

### 2. Keeping Yourself Healthy

- Things you can do to keep yourself healthy during pregnancy, including exercise, stress management and avoiding harmful diseases

### 3. Eating for Two

- How to eat a healthy prenatal diet on a budget, plus weight gain during pregnancy

### 4. The No's of Pregnancy: Drugs, Alcohol and Tobacco

- Effects of drugs, alcohol, tobacco and other harmful substances on the developing fetus

### 5. Warning Signs: What to Watch For

- How to distinguish common problems from serious warning signs of preterm labor and other complications

### 6. The Big Day

- Labor, delivery and postpartum issues

### 7. Caring for Your Baby

- Preparing for the baby, including basic baby care

*Each of these sessions contains the following sections:*

- Learning objectives that describe what participants will know by the end of the session.
- A toolbox that highlights video, print and other resources that might be useful for the session, any materials facilitators need to have on hand to conduct the proposed activities for the session, plus references for additional background reading. The sources for the educational support materials (videos, pamphlets, etc.) are noted in parentheses following each title. Most of these can be obtained from your local March of Dimes chapter. Other materials may need to be purchased from outside vendors; purchasing information for these materials can be found in the Stork's Nest Implementation Guide.
- A background section to give facilitators the basic information they need to know about the topic covered in the session
- A session plan to guide facilitators through the session. You will see that this plan is divided into two columns. The column on the left describes the steps that facilitators should follow as they implement the session. On the right, facilitators will find tips to help them as they develop the session.
- Handouts that may be used during the implementation sessions. These should be copied and distributed as indicated in the session plan.
- Evaluation forms for participants and facilitators to use in assessing the session.