

ACTIVITY 3 EDUCATING PREGNANT WOMEN ABOUT PRETERM LABOR, PRETERM BIRTH, AND THE POTENTIAL RISKS AND CONSEQUENCES

OBJECTIVE

To increase the number of pregnant women who are aware of the risks associated with preterm birth

TIME NEEDED

- Preparation time: Approximately 1 hour but varies according to familiarity with the materials and time needed to obtain handouts
- Activity time: 15 minutes, plus time for questions

ADVANCE PREPARATION

- Review the handouts and resources, and tailor to the individual
- Read background material as needed in Resources section (Appendix B)
- Print and copy (if not a copyright document), or order any handouts as needed

MATERIALS NEEDED

- Fact sheets/handouts from this toolkit
- Every Week Counts (pamphlet)
- Learn the Signs of Preterm Labor (wallet card)
- Cesarean Birth (booklet)
- I Want My 9 Months (pamphlet)

WHERE TO EDUCATE PREGNANT WOMEN

- Health department programs that serve pregnant women
- Prenatal education classes
- Health fairs
- Women, Infants, and Children (WIC) offices
- Physician offices

TIPS FOR SUCCESS

- Educate women in a caring manner in an environment conducive to learning.
- Make eye contact with women.
- Pregnant women may feel overwhelmed during prenatal visits and may not remember information that is given to them. Suggest that women make a list of questions/concerns to ask their health care provider at each visit. They may also want to take notes during their visits to help them remember what was discussed.