


<p><b>FEBRUARY</b></p> <p><b>2021</b></p> <p><b>PRENATAL PROGRAM</b></p> <p><b>FAMILY ENGAGEMENT</b></p> <p><b>HOME PROJECT</b></p>	<p>Parent's Name: _____</p> <p>Site: _____ Class #: _____</p> <p>Teacher's Signature: _____</p>		
<p>TOPIC: Belly Cast</p>	<p>TOPIC: Seated piriformis stretch (Modified Half-Pigeon)</p>	<p><b>WEEKLY TOTALS</b></p>	
<p><b>Why this activity?</b> Provides an opportunity for mom to embrace her pregnancy and remember it. Also provides a great opportunity for mom and dad to bond</p> <p><b>What we need:</b></p> <ul style="list-style-type: none"> <li>• 1 plastic drop cloth</li> <li>• 1 Paint brush</li> <li>• 1 bottle gesso finishing material</li> <li>• Craft supplies for decorating your cast</li> <li>• 1 jar petroleum jelly</li> <li>• 1 pair glove</li> <li>• 3-4 rolls plaster casting material (each 4 x 5 yards)</li> <li>• 1 standing screen</li> <li>• Basin of room-temperature water</li> <li>• Chair</li> <li>• A helper/DAD/PARTNER</li> </ul> <p><b>How we do it?</b></p> <p><a href="https://www.youtube.com/watch?v=XxxW1E9zLsw">https://www.youtube.com/watch?v=XxxW1E9zLsw</a></p> <p><b>Note:</b> Make sure mom is not allergic to any of the items on the list. Test a small area.</p>	<p><b>Why this activity?</b> Gentle stretching of this muscle can help decrease tightness and pain</p> <p><b>What we need:</b></p> <ul style="list-style-type: none"> <li>• Find a quiet place and a chair</li> </ul> <p><b>How we do it?</b></p> <ul style="list-style-type: none"> <li>• Sit on a chair with your feet flat on the ground.</li> <li>• Cross one foot over the other knee in the shape of the number "4."</li> <li>• As you exhale, slowly lean forward keeping a flat back until you feel a stretch in your lower back and buttocks. Think about elongating your spine rather than curling your shoulders in toward your lap.</li> <li>• Hold position for 30 seconds.</li> <li>• Take a deep breath and exhale</li> <li>• Then repeat stretch on other side</li> <li>• Do this stretch six times (3 on each side) taking a deep breath and exhaling after each stretch.</li> <li>• Do this in the morning, afternoon and evening for 6 minutes each time.</li> </ul> <p><b>Note:</b> Doctor must clear the pregnant mom to participate in this activity. Mom will share how it made her feel with the home visitor.</p>		
<p><b>5 hrs</b></p>	<p><b>2 hrs</b></p>		

Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

**\*\* The project must reflect the time indicated on the sheet.**

Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

**\*\*If your Project takes more than the time indicated write the time in the blank box. The project must reflect the time indicated on the sheet.**