

FEBRUARY

2023

**PRENATAL PROGRAM
FAMILY ENGAGEMENT
HOME PROJECT**

Parent's Name: _____

Site: _____ Class #: _____

Teacher's Signature: _____



Volunteers of America®
LOS ANGELES

TOPIC: Belly Cast	TOPIC: Seated piriformis stretch (Modified Half-Pigeon)	WEEKLY TOTALS
<p>Why this activity? 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>What we need:</p> <ul style="list-style-type: none">• 1 plastic drop cloth• 1 Paint brush• 1 bottle gesso finishing material• Craft supplies for decorating your cast• 1 jar petroleum jelly• 1 pair glove• 3-4 rolls plaster casting material (each 4 x 5 yards)• 1 standing screen• Basin of room-temperature water• Chair• A helper/DAD/PARTNER <p>How we do it? https://www.youtube.com/watch?v=XxxW1E9zLsw</p> <p>Note: Make sure mom is not allergic to any of the items on the list. Test a small area.</p>	<p>Why this activity? Gentle stretching of this muscle can help decrease tightness and pain</p> <p>What we need:</p> <ul style="list-style-type: none">• Find a quiet place and a chair <p>How we do it?</p> <ul style="list-style-type: none">• Sit on a chair with your feet flat on the ground.• Cross one foot over the other knee in the shape of the number "4."• 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.• Hold position for 30 seconds.• Take a deep breath and exhale• Then repeat stretch on other side• Do this stretch six times (3 on each side) taking a deep breath and exhaling after each stretch.• Do this in the morning, afternoon and evening for 6 minutes each time. <p>Note: Doctor must clear the pregnant mom to participate in this activity. Mom will share how it made her feel with the home visitor.</p>	
5 hrs	2 hrs	

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.**