

JANUARY 2024

PRENATAL PROGRAM

FAMILY ENGAGEMENT

HOME PROJECT

Parent's Name: _____

Site: _____ Class #: _____

Teacher's Signature: _____



TOPIC: Word Search	TOPIC: Mindful Focused Breathing	WEEKLY TOTALS
<p>n c s o f c t q d u c f</p> <p>b a l n j m p h r f s e</p> <p>d v i e c h l p b w n t</p> <p>n l k s a z a n i g c u</p> <p>c o n t r a c t i o n s</p> <p>e t g i o q e p l e k i</p> <p>r b x n a m n i o t i c</p> <p>v y d g r b t s a d o n</p> <p>i f c s h g a r h s f b</p> <p>x i l b a d j n c t e y</p> <p>m a c e s a r e a n o p</p> <p>Find the following words:</p> <p>contractions - amniotic - cesarean - cervix - fetus - placenta</p> <p>Note: Encourage parents to find and write on a piece of paper the meaning of each word. Home visitor will follow with any questions, concerns parent might have</p>	<p>Why this activity? Focusing on deep, slow breaths can help lower heart rate, stabilize blood pressure and reduce mental stress by allowing us to disengage from distracting or disturbing thoughts.</p> <p>What we need:</p> <ul style="list-style-type: none"> Find a quiet place, free from distraction <p>How we do it?</p> <ul style="list-style-type: none"> Sit or lie down in a comfortable position and start by breathing normally. After taking a normal breath, try taking a slow, deep breath. Breathe in through your nose, slowly and steadily. Allow your chest and stomach to rise as you fill your lungs. Finally, breathe out through your mouth, exhaling completely. If you feel like breathing out through your nose is more natural, do that. Repeat this for several breaths, focusing on your breath. Do this in the morning, afternoon and evening for 10 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>	
3 hrs	3 ½ hrs	TOTAL: 6.5 hrs for both activities

Parent Name: _____ Parent Signature: _____

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