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1. Introduction

Warm up questions

During Pregnancy

1. What is your due date?
2. How did you know you were pregnant?
3. Have you had morning sickness?
4. Are you planning a natural birth or caesarean?
5. Where are you planning to have your baby (private hospital/public/birthing centre/home birth)?
6. Are you seeing an obstetrician or midwife?
7. When was your last ultrasound?
8. Do you understand all the information that has been provided to you regarding your pregnancy and labour?
9. Is there an interpreter available at the hospital if you need it?
10. Who will be present with you during your labour?

Post Natal

11. Do you know what a mother's group is? Have you joined one?
12. How often do you meet with your mother's group?
13. What kinds of things do you discuss at mother's group?
14. Are you breastfeeding your baby?
15. Has your baby started having solids yet?
16. Do you have any traditional cultural ceremonies/practices for pregnancy, labour or for newborn babies?

Vocabulary

Pregnancy	Breastfeeding
Morning sickness	Solids
Natural birth	Placenta
Caesarean	Epidural
Maternity leave	Period
Paternity leave	Ultrasound
Private Hospital	Midwife
Public Hospital	Obstetrician
Birthing Centre	Contractions

2. Reading comprehension - Leila's Pregnancy Story

Leila was not feeling very well when she woke up in the morning and didn't feel like eating much food. She had not been going out much on the weekends and seeing her friends because she felt very tired. Leila's period was late so she went and bought a pregnancy test from the chemist. Leila thought all her symptoms might have meant she was pregnant. Leila was very happy when her test came back positive; she was going to have a baby! Leila wanted to telephone her husband to share this exciting news but decided to wait until he got home from work to tell him. Leila's husband, Abdul, was also very happy with the news that he was going to become a father. Leila called her doctor and made an appointment to discuss her pregnancy. At her appointment Leila's doctor asked her when she started her last period so they could tell how many weeks pregnant she was. Leila was already 4 weeks pregnant. Leila's doctor told her to call the antenatal clinic at her nearest hospital and make an appointment to see them for pregnancy care.

Comprehension Questions

Beginner

Was Leila feeling well in the mornings?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Did Leila feel like eating a lot of food?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Did Leila stay at home and rest on the weekends?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Was Leila feeling very tired?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Did Leila go to the doctor for her pregnancy test?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Was Leila happy when she found out about her pregnancy?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Did Leila telephone her husband and tell him?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Did Leila's doctor tell her to call the antenatal clinic?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Was Leila 14 weeks pregnant when she went to the doctor?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Intermediate – Advanced

How was Leila feeling?

What did she think her symptoms meant?

What did Leila do when her period was late?

What was the result of Leila's pregnancy test, how did this make her feel?

When did Leila tell her husband the news?

What did Leila do next?

What did the doctor tell Leila?

3. Grammar Focus: Conjunctions

We use conjunctions or joining words to join sentences together. They help our writing flow more smoothly.

and adds more information

I met my friend for coffee **and** told her I was pregnant.

but gives contrasting information

I thought I was only 3 weeks pregnant **but** my doctor told me I was already 6 weeks.

because gives a reason

I didn't want to eat much food **because** I felt sick.

so tells about a result

My period was late **so** I bought a pregnancy test at the chemist.

Student Exercise

Beginner

1. Underline all the conjunctions in Leila's story.

Intermediate – Advanced

2. Make up your own sentences using each of the conjunctions.

3. Write your own story about how you felt when you were first pregnant, how you found out and what you did next.

4. Making an appointment for pregnancy care at the Antenatal Clinic:

Antenatal care is the care that you receive from the time you become pregnant until the birth of your baby.

- a) You will need to phone the Antenatal Outpatient Service at your preferred Hospital. When you speak with the staff, explain that you would like to make your first appointment with the Hospital.
- b) You will need to give them information about how many weeks pregnant you are, your age, your contact details, the postcode that you live in and your Medicare details.
- c) The staff will then schedule your appointment and give you the name of the doctor you will see (there are different options, depending on the hospital, as to whether you can see a midwife or Doctor for antenatal care).

FUNCTIONS	STRUCTURES
1. Ask to make an appointment	Hello, a) Can/Could I please make an appointment? b) I'm pregnant at the moment and would like to make an appointment to see a doctor. c) Could I speak to someone about ...?
2. Give personal information	a) My name is... b) I am weeks pregnant c) My address is... d) I am ... years old e) My Medicare number is ...
3. State preferences	a) Is there an appointment available this week? b) Would it be possible to make an appointment for Friday? c) Could I please make an appointment with a midwife? d) Can I please see a female doctor? e) Could I please have an Arabic interpreter for my visit?
4. Give clarification	a) Yes, I do have a referral letter from my doctor

	b) Yes, I will need an Arabic interpreter c) Yes, I do know where the clinic is located d) Yes, my husband will be attending the appointment with me e) Yes, I will bring my Medicare card with me
5. Ask for clarification	Sorry a) Could you please repeat the address of the clinic b) Could you please call me back to confirm when an Arabic interpreter will be available c) Is it ok if my husband attends the appointment with me?

5. Completing forms at the antenatal clinic

Student Exercise

1. Complete the form below with your own information

Completing personal information at the antenatal clinic	
Family Name:	
First Name:	
D.O.B:	
Marital Status:	
Maiden/Previous Names:	
Address:	
Suburb:	
Postcode:	
Telephone:	(H) (W) (M)
Occupation:	
Religion:	
Place of Birth:	
Language:	
Interpreter Required:	Yes <input type="checkbox"/> No <input type="checkbox"/>
Aboriginal or Torres Strait Islander:	Yes <input type="checkbox"/> No <input type="checkbox"/>
Patient Election:	Public <input type="checkbox"/> Private <input type="checkbox"/>
Medicare No:	
Emergency Contact:	
Relationship to you:	
Address:	
Phone:	

Extended Vocabulary Practice

Leila made an appointment to see a midwife at the antenatal clinic and requested that there be an Arabic interpreter available for her visit to make sure she and her husband understood everything that was being said to them. At the first visit the midwife explained to Leila and Abdul that it may be a long appointment as she needs to ask Leila a lot of questions relating to her medical and family history.

On the next page there are an example of some of the questions Leila was asked.

Student Exercise

1. Read the form below and underline any words you don't understand
2. Look these words up in your dictionary or ask your tutor to explain
3. Complete the form below with your own information

Questions about your medical history	
Is this your first pregnancy?	
Have you ever had a miscarriage?	
Have you ever had a termination?	
Have you ever had any operations?	
Have you been in hospital before?	
Have you ever had asthma?	
Have you ever had hepatitis?	
Have you ever had a blood transfusion?	
Do you have diabetes?	
Do you have blood pressure problems?	
Do you have any allergies?	
Are you allergic to any drugs?	
Questions about your family medical history	
How old is your partner?	
What's your partner's name?	
Where does your family live?	
Are your parents healthy?	
Are there any medical problems in your family?	
How many babies did your mother have?	
Were all the babies born healthy?	
Questions about your lifestyle	
Do you smoke?	
How many cigarettes do you smoke?	
Do you drink alcohol?	
How many drinks do you have every day?	
Do you take any medications?	
What medications do you take?	
What exercise do you do?	
Do you feel happy about this pregnancy?	
Is there someone who will help you with the baby?	
Do you want to breastfeed the baby?	

As this lesson plan only covers the initial stages of pregnancy, there is a lot of further information to cover with your student if they are pregnant or have just had a baby. We couldn't cover it all in the one lesson plan but felt it was necessary to first cover the basics, particularly focusing on all the new terminology. We can recommend the following AMES resource that is available for loan from our office as a starting point for further material: **'Language of Childbirth'** by Fran Weston. 'Language of Childbirth' courses are also available for students at AMES centres. Contact the nearest AMES for further details.

Below is a list of mother and child services for newborns and small children that may be of use to your student. For further information on any of these services it is best to contact the local council in the area your student lives.

Further Information for discussion with your student

Mother and Child Services

Early Childhood Health Centres (Formerly Baby Health) <i>Checks the health of your child</i>	Nurses, doctors, physiotherapists, Speech Pathologists & other health workers. 0 - 5 year olds FREE
Occasional Child Care <i>Your child is cared for while you have time on your own</i>	Includes games & social skills. 0 - 5 year olds Up to 5 hours at a time Fees vary & food may be included
Long Day Care Centres <i>Your child is cared for while you are at work</i>	Begin learning games, writing, social play, school routine Fees vary & food included Hours 7:30am - 6pm
Family Day Care <i>Your child is cared for in a carers home</i>	Only five children under the school age, plus two school aged children. 0 - 12 year olds Fees vary on age and length of stay Food may be included Open 7:30am - 6pm hours may be flexible
Preschool <i>Prepares your child for school</i>	Begin to learn games, writing, social play & school routine. 3 - 5 year olds Bring own food. Open 9am – 3pm
Playgroups <i>Take your child to play with other children</i>	Meet other parents 0 - 5 year olds Friendly & small fee
Out of Hours Care <i>Before and After School Care</i>	Play games, craft, homework time 5 – 12 year olds Small fee and some food provided 7:30am - 8:30am then 2:30pm - 6pm

Mother's Groups

A mothers group is a gathering of new mothers and their babies who all live in the same area. Mothers groups should provide a friendly environment of support, where mothers can share their experiences, meet other mothers, ask questions and most importantly, have fun! A mothers group does not need to be formal, perhaps just a small group meeting at a local coffee shop or park. Your Early Childhood Centre should be able to provide you with the details of your nearest mothers group.