

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

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### 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.