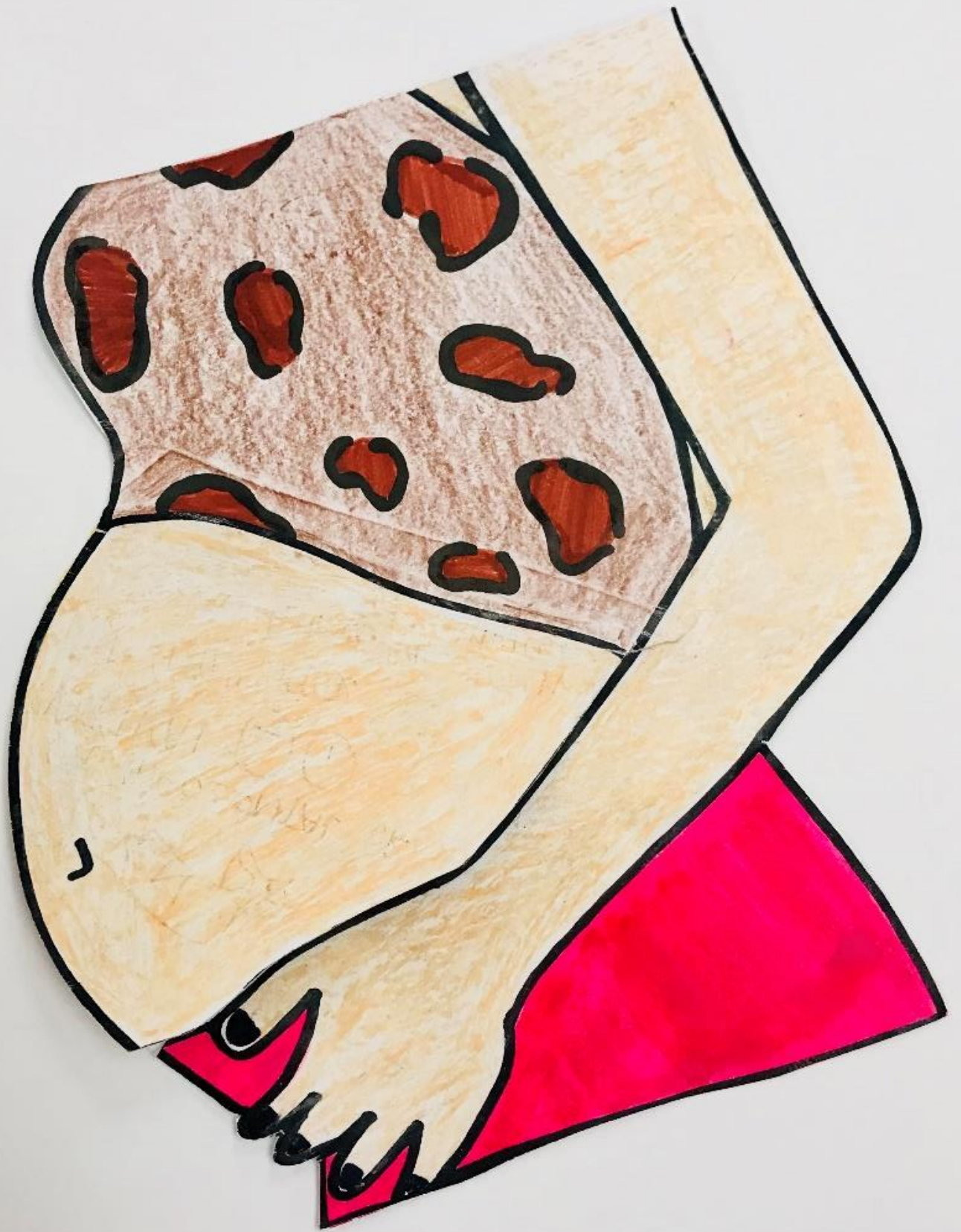




C-SECTION

foldable







C-SECTION *foldable*

lesson plan | day 1-2 | how to

Hey Fellow Teacher! I hope these lessons bring joy to your classroom and lessen your work load. I created this content to provide students with a fun hands on learning experience in regards to labor and delivery. The amount of time it takes your class to complete the foldable and simulation may vary from the 3 total days. I hope the instructions are simple and easy to execute, you may have to use some creative interpretation to make the lesson work for you!

Lesson Plan Steps:

-Lesson Step #1: Introduce the C-section unit with a video of a live C-section! Here is the link to the video I showed, it's short and sweet...

https://www.babycenter.com/2_live-birth-c-section-surgery_3656510.bc

-Lesson Step #2: Following the video we discuss their thoughts and viewpoints on C-sections.

-Lesson Step #3: Students will make a foldable showing the different layers that one must be cut through in order to deliver a baby via C-section. It was a shock to find that there are actually eight different layers before the bundle of joy is delivered.

-Lesson Step #4: Once each student has completed constructing their foldable, we take notes on each layer. Please refer to the **layers power point** for what students need to write on each layer of their foldable.

-Lesson Step #5: On the final day of the foldable, I had students decorate their "Baby Mama". They designed the shirt, pants and colored the skin. Once they were complete with decorating they were to complete the **crossword quiz**. They used the information in their foldable to fill in the blanks. This tested their knowledge and challenged them, I did not give them a word bank.

What you need for the foldable:

-**"Baby Mama" printable**

-**Stencils** (I made a class set out of card stock)

-Paper for each layer: Yellow, White, Red, Clear (sheet protectors), Orange, Pink, Blue

How to make the Foldable:

-Step #1: Provide Students with the following materials:

-1 "Baby Momma" printable

-1 Stencil

-1 scrap sheet of each color: Yellow, White, Red, Clear (sheet protectors), Orange, Pink and Blue

-Step #2: Have students use their stencil to trace and cut each of their colored pieces of paper.

-They need one of each color in the same shape as the stencil

-Step #3: Once students are done cutting, have them layer their colors in the following order

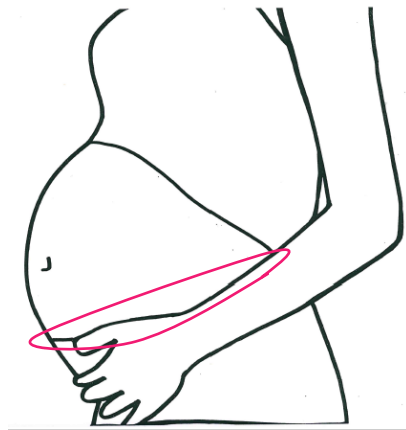
Top – Bottom

-Yellow, White, Red, Clear, Orange, Pink, Blue

-Have students staple or glue together along the top edge

-Step #4: Have students cut out the outline of the “Baby Mama” and make a cut in her lower stomach (this is what makes the initial flap)

Example: Cut along the line that is circled in pink, make sure students stop at the start of the t-shirt. Refer to pictures for better reference.



-Step #5: Once Students have their layers layered correctly/have made the cut on the “Baby Mama”, have students place their layers behind the flap (belly) of the “Baby Mama”. Students can secure the layers to the back of the “Baby Momma” by stapling or gluing.

* I have students glue their “Baby Momma” foldable to another sheet of copy paper after this step and cut around it. This makes the foldable not as flimsy. Seeing that this creates a white layer behind the final blue layer I had students draw a fetus, placenta and umbilical cord.

-You could also have them cut another white piece with their stencil and place it after the blue, or not!



Students will test
Knowledge of C-Section
on many Students,
who will construct
many positions!

PRODUCT

QUIZ



C-SECTION
simulation







- # Surge Assistant
1. Make sure everyone is wearing a hair net and face mask
 2. Hold one side of the curtain so the patient can not see the surgery







C-SECTION *simulation*

lesson plan | day 3 | how to

Lesson Plan Steps:

-Lesson Step #1: Have students view this labor & delivery operating room tour at the start of class

https://www.babycenter.com/2_labor-birth-tour-operating-room_10388407.bc

-Lesson Step #2: Following the film have students take **fill in the blank notes** over each of the different roles present in the operating room. For the life of me I can't locate the power point that goes along with the notes sheet however, I have included the notes sheet in case you would like a guide to creating your own power point.

-Lesson Step #3: After note taking is over, it's SIMULATION TIME!

Simulation steps:

It took trial and error to figure out the best way to go about getting each group on the same page and knowing each members role.

-Step #1: Assign groups: I have large classes so we had 3 simulation groups total.

-Step #2: Hand out the **role cards** to each group. I allowed students to select what role they wanted to play. They collaborated as a group to decide who would be best at what role.

-Step #3: After each person selected their role card (if you have large groups not everyone will have a role) I passed out a bucket to each group that contained their supplies MINUS the apron.

- Shower caps (hair nets)

- Face Masks

- Curtain

- Optional: **Printable Medical** Equipment for Anesthesiologist

-Step #4: As groups were putting on their shower caps and face masks I called all my "patients" in the hall. We put their aprons and made sure their layers and baby were in the correct places.

-After all was good to go, I reminded them to enter the class and lay across the desk with their arms stretched out (just like in a real C-section).

-Step #5: Once all the patients and other roles were in their correct places, it was GO TIME. All groups started their "C-sections" at the same time. Students referred to their role cards throughout the process.

*all together the simulation takes less than 5-10 minutes but made a HUGE impact and was a great learning experience!

-Lesson Step #4: Once the simulation is over have students go back to their notes and complete their exit ticket, in the section provided on the back of their paper.

-Exit ticket sample questions:

-“Using your phone research the salary of each of the different roles in your group.”

-“What layers did your group have to go through in order to deliver the baby?”

What you need for the simulation: (I had three simulation groups, hints to the number 3)

-Class set of shower caps for hair nets (Dollar tree)

-Class set of face masks (Dollar Tree)

-Mini baby dolls (Dollar Tree): 3 or 4 -one group got a surprise and had to deliver TWINS

-Tan/skin color aprons (Dollar Tree)

-Tan zippers to match the aprons (Hobby Lobby): 3

-White shower curtain liner or white fabric for curtain: 3 or cut one liner into 3 pieces

-Role Cards (attached): One set per group

-Scraps of felt or fabric in the various colors:

-Yellow

-White

-Red

-Clear (I used a shower liner)

-Orange

-Pink

-Blue

How to make the apron:

You can do this the easy way (hot glue) or the professional way (sewing). I decided to go the hot glue route because I had limited time. Seeing that students now know the colors that represent each layer of C-section, during the simulation they will be able to visually see the layers they are having to go through to deliver their baby. I will be completely honest, I thought of this idea two days before the activity took place. I will try my best to explain the process of making the apron however, you may have to use your own creative interpretation when it comes to creating it.

-Step # 1: On the apron, use a pencil to draw a 6” line at the level and incision would be made when performing a C-section. Take your scissors and cut along the 6” line, creating a small opening in the apron.

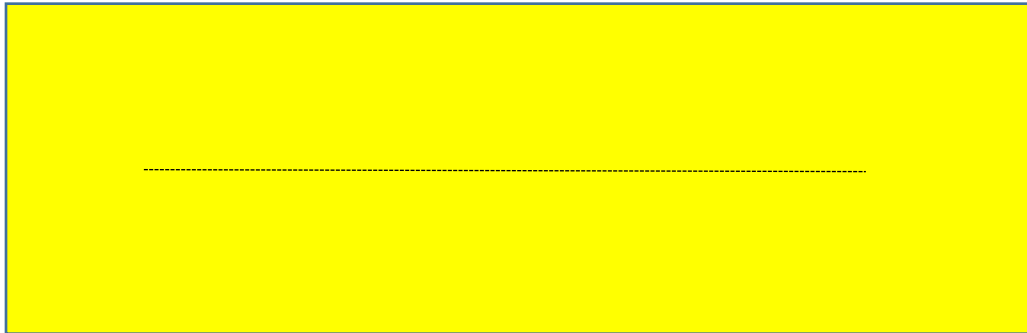
-Hot glue your zipper directly on top of the slit. Cut away any excess apron you feel may get caught when students are opening and closing the zipper throughout the day.

-Step 2: Now it is time to layer various colors on top of each other. On the back side of the apron glue the different layers in the order listed below...

Ordering of color:

-**Yellow (Fat)**- Cut a rectangle piece about 10" wide. Make a slit in the middle of the rectangle 6" wide. Hot glue the piece to the back of the apron, be sure to align the slit with the opening of the zipper. (It does not have to be exact)

Example:

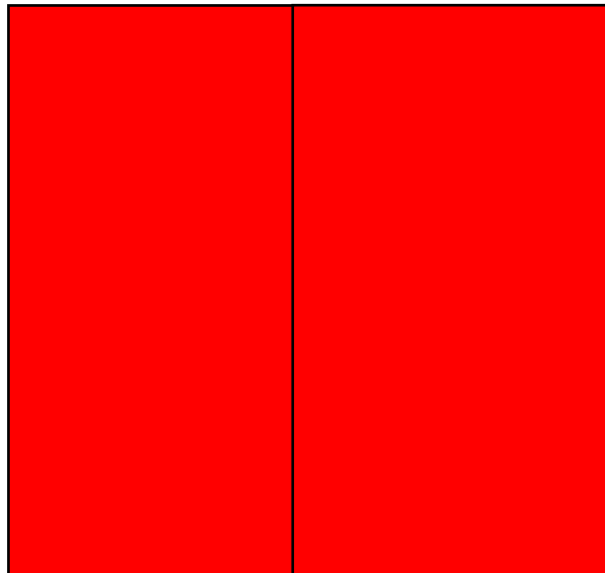


-**White (Fascia)**: Repeat the steps for yellow and glue on the back of the yellow piece.

-**Red (Ab Muscles)**: Since the abs are not cut but spread apart this step will be a tad different.

-Cut two rectangles, similar size as the yellow. Place them on the white layer running vertically and overlapping. Place your hot glue on the outer corners of the rectangles and glue to the white layer. This will allow students to spread the abs apart, just like they do in a real C-section.

Example:



-Clear (Abdominal Cavity): Repeat the steps for yellow BUT hot glue this piece vertical (like the red layer) instead of horizontal. Doctors slice this layer up and down not side to side.

-Orange (Bladder): This layer DOES NOT require any cutting. It is the bladder and doctors do not cut it, they simply move it down towards the mother's feet. For this piece repeat steps for the yellow but SKIP the cutting of the slit. Glue this piece on to the clear.

-Pink (Uterus): Repeat steps for the yellow and glue on the orange.

-Blue (Amniotic Sac): This layer can get tricky and will require some creative interpretation. This is the amniotic sac and is where your baby doll will be placed.

-For this layer I cut two large rectangles (8X12) and glued them together around three sides leaving the top side open. I then cut a 6" slit on one side of the pouch. I hot glued the pouch on top of the pink layer and aligned the slit with the slit in the pink layer. You will now have a pouch that a miniature baby doll will be able to be held in.

