

Lesson 5

Pesticide Safety and Child Bearing

- *Are You Going to Have a Baby—or Thinking of It?*
- *Why Are Infants and Fetuses More Vulnerable to Pesticides than Adults?*
- *Lo Que Bien Empieza....Bien Acaba*

LA FAMILIA SANA: PROMOTORA PROGRAM

LESSON PLAN

Pesticide Safety Lesson 5: Pesticide Safety and Child Bearing

By the end of this lesson, participants will be able to:

- Explain why pesticides are especially dangerous to unborn babies and infants
- Describe 3 ways of minimizing your and your unborn child's exposure to pesticides.

Participant materials:

- Handout: *Are You Going to Have a Baby—or Thinking of It?*
- Handout: *Why Are Infants and Fetuses More Vulnerable to Pesticides than Adults?*
- Comic Book: *Lo Que Bien Empieza...Bien Acaba*

Special note:

- Be sure to emphasize that the danger to the unborn child can occur before a woman knows she is pregnant, so it is best for ALL women of childbearing age to follow these instructions.

1. Things pregnant mothers and women wanting to get pregnant can do to have healthy babies.

Assessment

- What can women do to have healthy pregnancies and healthy babies?
 - Examples might be avoiding tobacco and alcohol, eating a healthy diet, and taking vitamins.

Activity

- Read the comic, *Lo Que Bien Empieza...Bien Acaba*, with the participant.
- Review the handout: *Are You Going to Have a Baby—or Thinking of It?*
 - Reminder: the greatest danger to the baby is in the first two months of pregnancy, before many women know they are pregnant.
- Read the handout *Why Are Infants and Fetuses More Vulnerable to Pesticides than Adults?* with the participant.
- Remind women that pesticides are poison. They can be absorbed through the skin, inhaled, or ingested. Then, the pesticides get into the blood circulating to the baby.

Review main point

- If you are pregnant or thinking of having a baby, avoid exposure to pesticides!

Reflection

- Suppose your neighbor told you that she was pregnant, what would you tell her about the effects pesticides can have on unborn babies?
- What would you suggest she do to protect her unborn baby from pesticides used in the home?
- What would you suggest she do to keep pesticides out of her house?
- What would you suggest she do to protect her unborn baby from pesticides used at work?

Note: If the participant cannot respond to these questions, please review the lesson again.