



Title: How human life begins, pregnancy and birth

Part 1: How human life begins, pregnancy and birth

Level: FIRST

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a	<ul style="list-style-type: none">Identifies the correct words for body parts and their functions, for example, womb, scrotum, ovaries, vagina.Identifies what is needed for growth and development of animals, plants and humans.

Learning intentions

- Children know the names for parts of their body required to understand conception, pregnancy and birth.
- Children understand where living things come from.

Success criteria

- I can explain where living things come from, how a baby develops and is born.

Resources to support this activity

- PowerPoint slides

Activity

- RSHP learning is enhanced if children can sit together, start this way. The children will have learned the names of parts of the body from earlier activities. If the children have explored the learning in earlier topics exploring how we can look after plants and animals then you can recap/refresh learning on those.
- Introduce the topic is all about how human life begins, pregnancy and birth. Ask the class if anyone has a baby at home or in the family? Have a chat about that. What do the children know about pregnancy? Birth? Perhaps some have been present or around when siblings or others have been born? (No need to be overly concerned with correcting any misconceptions shared, the activity will present good information).
- Start with the PowerPoint pictures of fully-grown animals and their babies and ask children to identify the names of the animals and the name of the baby of each species. End this section with the slide of the human mother and child. Explain that all the babies and animals we have seen are alike, the babies are made, they grow inside the mum, and then they are born.

Use the PowerPoint slides (images and text) to tell the story of how human life begins, pregnancy and birth - pausing, checking understanding and asking/taking questions and thoughts as you go.

Encourage conversation, this could include what a pregnant woman and baby need at different stages to be healthy, happy and safe.

The 'story' is told here in 3 parts which you can work through, pause, review as often as is helpful. Some learners may benefit from some break between sections, you can decide how best to space the presentation(s) and discussion for your learners.

- **Part 1: How a baby is made**
- **Part 2: The baby grows: Pregnancy**
- **Part 3: How a baby is born**

NOTE: When it comes to learning about how a baby is made we explain that this requires the sperm to meet the egg. As delivery of this lesson is likely to come toward the end of First Level learning (say P4) it might be expected that a child will ask 'but how does the egg and sperm meet?' If this happens we have provided some additional slides at the end of the PowerPoint presentation that answer this question, the PowerPoint text in slides 32/33 provides enough detail for children of this age and will satisfy their natural curiosity about how babies are made – so the slides explain in a straightforward/factual way about sex, that fertilisation can be assisted by a doctor or can be by donor. In terms of the latter two, there may be children in the group conceived using such means (which they may know and share) and they should be able to recognise this in the factual presentation. This content is provided so that the educator can be led by and responsive to what might be asked.

Additional ideas

- Invite a pregnant mum or new parents to come in and explore their experience of pregnancy.
- NHS Library Service have a range of models that can be borrowed for schools that show the growing baby during stages of pregnancy. You can find out more information about your local services at <http://www.knowledge.scot.nhs.uk/home/help-and-training/library-services.aspx>

Further learning activities are available that connect to this RSHP curriculum content

- What babies need to be healthy, happy and safe

Connecting with home

This text could be shared with parents and carers:

We will be learning about how human life begins, pregnancy and birth – this means learning about conception and how the baby develops in the womb. We will learn about how a baby is born and then learn about the needs of a new born baby. The PowerPoint slides we use to tell the story are available on the RSHP resource site <https://rshp.scot/first-level/> You can look at them with your child and they will tell you what they have been learning. There are many great books to read with your child about conception, pregnancy and birth. Here are just a few that you can ask for at the Library.

How did I Begin? by Mick Manning and Brita Granstrom (ISBN 07496 56611)

A warm, friendly introduction to the facts of life for young children that follows the story of a new life from the moment of conception to the birth of a baby. With simple illustrations, inviting lots of discussion and providing answers to all those questions.

Before you were born by Jennifer Davis (ISBN 0761112006)

This joyous, innovative book about pregnancy tells the parallel story of mother and baby from hearing the thumpity-thump of baby's heartbeat to that unforgettable first meeting.

How are babies made? by Alastair Smith (ISBN 0746025025)

Discover how a baby forms inside its mother. Lift the flaps on the pages to see the baby changing as it grows and grows.

Lola Reads to Leo by Anna McQuinn and Rosalind Beardshaw (ISBN 1580894038)

Lola has a new baby brother and she can't wait to share her love of reading with him. Lola gets ready for little Leo's arrival by reading books about brothers and sisters.

Frequently asked questions:

These are common questions asked by children at this level. These are suggested answers; however they are not prescriptive.

Can men have babies? No, because men don't have a womb. But of course, after a baby is born a man can be daddy.

Can children have a baby? No, only grown ups can have a baby. You have to have a grown-up body to be able to grow a baby.

Can you have more than one baby at a time? Yes, some people have twins, which means they have two babies. This happens when more than one sperm meets with more than one egg. Or sometimes an egg can divide when it is fertilised and make twins. Some people can even have 3 or 4 babies at the same time, but this doesn't happen often.

What is sex? Sex is a special way that grown-ups can show love for each other. You will learn more about sex when you are in upper school/primary.

Does everyone need to have a baby? No. It's a woman's choice whether she wants to have a baby or not.

Can gay/lesbian people have babies? Gay or lesbian people can be mums or dads too. At the start to make a baby you need the egg from a woman and the seed/semen from a man. Only a woman can be pregnant and give birth to a baby.

Practitioner Notes