

Lesson Instructions

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Suitable For: Any pregnant client, preferably in the first trimester.

Time Frame: Early in the pregnancy if possible.

Lesson Objective: To help prepare a woman for her obstetric ultrasound appointment.

Instructions: Copy the DVD worksheet and show *Your Ultrasound Appointment*. After your client watches it, go over the lesson together using the questions as opportunities for discussion. Then review the questions on the discussion page together.

Homework: Give your client a copy of the homework sheet provided and the brochure.

Supplies: DVD, *Your Ultrasound Appointment Brochure*, *Your Ultrasound*.

Length of Video: 17:58 minutes.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



At only seven weeks you can see the baby's fingers and toes.

