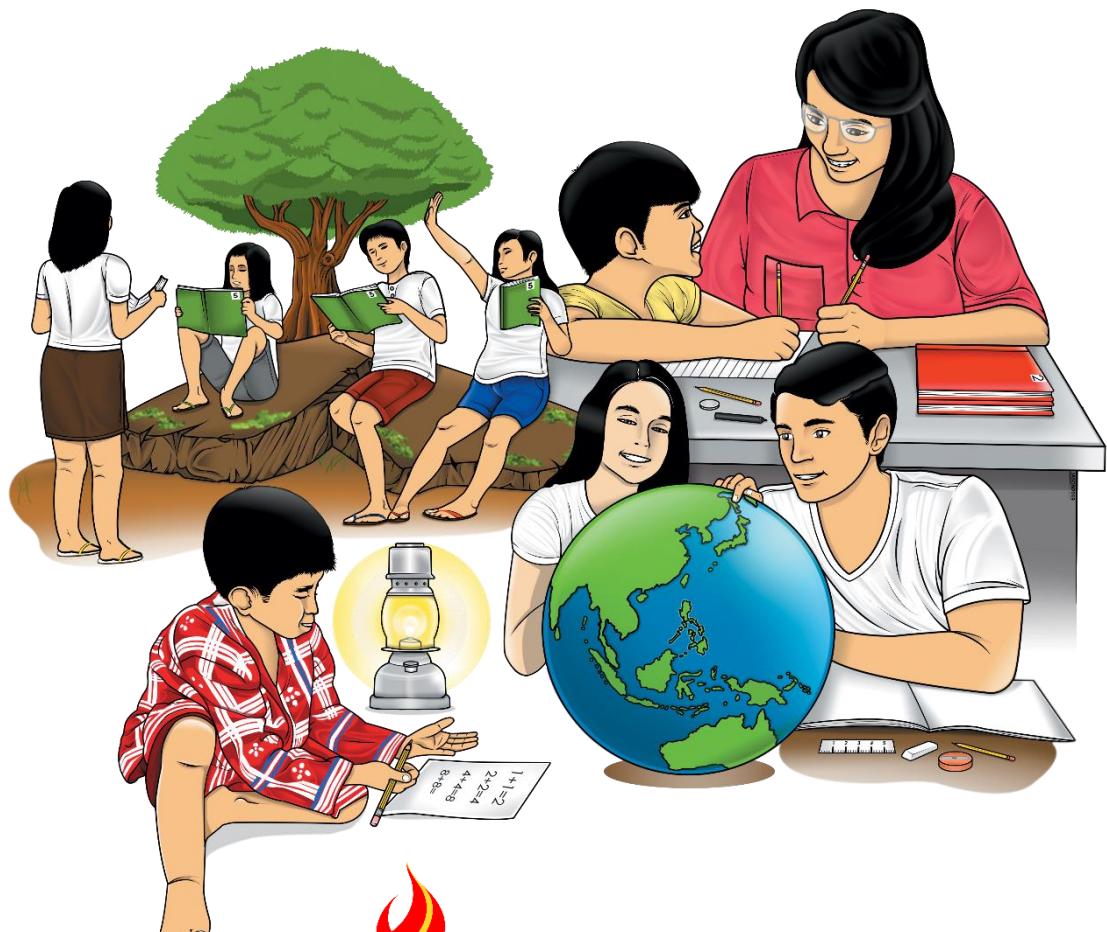


HEALTH

Quarter 2 – Module 7:

Mother's Care



Health – Grade 8
Alternative Delivery Mode
Quarter 2 – Module 7: Mother’s Care
First Edition, 2020

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8

HEALTH
Quarter 2 – Module 7:
Mother’s Care

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains: Role of Parents in Raising a Child

- Lesson 1 - Pre-Natal and Post-Natal Care

After going through this module, you are expected to:

1. explain the importance of pre-natal care and post-natal care (H8FH-IIe-f-33)
 - a. define pre-natal and post-natal care;
 - b. discuss the importance of pre-natal and post-natal care;
 - c. make a poster of the safety measures during pre-natal and post-natal



What I Know

Directions: Write TRUE if the statement is correct and FALSE if the statement is wrong.

- _____ 1. It is not necessary for a healthy pregnant mother to have a regular check-up.
- _____ 2. Post-natal care can be done during first trimester period of pregnancy.
- _____ 3. Pre-natal care includes good nutrition and healthy eating habits during pregnancy.
- _____ 4. Taking of folic acid helps a pregnant mother against the risk of birth defects.
- _____ 5. The developing human is fed in the woman's womb through uterus.
- _____ 6. A first trimester of pregnancy starts week 1 up to week 12.
- _____ 7. Immunization for a new born baby should be provided.
- _____ 8. A typical pregnancy lasts 40 weeks from the first day of your last menstrual period to the birth of the baby.
- _____ 9. Mix feeding is the best ideal form of infant feeding.
- _____ 10. According to the researchers, babies born to mothers who lack pre-natal care have triple the chance of being born at a low birth weight.
- _____ 11. It is important to monitor health even after giving birth.
- _____ 12. After giving birth, only the new born baby should be given preventive care practices and routine assessments to be able to identify and manage complications.
- _____ 13. During pregnancy, doing light exercises such as walking and yoga and eating nutritious foods can be a great help.
- _____ 14. Post-natal period begins immediately after a mother give birth to a child.
- _____ 15. The father has a very important role before and during pregnancy care.

**Lesson
1**

Pre-natal and Post-natal Care

Regular pre-natal and post-natal care are highly recommended for all women during pregnancy and after the birth of their child. Pregnancy care consists of prenatal, which is before birth, and post-natal care, which is after delivery.



What's In

Let us see what you have learned in the previous lesson!

Directions: Using the acrostic below, write phrases and sentences about the importance of Newborn Screening.

I-

N-

F-

A-

N-

T-



What's New

Picture it Out

Alisa is a 14 year-old girl who grew up in the province. When she was in grade eight, her aunt took her to Pasay to be a house helper in the morning and to study at night in the nearby public school. While studying, she fell in love with one of her classmates who is older than her. They got married and lived in the squatter area of Baclaran. She got pregnant but because her husband's salary is below minimum wage she did not go to any clinic or hospital for prenatal check-up. She saved money for the coming of the baby. She gave birth in a public lying-in clinic to an underweight child with several health complications. Alisa and her husband got so scared about their child's condition.

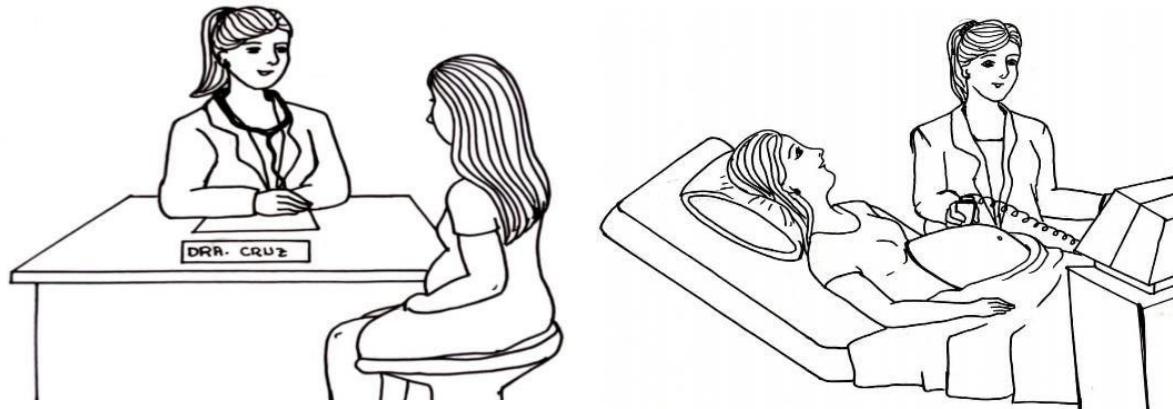
Guide questions:

What could have prevented the poor health condition of the child?

What government agencies could have helped Alisa during her pregnancy?

What insights and realization did you gain from the story?

Look at the pictures and answer the questions.



Illustrated by: Mary Joy B. Oliverio

What have you observed in the pictures?

What do you think is the reason of the activities in the picture?



What is It

Pre-Natal vs. Post-Natal. Pregnancy is the time which a mother carrying embryo that develops inside the womb. It lasts about 40 weeks. The first trimester starts week one from conception up to week 12 of pregnancy. The second trimester is weeks 13 to 27 and the third trimester starts about 28 weeks and lasts until birth. Every stage of pregnancy brings different issues and concerns. Pre-natal care is a preventive healthcare of pregnant women. This can be done through regular check-ups to prevent any health problems of a mother and a child, proper weighing to ensure proper weight gain and dietary lifestyle advices. In the first stage a pregnant women should be taken care and avoid vices such drinking alcoholic beverages, doing light exercises such as walking and yoga and eating nutritious foods. Since this period is crucial, see to it that a pregnant mother gets the necessary pre-natal check-up. See to it that the necessary immunizations are strictly followed as scheduled.

Illustrated by: Mary Joy B. Oliverio

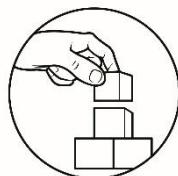
Post-natal period begins immediately after a mother give birth to a child. Both the mother and a new born baby should be given preventive care practices and routine assessments to be able to identify and manage complications. These include checking temperature and feeding of a newborn baby, including weight, danger signs, eyes, cord. It also includes giving vitamin and vaccination after birth, encourage and facilitate the registration of a baby and other clinical examinations given to a new born. Aside from this, a mother also should be given care and assessments after giving birth. These includes plenty of rest to rebuild her strength, proper eating nutritious foods. It is important to stay as healthy as possible because it affects the baby's breastfeeding. During this period the partner also spends quality time to his family and understands the changes and functions as a new family unit.



Activity 1.1

Directions: The following are the list of actions of a pregnant woman.
Mark check (✓) in column A (Good) or in column B (Bad)

| | A (Good) | B (Bad) |
|-------------------------------------|----------|---------|
| 1. Eating vegetables | _____ | _____ |
| 2. Drinking alcohol | _____ | _____ |
| 3. Smoking cigarettes | _____ | _____ |
| 4. Walking for a 30min 3x a week | _____ | _____ |
| 5. Having an X-Ray | _____ | _____ |
| 6. Taking vitamins | _____ | _____ |
| 7. Doing vigorous physical activity | _____ | _____ |
| 8. Eating junk foods | _____ | _____ |
| 9. Drinking coffee | _____ | _____ |
| 10. Doing yoga exercise | _____ | _____ |



What's More

Activity 1.2: Let's define

Directions: In your activity notebook, write the meaning of pre-natal and post-natal care.

Pre-natal care-

Post-natal care-

Activity 1.3

Directions: Write down the details of the importance of pre-natal (column A) and post-natal care (column B) below.

| Column A | Column B |
|-----------------|-----------------|
| | |

Activity 1.4

When women are pregnant, they need to be very conscious of the food they eat and what they drink and the activities they engage in because more food, drink and the activities may harm the child they are carrying. The following is a list of actions performed during pregnancy. If the action mentioned is something that a pregnant woman should avoid, mark X on the space provided. If the activity is something that would be good for a pregnant woman, mark /. Remember to copy the table in your notebook.

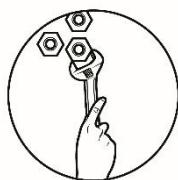
1. drinking alcohol _____
2. drinking milk _____
3. dyeing hair _____
4. cleaning the cat's litter box _____
5. drinking water _____
6. eating varieties of fruits and vegetables _____
7. smoking cigarettes _____
8. sitting in a sauna, steam room, or hot tub _____
9. eating uncooked meat _____
10. taking vitamin B (folic acid) _____
11. taking over-the counter drugs _____
12. having an x-ray _____
13. drinking coffee _____
14. going for walks _____
15. eating sweets and junk foods _____



What I Have Learned

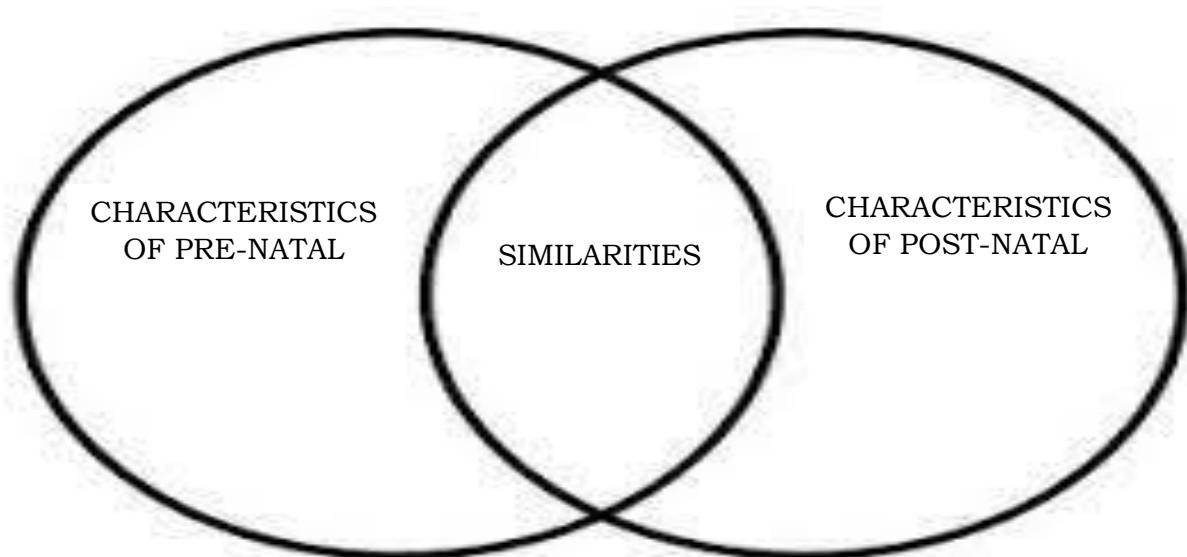
Pre-natal care is a preventive healthcare of a pregnant woman. Pre-natal can be done through a regular check-up to prevent any health problems of a mother and a child, proper weighing to ensure proper weight gain and dietary lifestyle advices.

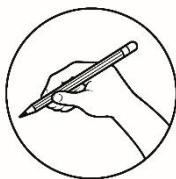
Post-natal period begins immediately after a mother give birth to a child. Both the mother and a new born baby should be given preventive care practices and routine assessments to be able to identify and manage complications. Post-natal care also includes giving vitamin and vaccination after birth, encourage and facilitate the registration of a baby and other clinical examinations given to a newborn.



What I Can Do

Directions: Write the characteristics of Pre-natal and Post-natal Care in the Venn diagram below. Give the difference of the two terms/phrases on both sides of the circle and write the characteristics that both terms have in common in the space at the center.





Assessment

I. Directions: Read the following carefully then encircle the letter of the correct answer.

1. The phase of pregnancy that starts from week 13 to 27.
 - first trimester
 - second and third trimester
 - second trimester
 - third trimester
 2. The best ideal form of breastfeeding is through _____.
 - mix feeding
 - bottle feeding
 - breastfeeding
 - all of the above
 3. The stage of pregnancy from 28 weeks to birth is _____.
 - first trimester
 - second and third trimester
 - second trimester
 - third trimester
 4. It is a preventive health care of a pregnant woman.
 - pre and post-natal care
 - pregnancy care
 - prenatal care
 - post-natal care
 5. Taking of this pre-natal vitamin of a pregnant mother prevents neural tube defects of the baby.
 - folic acid
 - vitamin b complex
 - vitamin e
 - vitamin k
 6. Which of the following is the best exercise for a pregnant woman?
 - basketball lay ups
 - brisk walking
 - jogging
 - walking
 7. Which of the food group should a pregnant women consumed sparingly?
 - cheese, yogurt and milk
 - fries, pizza and doughnuts
 - fruits, vegetables & nuts
 - legumes, broccoli & peanut

8. A term used to describe of health check-up of a newborn child for the protection against diseases.
 - A. immunization
 - B. new born screening
 - C. regular check-up
 - D. vaccination
9. All of the following are the practices of taking good care of a pregnant mother except one.
 - A. doing numerous physical activities
 - B. eating fruits and vegetables regularly
 - C. taking folic acid for neural tube defects prevention
 - D. wearing comfortable, loose-fitting maternity clothed
10. Preparing of the crib for the unborn child falls in what phase of pregnancy?
 - A. post-natal
 - B. pre and post-natal
 - C. preconception
 - D. prenatal



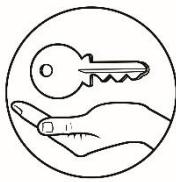
Additional Activities

Activity 1: CHILD OF MY OWN

Directions: Cut a picture of a baby and paste it in your diary. Write down some features that you wanted to have for your future baby. (e.g., sharp nose, big eyes, dark skin, etc.) Explain.

Activity 2: Poster Making

Directions: Create a poster about the safety measures during pre-natal and post- natal care in a $\frac{1}{4}$ size cartolina.



Answer Key

| Assessment | What I Know |
|------------|-------------|
| 10. A | True |
| 9. A | False |
| 8. B | True |
| 7. B | False |
| 6. D | True |
| 5. A | False |
| 4. C | True |
| 3. A | True |
| 2. C | False |
| 1. C | True |
| Test II | False |
| 10. A | True |
| 9. A | False |
| 8. B | True |
| 7. B | False |
| 6. D | True |
| 5. A | False |
| 4. C | True |
| 3. A | False |
| 2. C | True |
| 1. C | True |

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<https://ncrhealth.org>

Medical Care pregnancykidshealth.org

Parental Care [Planned plannedparenthood.org](http://Planned%20parenthood.org)

Prenatal Care mayoclinic.org

Postnatal care Module 1: Post Natal Care at the Health Post and in Community

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