

# Road to Parenthood Instructions

Simply place the cards in the proper order. The cards are the steps to planning and giving birth vaginally, without medication, to a child which was conceived through sexual intercourse.

Can be played with groups as small as two and as large as 21. There are 21 cards in total.

It should also be discussed that each birth is different and may not go as planned.

## Order of Cards:

1. Decision to have a child
2. Good pre-natal care (e.g. nutrition, exercise, vitamins)
3. Sexual intercourse
4. Ejaculation, sperm enters vagina
5. Sperm swim into vagina, through the cervix into the uterus and fallopian tubes
6. Some sperm meet ovum (egg) in fallopian tubes (if ovulation has occurred)
7. One sperm enters ovum's outer membrane (fertilization)
8. Fertilized egg (zygote) travels to uterus
9. Zygote implants on wall of uterus
10. Pregnancy confirmed with a pregnancy test
11. Nine months pass
12. Labour pains
13. Contractions of uterus open cervix
14. Water breaks
15. Baby enters birth canal (vagina)
16. Muscles propel baby through vagina
17. Babies head crowns
18. Birth of baby
19. Umbilical cord is cut
20. Delivery of placenta
21. New life with baby begins

## Other discussion points:

- Infertility in both people with vaginas and penises
- Fertility treatments (IVF, IUI, artificial insemination etc.)
- Adoption
- Same sex parents
- Single parents
- Trans parents
- Intersex babies
- Epidurals
- Episiotomies
- Caesarean section (C-section)
- Natural childbirth versus childbirth with medical interventions
- Midwives
- Doulas
- Unplanned pregnancies
- Genetic screening
- Preterm labour/birth
- Post term pregnancy
- Inductions
- Forceps
- Home birth versus hospital birth
- Multiples (twins, triplets, quadruplets etc.)
- Proper nutrition during pregnancy
- Weight gain
- Proper exercise during pregnancy
- Vitamins/folic acid
- Alcohol, smoking, recreational drugs, prescription drugs
- Immunizations
- Sex during pregnancy
- Breast feeding
- Prenatal classes
- Circumcision
- Miscarriage

# Road to Parenthood

Decision to have a  
child

Good pre-natal care  
(e.g. nutrition,  
exercise, vitamins)

Sexual intercourse

Ejaculation, sperm  
enters the vagina

Sperm swim into the  
vagina, through the  
cervix and into the  
uterus and fallopian  
tubes

Some sperm meet  
ovum (egg) in the  
fallopian tube (if  
ovulation has occurred)

One sperm enters  
egg's outer  
membrane  
(fertilization)

Fertilized egg  
(zygote) travels to  
uterus

Zygote implants on  
wall of uterus

Pregnancy  
confirmed with a  
pregnancy test

Approximately nine  
months pass  
(40 weeks)

# Labour pains

Contractions of  
uterus open cervix

Water breaks

Baby enters birth  
canal (vagina)

Muscles propel  
baby through  
vagina

Baby's head crowns

Birth of baby

Umbilical cord is cut

# Delivery of placenta

New life with baby  
begins