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. Contraction 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