**The Feto-Placental Clock and Events of Late Pregnancy: The Play**

Screenplay adapted from Penny Simkin’s Arrow and

Carrie Kenner’s The Feto-Placental Clock

**RED = MOTHERS**

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| **Line** | **Who** | **Read Your Line Then Do This ----🡪** | **Toss Yarn Ball To** |
| 1 | Babies | The baby starts everything! When baby is ready to be born, he will secrete a hormone called *CRH (cortico-releasing hormone)* which sends a chemical signal to the placenta. | Placentas |
| 2 | Placentas | When the placenta receives the chemical signal from baby, it will release *estrogen* and *cortisol,* two hormones that will help baby’s lung’s mature. | Babies |
| 3 | Babies | “Ahh…now I can breathe on my own!” | Placentas |
| 4 | Placentas | Now that the placenta is producing more estrogen, that chemical signal tells the uterus to… | Uterus |
| 5 | Uterus | …create more *oxytocin* receptor sites within the uterine muscle which means … | Mothers |
| 6 | Mothers | I will have more *Braxton Hicks* contractions. | Placentas |
| 7 | Placentas | The increased estrogen production by the placenta also promotes the release of *prostaglandins* by the amniotic membranes. Prostaglandin is a hormone that produces enzymes that will… | Uterus |
| 8 | Uterus | …digest the collagen in the cervix, turning it to water, causing the cervix to soften and become thin. | Placentas |
| 9 | Placentas | In late pregnancy, the placental membranes normally become increasingly fragile, porous and permeable, which means… | Mothers |
| 10 | Mothers | …larger molecules from mother’s bloodstream like iron and maternal antibodies can finally cross the placenta. | Babies |
| 11 | Babies | Baby will gain important immunities from mother and about six months worth of iron. | Keep |
| 12 | Babies | Baby is also gaining a special fat called “brown fat” that will help him or her regulate temperature after birth. . | Keep |
| 13 | Babies | Babies become capable of sucking in late pregnancy and that’s great because… | Mothers |
| 14 | Mothers | “My production of colostrum is increasing!” | Keep |
| 15 | Mothers | Mother’s ovaries continue to secrete r*elaxin*, a helpful hormone that relaxes all of mother’s ligaments and cartilage during pregnancy, making the mother’s pelvic joints wider and more mobile. That’s especially important now because… | Baby |
| 16 | Babies | Baby is descending and *engaging in the pelvis*, trying to find the best position for birth. This causes… | Mother |
| 17 | Mothers | …mother to experience a few of the classic complaints of late pregnancy: even more frequent urination and *lighter, interrupted sleep*. | Keep |
| 18 | Mothers | Mothers may have a *nesting urge*, which helps her prepare for impending parenthood and proves she has the energy available for labor. | Keep |
| 19 | Mothers | The increasing release of *prostaglandins from the amniotic membranes* may cause mother to have more frequent and softer bowel movements… | Keep |
| 20 | Mothers | ..and more vaginal mucus since her *cervix is softening, thinning and becoming stretchy*… | Keep |
| 21 | Mothers | …and she may even see some *bloody show*, proving her cervix is changing and becoming ready. | Placentas |
| 22 | Placentas | The placenta begins making c*onnexin*, a hormone that helps the uterus contract in an efficient, coordinated way. These hormonal reactions will likely cause… | Mothers |
| 23 | Mothers | Mother to have a *restless backache* before she has… | Uterus |
| 24 | Uterus | Synchronized, progressing contractions which will eventually cause mother’s cervix to open. | Keep |