



## La Familia / Casa y Campo Project Promotora Program

### Lesson Plan: Pesticide Safety and Child Bearing

**Message:** If you are pregnant or thinking of having a baby, stay safe from pesticides!

**Specific Topics to be Covered:**

- How pesticides can harm you or your unborn baby
- How to reduce the need for residential pesticide use
- How to reduce take-home pesticides

**Materials Needed:**

- Broadsheet: *“Are you going to have a baby”*
- Cartoon video: *“How to Control Pests”*
- Handout: *“Keep your Home Pesticide Free”*
- Cartoon booklet: *“How to Control Pests”*
- Handout: *“Pesticides: Leave them at Work”*
- Handout: *“Farmworkers’ Guide to Laundering Work Clothes”*

**Advance Preparation:**

- Review materials and lesson.
- Get equipment to show cartoon video

**Special Note:**

- Be sure to stress that the danger to the unborn child can occur before a woman knows she is pregnant, so it is best for ALL women of childbearing age to follow these instructions.

**Introduction:**

Talk about the message of the day and the topics you will cover.

**Assessment:**

Talk about the things expectant mothers (and women wanting to get pregnant) do to try to have a healthy baby

- Engage mothers who have had children already, as they may be most willing to talk about pregnancy and trying to have a healthy baby
- Examples might be avoiding tobacco and alcohol, eating a healthy diet, and taking vitamins.
- Reminder: the greatest danger to the baby is in the first two months of pregnancy, before many women know they are pregnant.

**Introductory Activity:**

- Review the poster and broadsheet: *“Are you going to have a baby”*
  - Remind women that pesticides are poison. They can be absorbed through the skin and get into the blood circulating to the baby.
  - The poster and broadsheet list things expectant mothers can do to avoid pesticides

**Topic 1 Activity: Avoid Pesticides Around the House**

- Watch the cartoon video

- Ask women to identify which of the actions listed they think is most important for their homes.
- Give women the Handout: “*Keep your Home Pesticide Free*” and/or the “*How to Control Pests*” comic book. Suggest that they take these publications home to review with other family members so they understand the importance of controlling pests without pesticides.

**Topic 2 Activity: Reduce Take-Home Pesticides**

- Review handout: “*Pesticides: Leave them at Work*”
  - Review the importance of changing clothes right after work, for themselves and for other household members
  - Remind the women to stay out of all field\’s unless they go into them to work
- Review handout: *Farmworkers’ Guide to Laundering Work Clothes*”
  - Discuss the women’s laundry routine, including where dirty clothes are stored.
  - Use problem solving to come up with ways to store work clothes separately in small houses or when separate hampers are not available.

**[Topic 3 Activity (for women working in the fields): Avoid Pesticides at Work**

- Review WPS training for field workers
  - Emphasize the warning sign and re-entry intervals
  - Emphasize the danger of drift]

**Reflection**

- What changes should the women make in their homes to protect their unborn babies from pesticides used in the home?
- What changes should the women make in their homes to protect their unborn babies from take-home pesticides?
- [For women who work in the fields, what steps can be taken to protect their unborn babies from pesticides used at work?]

**Review main points:**

- If you are pregnant or thinking of having a baby, stay safe from pesticides!