



Spin the Bottle

Objective

The objective is for the participants to increase their knowledge about smoking during pregnancy and breastfeeding.

Target group and the group size

6–10 participants in each team; any number of teams.

Time use

The duration of the game is 10 minutes.

Preparation, supplies, facilities and equipment

- A classroom
 - A table and chairs (or floor space) and an empty bottle that can be spun for each team
- Questions related to the topic

Assignment and work instructions

Ask the participants to form pairs. If there is an odd number of participants, one team can have three members. The pairs then join teams of 6–10 people. Each team should be given a bottle, the questions and two chairs and a table.

The teams score points for correct answers, lose a point for not answering a question but do not lose points for incorrect answers. The duration of the game is max. 10 minutes.

Notes

Exercises and questions for the Spin the Bottle game Exercises:

- A table and two chairs are arranged as they would be in a guidance situation to make the customer comfortable.

A: A customer-friendly set-up. The customer should not be made to feel like he or she is being interrogated.

- A breastfeeding woman is a smoker. What should you do?

A: Provide information but do not be judgmental. Encourage quitting in a positive manner.



- How would you approach the risk of smoking in your talk with a pregnant woman, if she believes that smoking cannot harm the foetus?

A: Chemical substances enter the placenta and affect the foetus. They can cause premature birth, the baby being underweight, or miscarriage.

- Imagine that your fellow student is a smoking woman who has recently found out that she is pregnant. How would you discuss the effects of smoking during pregnancy with her?

A: The same answers as above. Repetition is useful.

Questions:

- What percentage of cases of low birth weight are caused by smoking during pregnancy?

- a) 46%
- b) 21%
- c) 8%

A: b) 21 % (source: <http://www.uef.fi/fi/tupakkakoulutus/>)

- Smoking has a greater impact on fetal weight than the mother's height and weight, number of previous pregnancies, or previous delivery history. True or false?

A: True (source: <http://www.uef.fi/fi/tupakkakoulutus/>)

- Breast milk has the same nicotine concentration as the mother's blood. True or false?

A: 3-5 times higher (source: <http://www.uef.fi/fi/tupakkakoulutus/>)

- What effects does the mother's smoking have on a breastfeeding baby?

A: Diarrhea, nausea, irritation, increased heart rate, stomach pain (source: <http://www.uef.fi/fi/tupakkakoulutus/>)

- How long should the mother refrain from using nicotine products before breastfeeding?

A: 2-3 hours (source: <http://www.uef.fi/fi/tupakkakoulutus/>)

- What effects does smoking have on blood flow in the uterus and placenta?

A: Nicotine decreases blood flow. It also reduces the delivery of oxygen to the foetus. In addition, carbon monoxide binds to haemoglobin, forming carboxyhemoglobin, which decreases the delivery of oxygen to fetal tissues. (Source: <http://www.terveyskirjasto.fi>)

- Smokers have larger and heavier placentas than non-smokers. True or false?

A: True (source: <http://www.terveyskirjasto.fi>)



- Women who are planning to get pregnant should quit smoking at least a) 1 month b)3 months c) 6 months before getting pregnant.

A: 3 months (source: <http://www.terveyskirjasto.fi>)

- Insufficient oxygen supply caused by smoking results in restricted fetal growth. True or false?

A: True (source: <http://www.uef.fi/fi/tupakkakoulutus/>)

- Smoking during pregnancy has no effect on the child's cognitive development. True or false?

A: Smoking during pregnancy increases the risk of cognitive problems in later life as a result of premature birth, low birth weight and a small head circumference (source: <http://www.uef.fi/fi/tupakkakoulutus>)

