

Dear Parent or Guardian,

Your teen's health class is currently studying how life begins. We will focus on early growth and development, from a single cell to a complex body. Students will learn how heredity and genetics make each person unique. At the same time, they will learn about types of genetic disorders and how advances in genetic technology help resolve the problems associated with genetic disorders.

Another focus of this chapter is on the growth and development that occurs from birth to late childhood, the years prior to adolescence. Students will learn that growth and development follows general patterns yet is unique to each individual.

Some questions your teen will explore as we study this chapter are: *What are the stages in prenatal development? Who and what contribute to the health of an unborn baby? What happens during birth? What characteristics are determined by heredity? What are genetic disorders, and can they be prevented or treated? How does a child grow and develop?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain how the use of alcohol, tobacco, and other substances during pregnancy affects the health of an unborn baby.
- With your teen, watch a movie such as *Rain Man* that has as its subject a person with a genetic disorder. Describe to each other the challenges the character faces and social barriers he or she might have to overcome.
- Ask your teen to describe the developmental tasks that are important in the first four stages of life.

Please plan other activities you think will help your son or daughter understand the process of growth and development during infancy and childhood. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher