

## Ultrasound

**Activity:** During the third trimester your doctor may give your partner an ultrasound. An ultrasound picture isn't always necessary, but if you and your pregnant partner are going to have one done, save the copy of the picture and carry it in your wallet. Show all of your family, friends, and co-workers.

Be proud and show off the picture. Tell your friends how he or she looks like you.

Be careful, some ultrasound pictures have a tendency to smear ink when kept in wallets.

**What your partner and unborn baby are doing:** An ultrasound is sound waves that bounce off internal structures that allow you to see the baby, usually given to date the pregnancy. The ultrasound may also be used to determine the condition of the baby, cause of bleeding, multiple births, condition of the placenta, breech birth, etc.

Most pregnant women have the test at least once during the pregnancy.

During the ultrasound you may be able to see the heart beating, curve of the spine, the head, arms and legs, or your baby sucking his or her thumb.

**IN-KIND:** In-kind donations are services and/or contributions to be used for non-federal match for Head Start and Early Head Start programs. The services and/or contributions are not to be used by any other federal program.

Date	Description of Activity	Amount of Time	Value or per Hour Rate	Your Relationship to Child

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Participant Name (Please Print) Signature Date

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Staff Name (Please Print) Signature Date