

Making and Using Community Pregnancy Calculators

SUPPLIES:

- Scissors
- Equal number of copies of both pages of the wheel
- Fastener or any type of push pin or paper clip with a backing

1. Cut out the wheels from both pages.
2. Put the smaller wheel on top of the larger wheel, facing the same direction, so you can see the numbers on both.
3. Insert a fastener or pin into the center of the wheels.
4. Bend the fastener or put something soft onto the back of the pin to ensure that it is not dangerous.

Now it is ready to use:

5. Turn the arrow labeled “First Day of Last Period” to the calendar date of the first day of the woman’s last menstrual period.
6. Keep the arrow on this date and look at the arrow labeled “Approximate delivery date.” The day that this arrow is pointing to is the approximate date of her delivery, within five days.

OR

7. If the woman does not remember the date of the first day of her last menstrual period, but she does know the date when she conceived, turn the arrow labeled “Probably Day of Conception” to the date.
8. Keep the arrow on this date and look at the arrow labeled “Approximate delivery date.” The day that this arrow is pointing to is the approximate date of her delivery, within five days.