



CPNP Prenatal Bingo Instructions

This CPNP Prenatal Bingo was developed as a fun and interactive learning tool to use with prenatal clients. Up to 20 people may play at one time.

GAME SET UP

1. Gather the bingo chips (dried beans, rocks, buttons, pennies).
2. The first time the game is played, print out the Player Cards and Caller Cards.
3. The first time the game is played, print out the Caller Master Sheet. To reuse the Caller Master Sheet, place the original in a page protector. Use a white board marker to cross out the topics called. Use a damp paper towel to remove the writing.

INSTRUCTIONS

1. Before each game, pass out a Player Card to each player.
2. The caller will shuffle the Caller Cards and place them face down in a pile.
3. Every player will place a chip on the “free square” of their Player Card.
4. As each Caller Card is drawn from the pile, the caller will read the category and the topic on the card.
For example: “Under the category Body Basics, the topic is Heartburn”.
5. The caller will then read the nutrition teaching on that topic.
6. The caller will cross out the topic on the Caller Master Sheet.
7. If the topic called out is on a player’s card, they will place a bingo chip on the matching square.

WINNER

There are three ways for a player to win:

1. Every corner square is covered
2. A row of 5 squares across or diagonal is covered
3. Every square on the card is covered (blackout)

Player must yell “Bingo!” to confirm a bingo. The player’s Player Card will be compared to the topics crossed out on the Caller Master Card.

REFERENCES:

- [Guide to a Healthy Pregnancy healthy-pregnancy-guide.pdf \(canada.ca\)](#);
- [Homepage - Healthy Parents Healthy Children](#);
- [Nutrition Guideline: Pregnancy \(albertahealthservices.ca\)](#);
- [Colostrum \(alberta.ca\)](#);
- [Breastfeeding Positions \(alberta.ca\)](#);
- [Breastfeeding \(alberta.ca\)](#);
- [The Difference Between Best Before and Expiry Dates \(foodsafety.ca\)](#)