Pregnancy, Labor, and Delivery

Options for Having Children

* **Infertility:**
* **Adoption:**
* **Foster Care:**
* **Pregnancy:**

Introduction to Pregnancy

*Typical length of pregnancy \_\_\_\_\_\_\_\_\_\_ weeks or \_\_\_\_\_\_\_\_\_\_ days*

Conception

* **Ovum**
* **Ovulation**
* **Sperm**
* **Conception**

Stages of Prenatal Development

* **Prenatal development**

Three Stages of Prenatal Development:

|  |  |  |
| --- | --- | --- |
| **Stage** | **Time Period** | **Major Steps/Changes** |
| The Germinal Stage  **Zygote:** |  | *Cell Division:*  *Implantation:* |
| The Embryonic Stage  **Embryo:** |  | *Organs and Body Systems:*  *Amniotic Sac:*  **Amniotic Fluid:**  **Placenta:**  **Umbilical Cord:** |
| The Fetal Stage  **Fetus:** |  | *Making Movements:*  *Staying Active:*  *Completing Development:* |

Changes in the mother & fetal development

***Detecting Pregnancy*** The first sign a woman is pregnant is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other signs of pregnancy:

***Trimesters***

Pregnancy is measured in trimesters from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ day of your last menstrual period

* 1st
* 2nd
* 3rd

Weight Gain: Typical TOTAL Weight Gain=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_lbs

Preparing for birth

Section 6-1: A Healthy Pregnancy

Medical Care During Pregnancy

* Once pregnancy is confirmed, a woman should schedule a doctor’s visit.

|  |  |
| --- | --- |
| The First(Initial) Exam | Later Checkups |
|  |  |

Personal Care Activities***:***

* Nutrition
* Rest
* Exercise
* Hygiene
* Maternity Clothes
* Emotional health

Section 6-2: Getting Ready for a Baby

* **Maternity leave:**
* Before the baby is born, parents should choose a doctor to care for the child. Often this doctor is a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, a doctor who specializes in treating children. This doctor may be the child’s primary doctor for years.
* Planning can help parents meet the expenses involved with prenatal care and raising a newborn. The key to successful financial planning is creating a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:
  + A spending plan that people use to help estimate their present and future income and expenses.

Expenses to consider:

Section 6-3: Childbirth Choices

Who Will Deliver The Baby?

|  |  |  |
| --- | --- | --- |
| Obstetrician | Family Doctors | Licensed Midwives |
|  |  | Certified Nurse Midwives (CNMs) |
| Certified Midwives |

Where Will The Baby Be Born?

|  |  |
| --- | --- |
| Alternative Birth Center | Hospital |
|  |  |

Labor and Delivery

A baby turns and drops further down in the pelvis before labor begins, usually during the last month of pregnancy. This is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Labor:**

**Contraction**:

What are some signs of labor?

|  |
| --- |
| *Coping Techniques for Labor* |
|  |

**Epidural:**

* A mother’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ must \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to 10 centimeters so that her baby can be born. It must also completely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means to thin out.

Stages of Labor

|  |  |  |
| --- | --- | --- |
| Stage One: | Stage Two: | Stage Three: |
| What happens during this stage? | What happens during this stage? | What happens during this stage? |

* Babies’ skulls are made up of five separate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that mold together to help them fit through the birth canal for birth.
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is clamped and cut after birth because it no longer supplies the baby with food and oxygen.

**Cesarean section** (*c-section*):

*Recovery time=*

**Breech birth**:

The Postnatal Period

Examining the Newborn

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: A rating system used to evaluate a newborn’s physical condition and applied shortly after birth

|  |  |  |  |
| --- | --- | --- | --- |
|  | **0** | **1** | **2** |
|  | Absent | Under 100 | Over 100 |
|  | Absent | Slow, irregular | Good, crying |
|  | Limp | Some movement of extremities | Active motion |
|  | No response | Grimace | Cough or sneeze |
|  | *Light-skinned child:*   * Blue or pale   *Dark-skinned child:*   * Grayish or pale | *Light-skinned child:*   * Body pink, limbs blue   *Dark-skinned child:*   * Strong body color, grayish limbs | *Light-skinned child:*   * Completely pink   *Dark-skinned child:*   * Strong color with pink lips, palms, and soles |

Examining the Newborn: Weight, Measurements, Footprints

Later Tests: Antiseptic, Vitamin K shot, Blood Sample

|  |  |
| --- | --- |
| Birth Defects | Premature Labor-Birth-Baby |

**What is bonding? Why is it important?**

**How long is the hospital stay?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Many hospitals offer the option of full or partial rooming-in

**What legal documents are issued to newborns?**

Adapting to Parenthood

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: period after birth

* Natural for most of the attention to be focused on baby
* New mothers have specific \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ needs
  + Doctor or nurse discuss these needs before mother and baby go home
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Needs
  + Recover from pregnancy and birth
  + Must take of herself in order to properly take care of baby
    - Uterus
    - Fluid
    - New mother’s physical demands:
      * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Needs:
* Post-Partum Depression:
* Challenges for New Parents:
  + Adapting to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Handling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Gaining \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Strengthening the Parent-Child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Managing Multiple \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Develop a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Couples as Parents:
* Helping Siblings Adjust: