Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_

Child Development

Chapters 5: Preparing for Birth Guided Notes

***Section 5-1: A Healthy Pregnancy***

Early Signs of Pregnancy

* A missed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period
* A full feeling or mild ache in the lower \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Feeling tired or faint
* A frequent, urgent need to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Swollen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ breasts causing discomfort or tenderness
* Nausea and/or vomiting, particularly in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical Care During Pregnancy

The First Exam

When pregnancy is confirmed, the woman receives a thorough exam that includes:

* Check of her blood \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, pulse, respiration and \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Discussion of medical history and existing medical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Measurement of her \_\_\_\_\_\_\_\_\_\_\_\_\_ to determine it is wide enough for a normal size baby to pass
* An analysis of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for signs of infections or diabetes
* Blood tests to rule out \_\_\_\_\_\_\_\_\_\_\_\_\_\_ , a condition of not having enough red blood cells. Blood test also determines if mother’s blood has a certain protein, called the \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* A check of the woman’s immunity to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Later checkups

* Prenatal visits are once a \_\_\_\_\_\_\_\_\_\_\_\_until the sixth or seventh month of pregnancy.
* After that, women see the doctor \_\_\_\_\_\_\_\_\_\_\_\_\_a month.
* In the final month, checkups occur once a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Between the 24th and 28th week, most woman take a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_tolerance test to check for signs of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diabetes.
* Define preeclampsia-

Discomforts of Pregnancy

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/vomiting
* Sleepiness
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Shortness of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(swollen) veins
* Muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the legs
* Lower \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_pain

Possible Serious Complications

* Vaginal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Unusual weight gain or \_\_\_\_\_\_\_\_\_\_\_\_\_
* Excessive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Diminished need to \_\_\_\_\_\_\_\_\_\_\_\_\_ or pain during urination
* Severe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pain
* Persistent headaches
* Severe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Fever
* Increased vaginal \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Swelling of the face, hands, or ankles
* Blurred \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or dizziness
* Prolonged \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nutrition During Pregnancy

The Role of Nutrients- describe the special role of each nutrient in promoting a healthy diet

* Protein-
* Vitamins-
* Minerals-
* Carbohydrates and fats-

Guidelines for Healthy Eating

* Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_
* Vary your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Get your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rich foods
* Make \_\_\_\_\_\_\_\_\_\_\_ your grains whole
* Go lean with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pregnant women should avoid:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that contain more that the recommended daily value of vitamins and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Too much Vitamin \_\_\_ can harm a baby.
* Raw eggs and \_\_\_\_\_\_\_\_\_\_\_ or cheeses that are not pasteurized and certain \_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which can lead to mental retardation in babies
* Smoke, because mothers who smoke don’t get enough \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the baby might not develop properly.

Weight Gain During Pregnancy

* Women typically gain about \_\_\_\_ to \_\_\_\_\_\_ pounds during pregnancy
* Recommended weight gain is one pound a \_\_\_\_\_\_\_\_\_\_\_\_ during the first three months
* Fourth through sixth months should be about half a pound a \_\_\_\_\_\_\_\_\_\_\_\_\_.

How to Reduce Stress During Pregnancy

* Avoiding \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Exercising
* Taking a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_
* Practicing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ techniques
* Talking about concerns
* Taking a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for expectant parents

Section 5-2: Preparing for the Baby’s Arrival

Preparing for Parenthood

* Agreeing on certain ground rules can reduce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and conflict in relationships later on.
* Existing responsibilities will change due to the \_\_\_\_\_\_\_\_\_\_\_ and energy that parenthood demands.
* Time management skills like developing a basic daily \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or routine will help infants and young children know what to expect, which makes them feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Other Children in the Family

* Parents should be prepared for a wide range of attitudes- from jealousy and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to excitement and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Comparing Breast Feeding and Bottle Feeding

* Breast Feeding Advantages
  + Best source of nutrition for baby
  + Gives baby some \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ against diseases
  + Creates a bond through physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the mother
  + May boost \_\_\_\_\_\_\_\_\_\_\_\_\_ development
  + Reduces baby’s risk of allergies
  + Causes fewer digestive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Speeds the return of the mother’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to normal size
  + Reduces the mom’s risk of later having breast or ovarian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Reduces risk that mother will feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Is conveniently available at all times
  + Is \_\_\_\_\_\_\_\_\_\_\_, though a nursing mother needs additional foods
* Breast Feeding Disadvantages
  + Prevents \_\_\_\_\_\_\_\_\_\_\_\_\_ from participating in feeding
  + Baby has to be fed more \_\_\_\_\_\_\_\_\_\_\_\_
  + In rare cases, may be medical reasons that suggest breast-feeding is not desirable.
  + May be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for some mothers
  + May be difficult because of \_\_\_\_\_\_\_\_\_\_\_\_\_ schedules.
* Bottle Feeding Advantages
  + - Allows father to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in feedings
    - Allows mother to have a more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ schedule
    - Eliminates concern about mother’s diet or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ she takes
    - Babies need feeding \_\_\_\_\_\_\_\_\_\_\_\_\_\_ often
  + Bottle Feeding Disadvantages
    - Can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Does not give the baby any natural \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to disease
    - Involves a great chance of baby developing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Creates risk that baby may not be given close \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contact during feeding.

Balancing Work and Family

define maternity leave-

define paternity leave-

***Section 5-3 Childbirth Options***

Define prepared childbirth-

Define labor-

Define delivery-

Childbirth education classes teach participants:

* How the baby \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ throughout pregnancy
* Warning signs that may indicate a potentially serious problem during pregnancy
* What to expect during \_\_\_\_\_\_\_\_\_\_\_\_\_ and delivery including stages of \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* The role of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and conditioning exercises to make pregnancy, labor, and delivery more comfortable

Who Will Deliver the Baby?

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- specialize in the care of mothers and babies before and after birth
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ doctors
* Licensed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where Will Baby Be Born?

* Home
  + Pros
  + Cons
* Alternative Birthing Centers
  + Pros
  + Cons
* Hospitals
  + Pros
  + Cons