

Chapter 5 Preparing for Birth

Section 5.1 A Healthy Pregnancy

1. Regular medical care is vital to the well being of the fetus and the mother, and allows the physician to track the progress of the pregnancy.
2. Answers may include any three of the following: Vitamin A ensures proper eye development and helps keep skin healthy; Vitamin B assists in general fetal development; Vitamin C helps build healthy teeth and gums, and helps form the connective tissue of skin, bone, and organs; Vitamin D aids in the creation of bones and teeth; Folic acid is necessary for normal fetal spinal development.
3. Posters will vary but should include the basic food groups and emphasize the importance of good nutrition for both the mother and the baby.
4. Answers will vary. A possible answer includes: Women can try meditation or gently stretching to help them relax and ease muscle pain. They should sleep on their side with a pillow between their legs to ease the pressure on their backs. If they have heartburn, they can try sleeping with their head elevated.

Section 5.2 Preparing for the Baby's Arrival

1. Slats must be no more than $2 \frac{3}{8}$ inches apart, paint must be smooth with no flaking, corner posts must all be of same height, latch to raise and lower side must be secure, and mattress must be firm and fit the crib exactly.
2. They must consider if one of them can leave their job to stay home with the baby, or whether one of them will take leave to stay home for a while. If they choose substitute child care, they must consider the types available and their costs. They should also discuss how they will divide child care responsibilities.
3. Charts will vary, but should include items such as: disposable diapers may keep the baby's skin drier; disposable diapers are typically more convenient; cloth diapers may be less expensive; disposable diapers fill up landfills. You should state which option you think is the best one and why.
4. The early feedings of colostrum provide the baby's intestines with a barrier against agents that can produce allergens. In addition, breast milk provides the baby with antibodies from the mother's body.

Section 5.3 Childbirth Options

1. Prepared childbirth refers to becoming educated about the birthing process with the goals of reducing fear and learning about breathing and conditioning exercises that may make the birth easier and reduce pain.
2. Obstetricians are doctors who specialize in the care of mothers and babies both before and immediately after birth. Family doctors are physicians who specialize in the care of entire families. Licensed midwives are trained to assist women in childbirth. Midwives may be certified nurse-midwives or certified midwives.
3. Answers will vary based on the novel read, but should accurately summarize the even and state whether it was described as being pleasant.
4. The Lamaze method emphasizes pain reduction methods such as specific breathing techniques. The Bradley method places more emphasis on the active participation of the support person. Bradley emphasizes a natural birth, with avoidance of medications if possible, while Lamaze does not advocate for or against drugs.