Preparing for Birth

Study Guide

Directions. Answer the following questions as you read the chapter. They will help you focus on the main points. Later, you can use this guide to review and study the chapter information.

Section 5–1: A Healthy Pregnancy

1. Identify six common signs of pregnancy. Which is usually first?

2. What type of doctor specializes in pregnancy and childbirth?

3. Why is it important for a pregnant woman to receive regular medical care throughout her pregnancy?

4. What is anemia, and what are its symptoms?

5. Why is it important for a pregnant woman to be tested for the Rh factor?

6. How is the due date calculated?

7. What is gestational diabetes, and how can it be controlled?

8. What are the symptoms of preeclampsia, and what danger does it pose to the baby?

(Continued on next page)
9. List four discomforts that commonly occur during pregnancy.

Any four:
1. Nausea and/or vomiting.
2. Sleepiness.
3. Heartburn.
4. Shortness of breath.
5. Varicose (swollen) veins.
7. Lower back pain.

10. Explain the importance of each of the following nutrients during pregnancy.

A. Protein: Vital to baby’s growth and development of bones and teeth.

B. Folic acid: Promotes normal spinal development.

C. Vitamin A: Ensures proper eye development.

D. Vitamin B: Assists in general fetal development.

E. Vitamin C: Builds healthy teeth and gums and helps connective tissue form.

F. Vitamin D: Aids in creation of bones and teeth.

G. Iron: Helps prevent anemia. Assists development of baby’s blood supply.

H. Calcium and phosphorus: Promote healthy bones and teeth for mother and baby.

11. Why is it important for pregnant women to include leafy green vegetables and oranges in their diet?

They contain folic acid, which reduces the risk of brain and spinal defects.

12. Why do pregnant teens have special nutritional needs? What two nutrients are especially important for them?

Teens are still developing themselves. Pregnant teens especially need to get enough calcium and iron.

13. Why does eating cultured yogurt help some people with lactose intolerance?

It contains lactase, an enzyme that helps in the digestion of lactose.

14. Lila is pregnant. About how much weight should she expect to gain during her pregnancy?

About 24 to 30 pounds.

15. Your friend Maria, who is pregnant, has been feeling moody, anxious, and fearful. Describe three techniques that could help reduce her stress.

Any three:
1. Avoid sugar and caffeine.
2. Exercise.
3. Take time to relax and enjoy a favorite activity.
4. Practice relaxation techniques.
5. Talk with friends and family.
6. Take a class for expectant parents.
Section 5–2: Preparing for the Baby’s Arrival

16. Describe how a woman pregnant with her second child might tell her three-year-old about the expected baby.

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__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

17. When choosing a new crib or accepting a used crib, what features of the crib should parents check?

(1) Slats—No more than 2 3⁄8 inches apart. (2) Paint—Smooth, not flaking, no lead. (3) Corner posts—All the same height, not taller than the sides of the crib. (4) Sides—When lowered, about 9 inches above the mattress; when raised, at least 26 inches above the mattress. (5) Latch—Locks securely. (6) Mattress—Firm, fits the crib exactly with no gaps. (7) End panels—Cutouts must be very small.

18. Give three advantages of breast-feeding.

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__________________________________________________________________________
__________________________________________________________________________

19. What are two possible reasons a mother may choose to bottle-feed? How does the cost of bottle-feeding compare to the cost of breast-feeding?

Reasons—Any two: (1) Lets father help with feeding. (2) Lets mother have a more flexible schedule. (3) Mother’s diet and medications do not affect baby. (4) Less frequent feedings needed. (5) Mother may be unable to breast-feed.

Cost—Using formula can be expensive, while breast-feeding is free. However, nursing mothers need more food, which is an extra cost.

20. What type of doctor specializes in treating children? 

Pediatrician

21. How can making a budget help expectant parents?

Possible response: A budget is a way to plan for the additional expenses associated with having a baby.

(Continued on next page)
22. What are fixed expenses? Give two examples. 


23. What are flexible expenses? Give two examples. 


24. Give three examples of expenses associated with pregnancy and childbirth. 


25. Where is the safest place for an infant in a car? 


26. When deciding whether to work after a child is born, what factors should parents consider? 


27. How does federal law provide for maternity and paternity leave? 


Section 5–3: Childbirth Options

28. What is prepared childbirth? How does it benefit a pregnant woman? 


(Continued on next page)
Preparing for Birth

29. What is the difference between labor and delivery?

Labor — The process by which the baby gradually moves out of the uterus and into the birth canal to be born.

Delivery — The birth itself.

30. Give four examples of things expectant parents can learn from taking childbirth education classes.

Any four:

31. Describe the qualifications of each of the following health practitioners who deliver babies.

A. Obstetricians: Doctors who specialize in prenatal care and delivery and are qualified to handle emergencies and complications.

B. Family doctors: Doctors who have some training in prenatal care and delivery but may not be qualified to handle complications.

C. Certified midwives: People who have advanced training in normal pregnancy and birth and have passed a certification exam; do not have a health care degree.

D. Certified nurse-midwives: Nurses who have advanced training in normal pregnancy and birth and have passed a certification exam.

32. Give two reasons why a couple might choose an alternative birth center.

Any two:
(1) More homelike environment. (2) Prepared, natural childbirth emphasized. (3) Usually charge less than hospitals. (4) Time spent at the facility usually shorter.

33. Why are hospitals often considered the safest places to give birth?

They have trained personnel, sanitary conditions, and high-tech medical equipment. When a complication occurs, hospitals have more resources to handle the situation.
### A Healthy Pregnancy

#### Planning a Healthy Diet

**Directions:** Your friend Talia is pregnant. She has asked your advice on nutrition. Complete the chart below to help Talia plan a healthy diet.

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Healthy Choices</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Oranges, bananas, dried apricots, peaches, orange juice</td>
<td>Eat plenty of dark green leafy vegetables for folic acid to reduce risk of brain and spinal defects. Also eat orange vegetables, beans, and peas.</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Low-fat or fat-free milk, yogurt, cheese</td>
<td>Choose low-fat or fat-free. About 3 cups of milk or the equivalent of other foods every day.</td>
</tr>
<tr>
<td>Grains</td>
<td>Whole-grain cereals, breads, crackers, rice, pasta</td>
<td>Choose whole-grain products.</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>Low-fat or lean meats, poultry, fish, beans, nuts, seeds</td>
<td>Choose lean meats and poultry, baked, broiled, or grilled. Vary choices. Limit certain fish due to mercury content.</td>
</tr>
</tbody>
</table>
**A Healthy Pregnancy**

**Section 5–1 continued**

**Directions:** Based on the information in your table on the previous page, plan a day’s menu for Talia in the spaces below.

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Bowl of calcium-fortified, whole-grain cereal with low-fat milk and a banana; a glass of orange juice.</td>
</tr>
<tr>
<td>Lunch</td>
<td>Grilled chicken sandwich on whole-wheat bread with leaf lettuce; broccoli; peaches over low-fat cottage cheese; and a glass of low-fat milk.</td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>Cup of low-fat yogurt, whole-grain crackers.</td>
</tr>
<tr>
<td>Dinner</td>
<td>Baked, broiled, or grilled fish; salad containing mixed leafy greens, tomatoes, carrots, celery, garbanzo beans, and sunflower seeds, with low-fat dressing; baked sweet potato; fresh mixed fruit; and a glass of low-fat milk.</td>
</tr>
<tr>
<td>Bedtime Snack</td>
<td>An orange; a handful of almonds.</td>
</tr>
</tbody>
</table>
Preparing for the Baby’s Arrival

Budgeting for a Baby

Directions: Budgeting for a new baby requires careful planning. Read the following description of a couple preparing for their first child. Then answer the questions that follow.

Jamal and Denise are expecting their first baby. Jamal is a branch manager at a local bank and earns $2,800 per month. Denise wants to stay home and care for the baby after the birth.

The couple rents a two-bedroom apartment for $750 per month. In addition, they pay an average of $60 per month for phone expenses and $180 a month for other utilities. They have figured out they also spend $60 per month on repairs and maintenance.

Denise and Jamal have some other significant expenses. They pay $200 every month on their car loan and have 22 months yet to pay. Gas and car maintenance average another $150 a month. Car and renters’ insurance cost $1,800 per year. They have some medical insurance coverage with Jamal’s job, but they spend about $155 more per month on medical insurance premiums and health care. While they have stopped using credit cards, they are paying off their balance with $110 each month. They put $150 in a savings account monthly.

Denise takes an exercise class that cost $10 each week and Jamal golf, which costs the same. They also spend about $20 a week on entertainment, such as movies, renting videos, or bowling. They spend about $60 a month on clothes and $15 a month for cleaning the clothes. Groceries run about $125 a week. Miscellaneous expenses are about $100 a month.

1. Use the information described above to complete the missing items in the following list. Assume that four weeks is a month.

<table>
<thead>
<tr>
<th>Budget Category</th>
<th>Amount per Month</th>
<th>Budget Category</th>
<th>Amount per Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td></td>
<td>Utilities (average)</td>
<td></td>
</tr>
<tr>
<td>Car/renters insurance</td>
<td></td>
<td>Telephone</td>
<td></td>
</tr>
<tr>
<td>Medical</td>
<td></td>
<td>Auto loan payment</td>
<td></td>
</tr>
<tr>
<td>Clothing and laundry</td>
<td></td>
<td>Car expenses</td>
<td></td>
</tr>
<tr>
<td>Credit card payments</td>
<td></td>
<td>Home maintenance</td>
<td></td>
</tr>
<tr>
<td>Recreation</td>
<td></td>
<td>Miscellaneous</td>
<td></td>
</tr>
<tr>
<td>Housing</td>
<td></td>
<td>Savings</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total Monthly Expenses</strong></td>
<td></td>
</tr>
</tbody>
</table>
Preparing for the Baby’s Arrival

2. Which of the categories listed on the previous page are fixed expenses? ________________

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__________________________________________
__________________________________________
__________________________________________

3. Which of the categories listed on the previous page are flexible expenses? ________________

__________________________________________
__________________________________________
__________________________________________
__________________________________________

4. Which categories are likely to see higher expenses after the baby is born? List each category and explain why you think its cost will increase.

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__________________________________________
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5. What categories could they cut expenses in to make room for these added costs? ________________

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__________________________________________
__________________________________________
__________________________________________
Questions About Childbirth Options

Directions: Read each of the following situations. Then, in the spaces that follow, give your best advice to the person speaking.

1. “I want to have my baby delivered by a midwife. What qualifications do midwives have?”

   Possible response: There are two types of midwives: a certified nurse-midwife (CNM) and a certified midwife. Both have advanced training in normal pregnancy and birth and must pass an exam. A CNM, however, is also a registered nurse.

2. “My husband and I moved here just three months ago, over a thousand miles away from our family and friends. I just found out that I’m pregnant. Although my doctor is someone suggested by a friend, I’m not sure she’s the one for me. How soon do I need to make my decision, or is it already too late?”

   Possible response: It is not too late to switch doctors, but it is best to decide on a medical practitioner as soon as possible so everyone will be well prepared.

3. “My husband is insisting that I have our baby in the hospital where he was born and with his family’s doctor. I want to go to an alternative birth center near here. How can I change his mind?”

   Possible response: You and your husband should consider each other’s desires. However, you might explain to him that childbirth will be less stressful for you in a place where you feel most comfortable.

4. “My mother says I should use a certified nurse-midwife. Is that a good idea?”

   Possible response: A certified nurse-midwife has training in nursing as well as in normal pregnancy and birth. If you are concerned about possible complications, though, a doctor would be a better choice.

5. “My husband thinks we should attend childbirth education classes. Childbirth is natural, right? Why do we need classes?”

   Possible response: Childbirth education classes can help reduce the pain and fear during the birth process. You will learn breathing and conditioning exercises as well as information about what to expect. Your husband will learn how to coach you.