Chapter 5 and Chapter 6

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Section 5-1:  Healthy Pregnancy

List two signs of early pregnancy.

A.

B.

Define gestational diabetes -

Define preeclampsia -

List four symptoms or complications that normally occur during pregnancy.

A.

B.

C.

D.

List four serious complications that should be reported to your health care provider.

A.

B.

C.

D.

List five major physical changes that occur to the mother during pregnancy (page 134).

What is the recommended weight gain during pregnancy?

Why is adequate weight gain important?

Section 5-2:  Getting Ready for a Baby

What are three questions a parent should ask when choosing a pediatrician (page 149)?

A.

B.

C.

Section 5-3:  Childbirth Choices

Describe each of the following health practitioners.

Obstetrician -

Family Doctor -

Licensed Midwives -

List three options for places to give birth and a brief description of each.

A.

B.

C.

Section 6-1:  Labor and Birth

What are two early signs of labor?

A.

B.

What are contractions?

How can you distinguish false labor from real contractions?

Describe the three stages of labor - what happens and how long do they last?

|  |  |  |
| --- | --- | --- |
| Stage of Labor | What Takes Place | Duration |
| First |  |  |
| Second |  |  |
| Third |  |  |

What is a cesarean birth?

What is a premature birth and what are some of the concerns with them?

Section 6-2:  The Newborn

Newborn appearance:

Eyes -

Head-

Fingers and toes-

Skin

What are the five areas tested on the Apgar scale?

A.

B.

C.

D.

Section 6-3:  The Postnatal Period

Define neonatal period:

Define jaundice:

Define bilirubin:

Define bonding:

What are the mother’s postnatal (which means \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) needs?

Physical:

Emotional: