

Parenting Readiness Unit Notes

A. Parenting Readiness

Six areas

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| 1. | Marriage | Preparation |
| 2. | Social | Goal directed stage |
| 3. | Physically | Willing to not have as much free time |
| 4. | Intellectually | No alcohol, tobacco, or drugs |
| 5. | Emotionally | Know the principles of child guidance |
| 6. | Financially | Deal with frustrations of crying baby |
| | | Financially stable |

Why do people have babies? **Family pressure, peer pressure, trapping partner, bring couple closer together, someone to love, companionship, religion**

B. Family Planning, Birth Defects

Why?

- Child development experts recommend **3 - 4** years between children.
- Less than 2 years is difficult on the mother's body which needs to **return to normal.**

How?

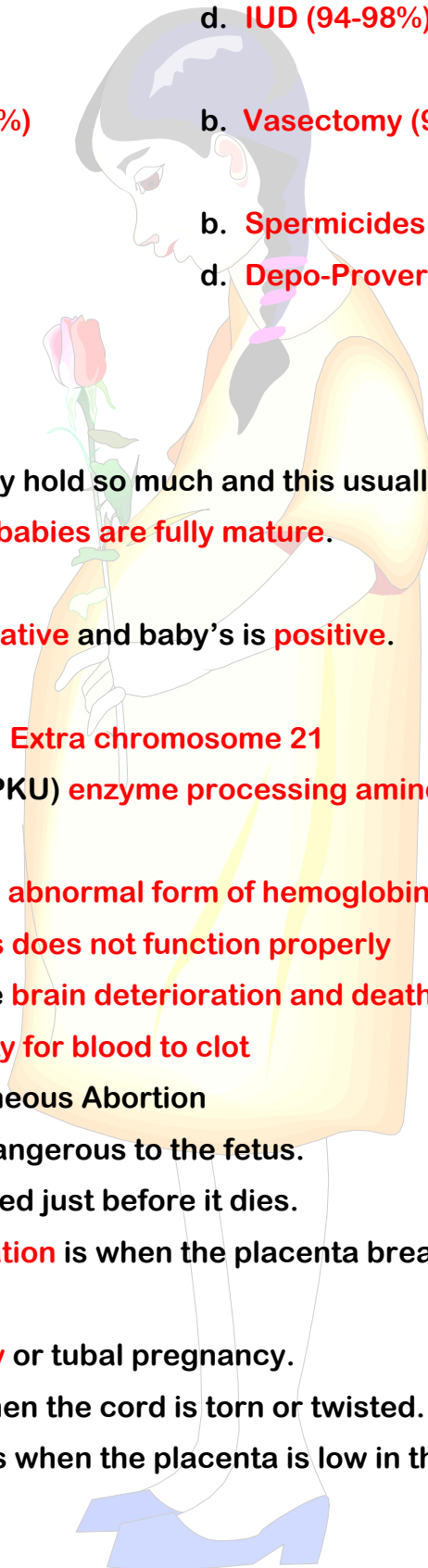
Four types of Contraception:

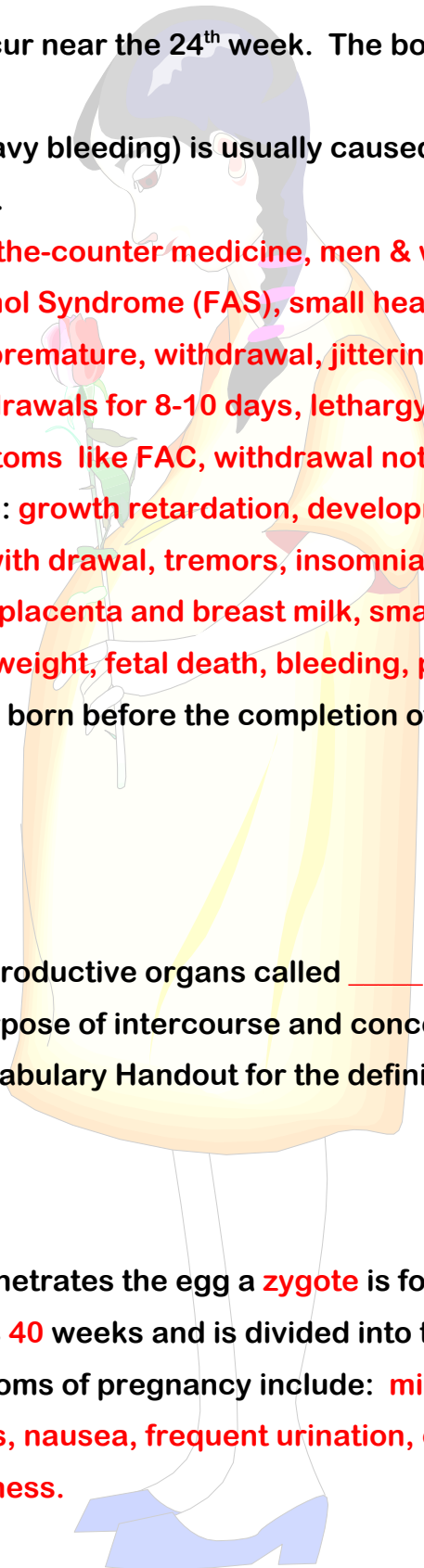
- Natural**
 - Chance (11%)**
 - Abstinence (100%)**
 - Withdrawal (ineffective)**
 - Natural Family Planning (80%)**
- Barrier**

- a. **Condom (88%)**
- b. **Female condom (80%)**
- b. **Diaphragm (83%)**
- d. **IUD (94-98%)**
- 3. **Surgical**
 - a. **Tubal ligation (99+%)**
 - b. **Vasectomy (99+%)**
- 4. **Chemical**
 - a. **Pill (97%)**
 - b. **Spermicides (79-82%)**
 - c. **Norplant (97%)**
 - d. **Depo-Provera (99%)**

Problem Pregnancies:

1. **Multiple Births**
 - a. The uterus can only hold so much and this usually causes the mother to deliver **before the babies are fully mature.**
2. **Rh Factor**
 - a. Mother's Rh is **negative** and baby's is **positive.**
3. **Genetic Defects**
 - a. Down's Syndrome **Extra chromosome 21**
 - b. Phenylketonuria (PKU) **enzyme processing amino acid is defective or missing**
 - c. Sickle Cell Anemia **abnormal form of hemoglobin**
 - d. Diabetes **pancreas does not function properly**
 - e. Tay Sachs Disease **brain deterioration and death**
 - f. Hemophilia **inability for blood to clot**
4. **Miscarriage or Spontaneous Abortion**
 - a. **Infection** can be dangerous to the fetus.
 - b. **Old ovum** is fertilized just before it dies.
 - c. **Defective implantation** is when the placenta breaks loose due to a lack of hormones.
 - d. **Ectopic pregnancy** or tubal pregnancy.
 - e. **Cord accidents** when the cord is torn or twisted.
 - f. **Placenta praevia** is when the placenta is low in the uterus and precedes the baby.



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- g. **Placenta abruption** is when the placenta prematurely separates from the uterine wall.
- h. **Toxemia** may occur near the 24th week. The body does not use protein correctly.
- i. **Hemorrhage** (heavy bleeding) is usually caused by a placenta abruption or placenta praevia.
5. Drugs: **Check over-the-counter medicine, men & women not illegal drugs**
 6. Alcohol: **Fetal Alcohol Syndrome (FAS), small head**
 7. Cocaine or Crack: **premature, withdrawal, jitteriness, irritable**
 8. Tranquilizers: **withdrawals for 8-10 days, lethargy, hypotonia**
 9. Barbiturates: **symptoms like FAC, withdrawal not until 4-7 days old**
 10. Phencyclidine (PCP): **growth retardation, developmental delay**
 11. Narcotics: **intense with drawal, tremors, insomnia, high pitched cry**
 12. Marijuana: **crosses placenta and breast milk, small extremity deformities**
 13. Smoking: **low birth weight, fetal death, bleeding, pre-term delivery**
 14. A premature baby is born before the completion of the **37th** week or is under **5** pounds.

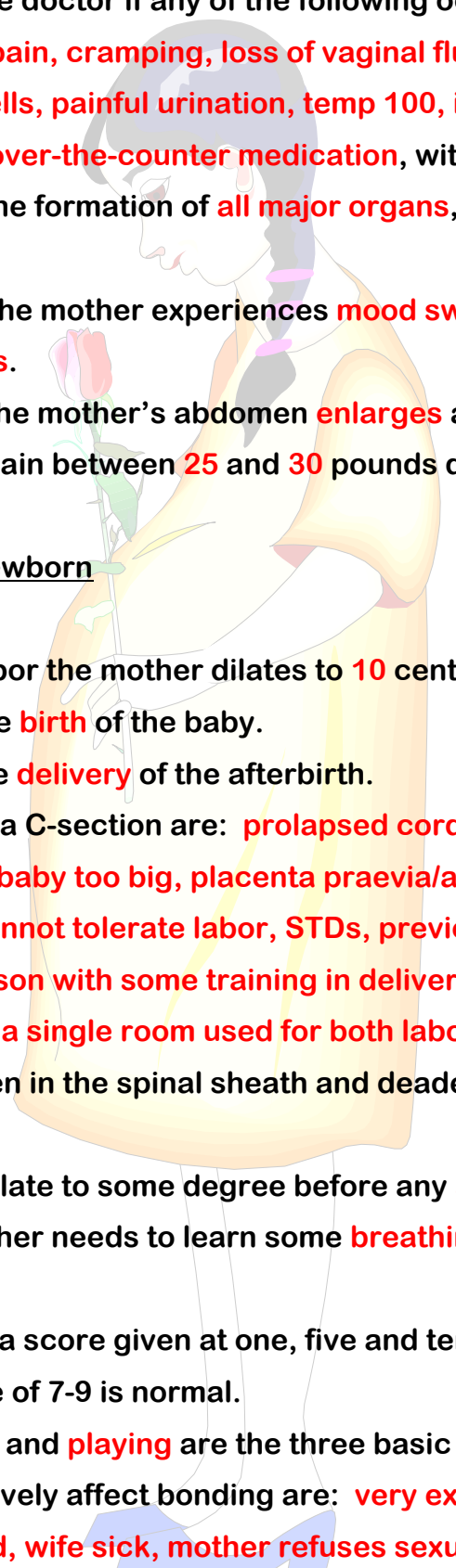
C. Human Reproduction

1. Both sexes have reproductive organs called _____ designed for the purpose of intercourse and conception.

** See Reproduction Vocabulary Handout for the definitions of all terms.

D. Pregnancy

1. After a sperm penetrates the egg a **zygote** is formed.
2. The pregnancy is **40** weeks and is divided into trimesters.
3. Signs and Symptoms of pregnancy include: **missing menstrual period, morning sickness, nausea, frequent urination, cravings, breast changes, fatigue and dizziness.**

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4. One should call the doctor if any of the following occur: **vaginal bleeding, sharp abdominal pain, cramping, loss of vaginal fluid, prolonged vomiting, frequent dizzy spells, painful urination, temp 100, irritating discharge**
 5. Do not even take **over-the-counter medication**, without doctor approval.
 6. The 1st trimester the formation of **all major organs, the face, and long bones** occur.
 7. The 2nd trimester the mother experiences **mood swings** and can feel the **baby's movements**.
 8. The 3rd trimester the mother's abdomen **enlarges** and **fatigue** is common.
 9. A mother should gain between **25 and 30** pounds during pregnancy.

E. Labor and Delivery, Newborn

1. The 1st stage of labor the mother dilates to **10** centimeters.
2. The 2nd stage is the **birth** of the baby.
3. The 3rd stage is the **delivery** of the afterbirth.
4. Some reasons for a C-section are: **prolapsed cord, poor presentation, mother too small, baby too big, placenta praevia/abruption, fetal distress, mother or child cannot tolerate labor, STDs, previous c-section, toxemia**
5. A midwife is **a person with some training in delivering babies**.
6. A birthing room is **a single room used for both labor and delivery**.
7. An **epidural** is given in the spinal sheath and deadens the patient from the waist down.
8. The cervix must dilate to some degree before any **anesthesia** is given. For this reason, a mother needs to learn some **breathing and relaxation** techniques.
9. The **Apgar Test** is a score given at one, five and ten minutes after the birth of a child. A score of 7-9 is normal.
10. **Feeding, touching and playing** are the three basic elements of bonding.
11. Factors the negatively affect bonding are: **very expensive child, very cross/colicky child, wife sick, mother refuses sexual advances of father**.