

Parenting Readiness Unit Notes

A. Parenting Readiness

Six areas

Preparation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Why do people have babies? _____

B. Family Planning, Birth Defects

Why?

1. Child development experts recommend _____ years between children.
2. Less than 2 years is difficult on the mother's body which needs to _____.

How?

Four types of Contraception:

1. _____
 - a. _____
 - b. _____
 - c. _____
 - d. _____
2. _____

a. _____ b. _____

b. _____ d. _____

3. _____

a. _____ b. _____

4. _____

a. _____ b. _____

c. _____ d. _____

Problem Pregnancies:

1. _____

a. The uterus can only hold so much and this usually causes the mother to deliver _____.

2. _____

a. Mother's Rh is _____ and baby's is _____.

3. _____

a. Down's Syndrome _____

b. Phenylketonuria (PKU) _____

c. Sickle Cell Anemia _____

d. Diabetes _____

e. Tay Sachs Disease _____

f. Hemophilia _____

4. _____ or Spontaneous Abortion

a. _____ can be dangerous to the fetus.

b. _____ is fertilized just before it dies.

c. _____ is when the placenta breaks loose due to a lack of hormones.

d. _____ or tubal pregnancy.

e. _____ when the cord is torn or twisted.

f. _____ is when the placenta is low in the uterus and precedes the baby.

- g. _____ is when the placenta prematurely separates from the uterine wall.
- h. _____ may occur near the 24th week. The body does not use protein correctly.
- i. _____ (heavy bleeding) is usually caused by a placenta abruption or placenta praevia.

5. Drugs: _____
6. Alcohol: _____
7. Cocaine or Crack: _____
8. Tranquilizers: _____
9. Barbiturates: _____
10. Phencyclidine (PCP): _____
11. Narcotics: _____
12. Marijuana: _____
13. Smoking: _____
14. A premature baby is born before the completion of the _____ week or is under _____ 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 _____ is formed.
2. The pregnancy is _____ weeks and is divided into trimesters.
3. Signs and Symptoms of pregnancy include: _____
- _____

4. One should call the doctor if any of the following occur: _____

5. Do not even take _____, without doctor approval.
6. The 1st trimester the formation of _____, the _____, and _____ occur.
7. The 2nd trimester the mother experiences _____ and can feel the _____.
8. The 3rd trimester the mother's abdomen _____ and _____ is common.
9. A mother should gain between _____ and _____ pounds during pregnancy.

E. Labor and Delivery, Newborn

1. The _____ stage of labor the mother dilates to _____ centimeters.
2. The _____ stage is the _____ of the baby.
3. The _____ stage is the _____ of the afterbirth.
4. Some reasons for a C-section are: _____

5. A midwife is _____
6. A birthing room is _____
7. An _____ is given in the spinal sheath and deadens the patient from the waist down.
8. The cervix must dilate to some degree before any _____ is given. For this reason, a mother needs to learn some _____ and _____ techniques.
9. The _____ is a score given at one, five and ten minutes after the birth of a child. A score of 7-9 is normal.
10. _____, _____, and _____ are the three basic elements of bonding.
11. Factors the negatively affect bonding are: _____
