

# **Text**

Read pgs. 232-238

Do Review #1-7 pg. 256

# **Journal**

What thought will you have when you or your wife is pregnant? Does it scare you? What will be your concerns?

# Father of the Bride 2

40:10

(hot, exercise, eating)



**How babies come to be.**



An egg goes down the fallopian tube after ovulation; if a sperm makes its way from the vagina through the uterus to the egg within 24 hours, conception is likely to occur.

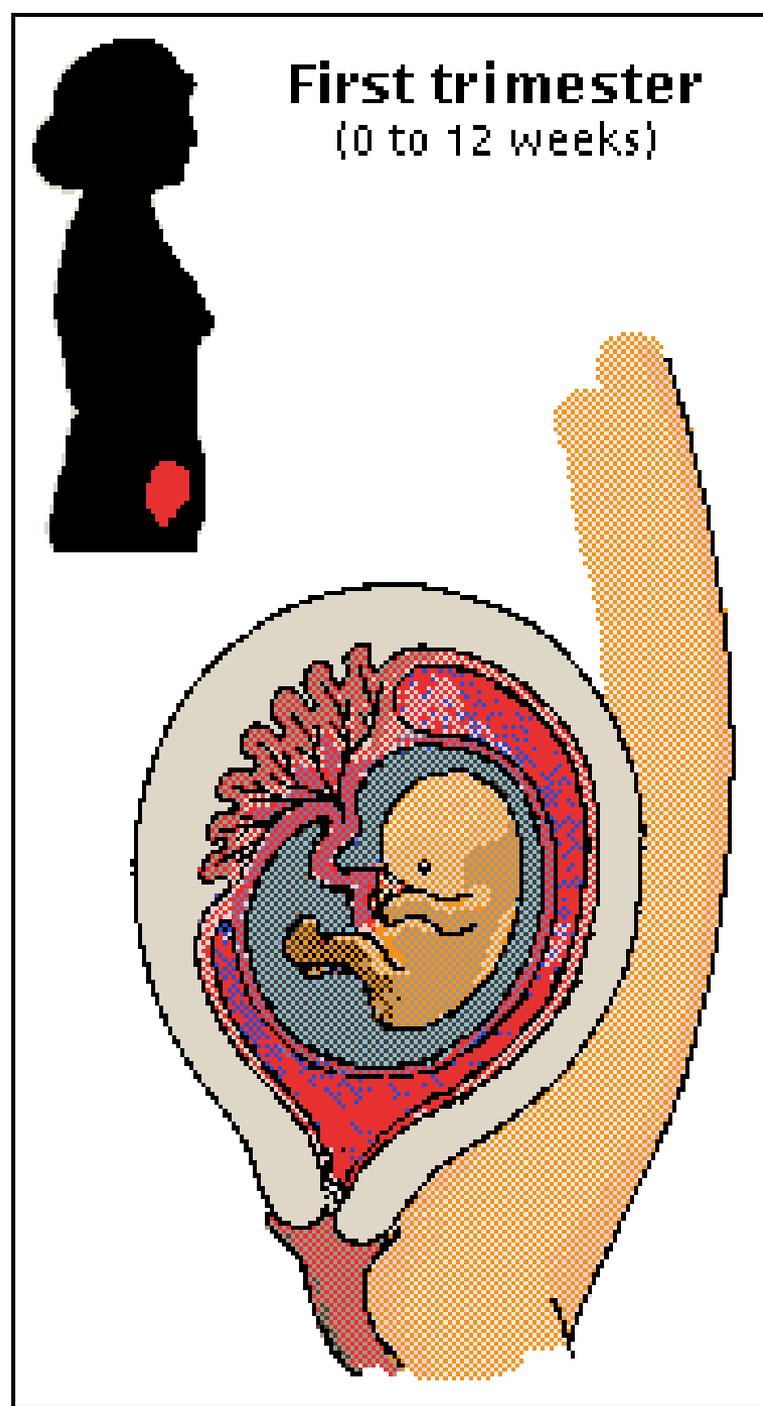


Egg surrounded by sperm. A sperm penetrates the egg and conception occurs. It is called a zygote until it reaches the uterus in 3-4 days.

# Signs and Symptoms Pregnancy – 40 weeks

- A missing menstrual period
- Morning sickness and nausea
- Frequent urination
- Cravings
- Breasts enlarge
- Fatigue and dizziness

A simple urine test from the doctor will show whether or not a woman is pregnant.



The embryo may float freely in the uterus for about 48 hours before implanting.



Upon implantation, complex connections between the mother and embryo develop to form the placenta.

Call the doctor if any of the following occur:

- Vaginal bleeding
- Sharp abdominal pain or cramping
- Loss of fluid from the vagina
- Severe or prolonged nausea or vomiting
- Frequent dizzy spells
- Painful urination
- High fever over 100 degrees F.
- Vaginal discharge that is irritating

## Other considerations:

- No medications, including over-the counter drugs, unless approved by your doctor.
- No drugs or alcohol.
- No x-rays.
- No saunas and hot tubs.
- No vaccinations during pregnancy.
- Avoid cats, cattle, sheep and pigs. They have a parasite that causes toxoplasmosis.



**X-Ray**

By the end of the first month, the embryo is about 1/4 of an inch long. The heart, no larger than a poppy seed, has begun beating. Head, mouth, liver, and intestines begin to take shape.

## *1 Month*



twins

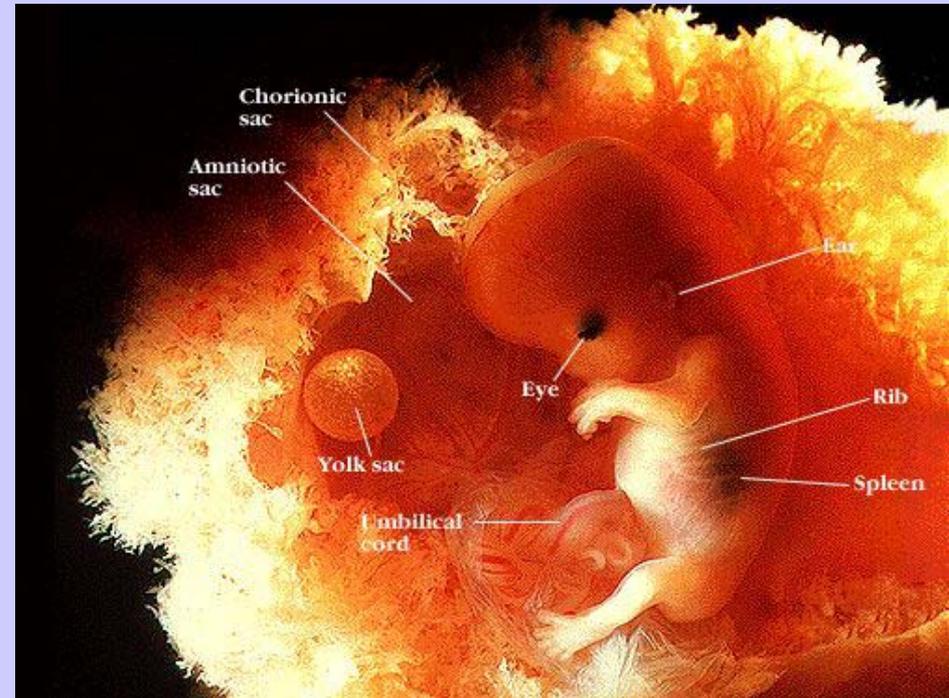
The embryo grows to about an inch long and has distinct, slightly webbed fingers. Veins are clearly visible. The placenta is already nourishing the baby through the umbilical cord. The heart has divided into right and left chambers. Veins are clearly visible. Most vital organs are developed.

*2 Months*

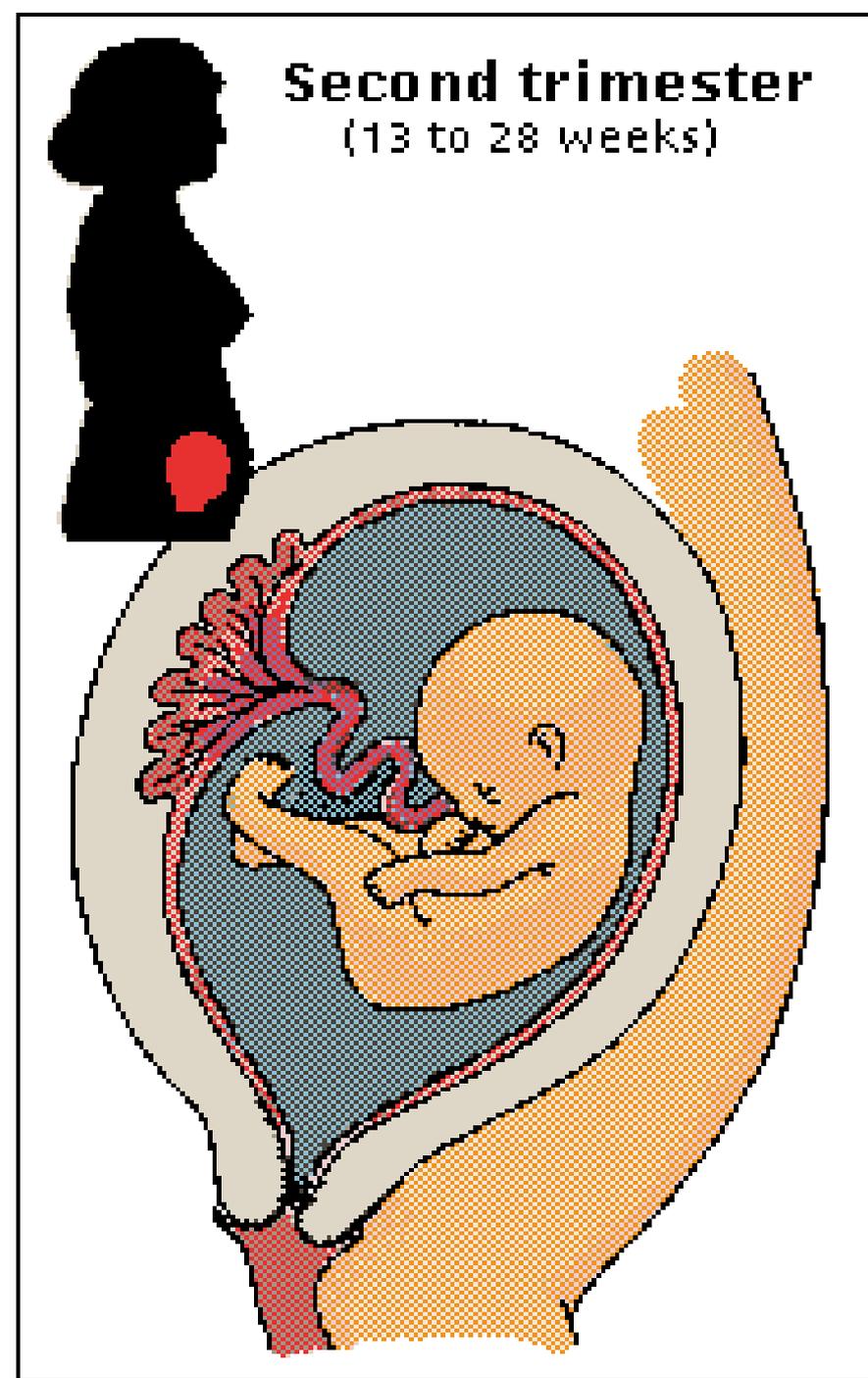


Starting at eight weeks, your baby is called a fetus. By the end of the first trimester, the fetus is 2 1/2 to 3 inches long and is fully formed. He has begun swallowing and kicking. All organs and muscles have formed and are beginning to function. The arms, legs, hand, and fingers are fully developed. The nails on his fingers and toes are starting to develop.

## *3 Months*

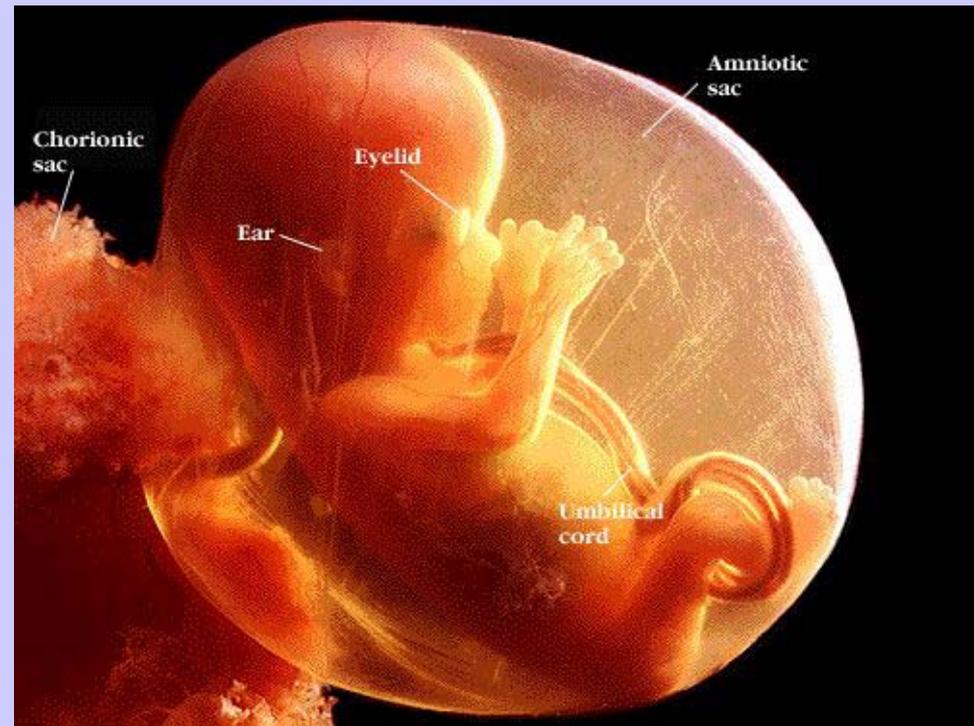


- Skin – Every woman's body reacts differently to pregnancy.
  - Oily, dry or scaly
  - Stretch marks
  - Facial skin may darken
- Emotions
  - Need a few extra breaks or time to relax.
  - May experience mood swings, depression and bad dreams.
- Feel baby's movements



Your baby is about 2 inches long and is covered with a layer of thick, downy hair called lanugo. The first outlines of the face are showing. His heartbeat can be heard clearly. This is when many mothers feel their baby's first thrilling kick.

## *4 Months*



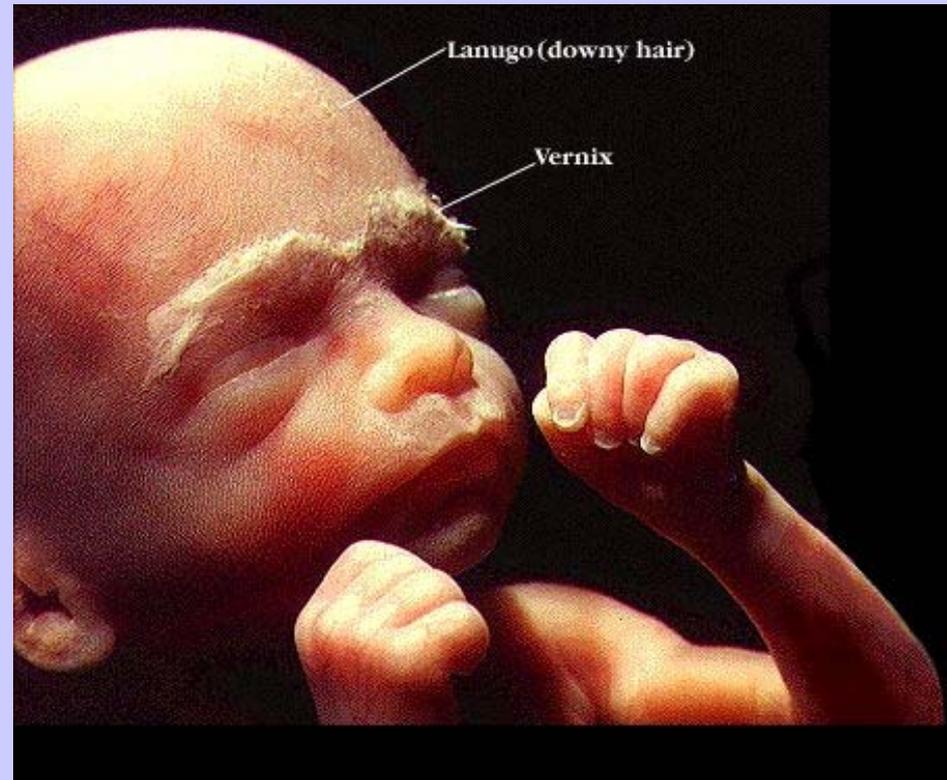
## *5 Months*

If you have an ultrasound, you might see him sucking his thumb. By the end of this month, your baby will be nearly 8 inches long and weigh almost a pound. The skull bones are the most important bones being developed at this time.

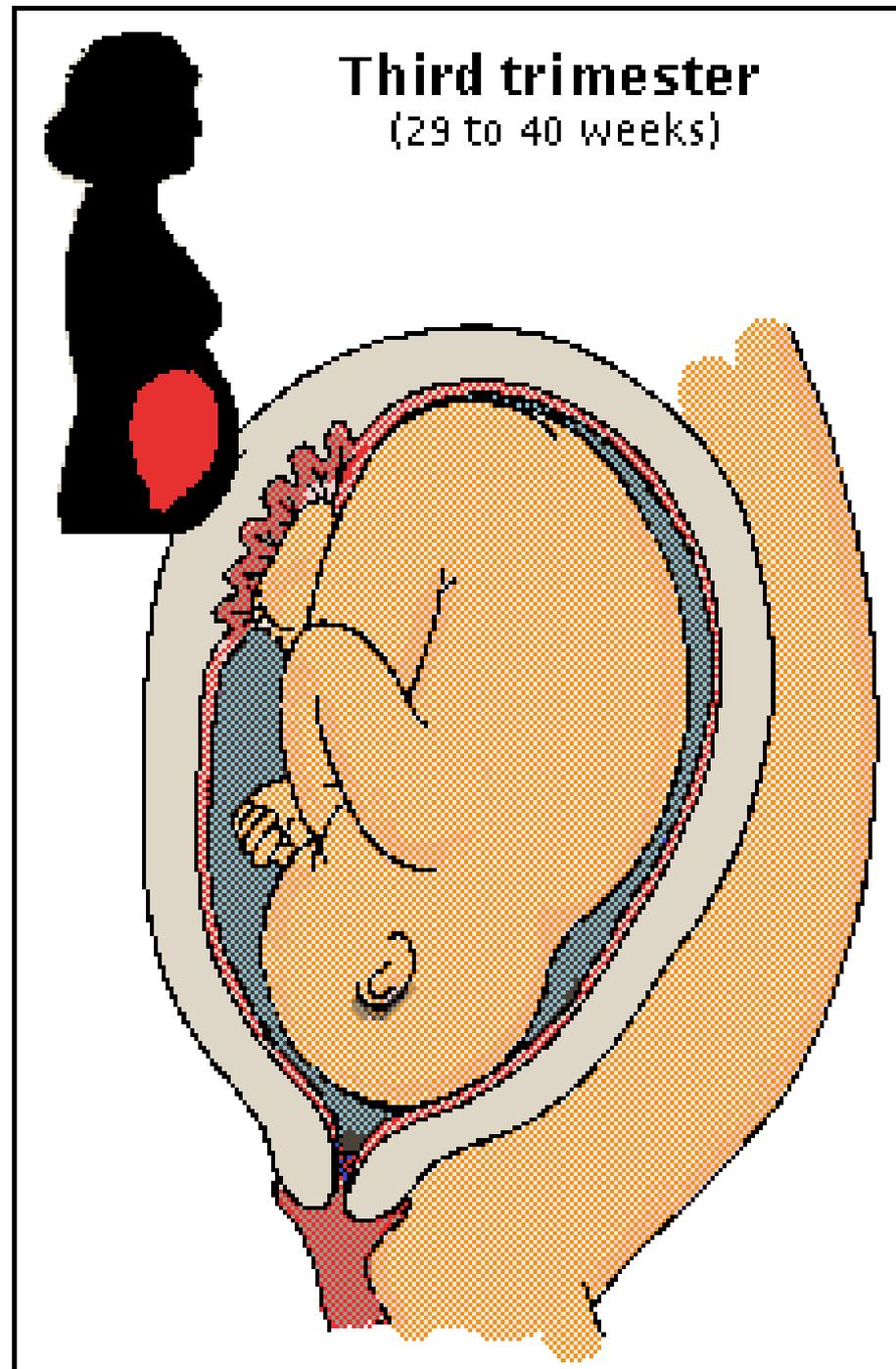


Tiny eyebrows and eyelids are visible. There is a lot of evidence to show that the baby can hear the outside world. Your baby's lungs are filled with amniotic fluid, and he has started to practice breathing movements. If you talk or sing, he can hear you. Fingerprints are formed.

## *6 Months*



- Abdomen enlarges
- Fatigue is common
- Expectant fathers take more interest because they can feel the baby move.
- Baby moves a lot
  - A mother should feel the baby move every couple of hours. If not, she should call her doctor.



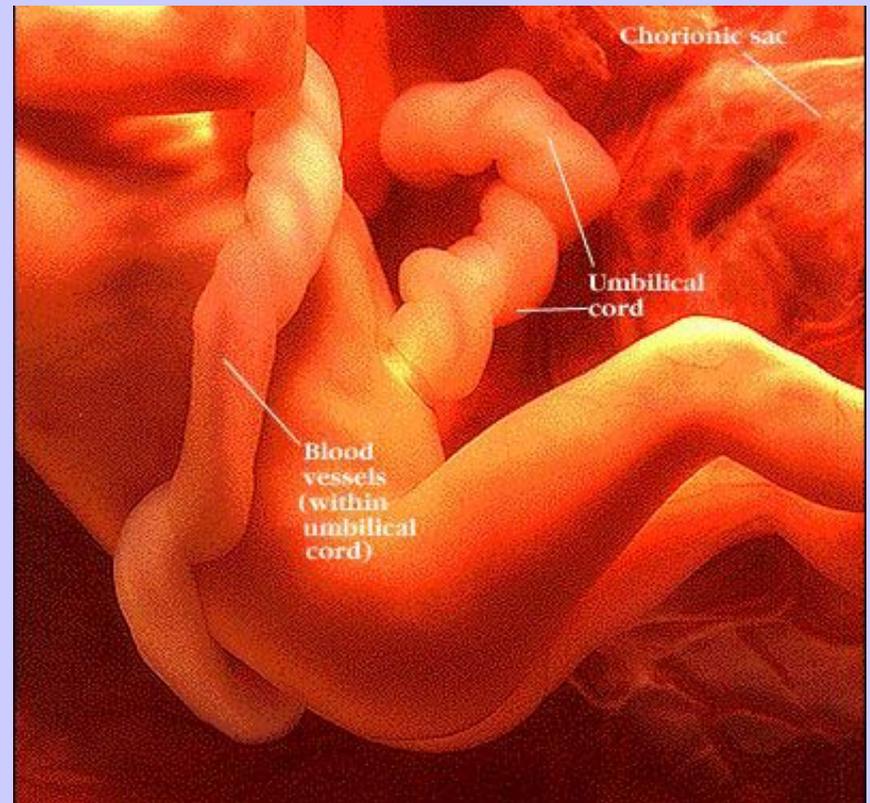
# Discomforts that might be experienced

- Heartburn
- Shortness of breath
- Heart palpitations
- Leg cramps
- Round ligament pains



By the end of the seventh month, your baby weighs about 3 1/2 pounds and is about 12 inches long. His body is well formed. Fingernails cover his fingertips. He may try to turn toward a source of bright light.

## *7 Months*



Your baby is gaining about half a pound per week, and layers of fat are piling on under his skin. He has probably turned head-down in preparation for his coming birth. He weighs between 4 and 6 pounds.

## *8 Months*



Your baby is a hefty 6 to 9 pounds and measures somewhere between 19 and 22 inches. The lungs develop in preparation for breathing and the head is now head-down. As he becomes more crowded, you may feel him move around less. The last few weeks, the baby “drops” in preparation for delivery – giving the mother a little breathing space.

*9 Months*

# Danger Signals

Call the doctor if any of these problems occur.

- Vaginal bleeding
- Sharp abdominal pain/cramping
- Loss of fluid
- Frequent dizzy spells
- Visual disturbances
- Nausea or vomiting
- Sudden and excessive swelling of face, hands, and feet
- Headache
- Burning, painful urination
- Fever
- Vaginal discharge

# Weight gain during pregnancy

25-30 pounds

- Baby – 7 ½ pounds
- Placenta – 1 ½ pounds
- Uterus – 2 pounds
- Amniotic fluid – 1 ½ pound
- Extra blood and water – 4 ½ pounds
- Breast tissue – 3 pounds
- Maternal stores of protein – 4 pounds

# Baby's Arrival



# Pregnancy Issues

④ **Toxemia**

④ **Ectopic Pregnancy**

④ **Stillborn**

④ **Spontaneous Abortion**

# Internet Quiz