

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 6–1: Labor and Birth

1. What is happening when lightening occurs? _____

2. What is the “bloody show,” and what does it mean for the pregnant woman? _____

3. Explain what occurs when a woman’s water breaks. _____

4. What are contractions? What is their purpose? _____

5. What is the purpose of fetal monitoring during labor? _____

6. When is labor considered premature? What are the warning signs? _____

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The Baby's Arrival

Chapter 6 continued

7. How can you distinguish false labor from real contractions? _____

8. Summarize the three stages of labor by completing the table below.

Stage of Labor	What Takes Place?	How Long Does It Last?
First		First child: Later children:
Second		First child: Later children:
Third		

9. What is a breech presentation? Why is it a complication? _____

10. How is the hormone relaxin related to dilation? _____

11. What is an episiotomy, and why is it done? _____

12. What are stem cells, and why are they important? _____

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The Baby's Arrival

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13. What is a cesarean birth? Why is this kind of delivery sometimes necessary? _____

14. What factors increase the chances of premature birth? _____

15. Why does a premature baby usually need an incubator? _____

Section 6–2: The Newborn

16. What are fontanels? How do they affect the newborn's appearance? _____

17. Why does a newborn's head appear to be very large in proportion to the rest of the body?

18. What physical adjustments do newborns' bodies make to survive outside the uterus?

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19. What is lanugo, and what happens to it? _____

20. When nurses give the newborn its first bath, what are they washing away? What is the purpose of this substance?

21. What is the purpose of the Apgar scale? What five areas does it rate? _____

22. Identify two other medical procedures that are performed shortly after birth and tell the purpose of each.

23. What steps are taken to record a newborn's identity? _____

Section 6–3: The Postnatal Period

24. What are some things a new mother can do to begin bonding with her newborn? _____

25. How do bonding activities affect the baby's brain? _____

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The Baby's Arrival

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- 26.** What is colostrum? How does it help the baby? _____

- 27.** What period of time is considered the neonatal period? _____

- 28.** A new baby's skin and eyes appear slightly yellow. What is this condition, and what causes it? Does it require treatment?

- 29.** What do lactation consultants do? _____
- 30.** Describe two benefits of rooming-in. _____

- 31.** What two legal forms should parents complete for their new baby? _____

- 32.** Identify three physical problems typical of premature babies. _____

- 33.** Summarize the physical needs of a new mother during the postnatal period. _____

- 34.** Compare and contrast "baby blues" with postpartum depression. How are they similar? How are they different?

Giving Advice About Labor

Directions: Imagine that you are a nurse in the hospital’s birthing center. You receive the following phone calls from pregnant women or their spouses. How might you respond to the calls? Write your responses on the spaces provided.

1. “Nurse, my wife is having contractions! I think we should get her to the hospital right away!”

2. “Nurse, I’m really worried. A gush of fluid just flowed out of me. Does that mean the baby is in danger? What should I do?”

3. “My contractions are five minutes apart. They’ve been holding steadily at about this cycle for more than an hour now. I’ve tried walking around, but the contractions continued. They’re strong but not painful. Should I go to the hospital soon?”

4. “Nurse, I’m having contractions eight minutes apart, and a little fluid is coming out. I’ve been pregnant only 35 weeks, so this is false labor, right?”

The Postnatal Period

SECTION 6-3

Meeting Baby's Needs

Directions: Recognizing and meeting a new baby's needs can be challenging. Read the following description of one couple's situation, and then answer the questions that follow.

Brittany and Kevin are excited about being first-time parents. Brittany is bottle-feeding their three-week-old son, Joey. Brittany is sleeping only a few hours at a time because of Joey's feeding schedule. She feels exhausted. Kevin helps out when he can, but his work schedule is demanding. He does not get home until Joey's bedtime. Kevin just gives Joey a hug before Brittany cuddles him to sleep.

Money is tight, so they take Joey to a low-cost clinic for his regular checkups. Kevin's mother gave Joey a mobile for his crib, but they can not afford other toys.

Both parents had a weight problem during childhood. When Joey began to gain weight, they decided to cut back on feedings. They wanted Joey to be able to keep a healthy weight throughout life.

1. What needs does Joey have at this age? _____

2. In what ways are Brittany and Kevin meeting Joey's needs? In what ways can they improve their care?

3. What can Kevin do in his limited time to bond more with Joey? _____

4. How can Brittany and Kevin help Joey's intellectual development even if they can not afford many toys?

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