

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 5–1: A Healthy Pregnancy

1. Identify six common signs of pregnancy. Which is usually first? _____

2. What type of doctor specializes in pregnancy and childbirth? _____
3. Why is it important for a pregnant woman to receive regular medical care throughout her pregnancy?

4. What is *anemia*, and what are its symptoms? _____

5. Why is it important for a pregnant woman to be tested for the Rh factor? _____

6. How is the due date calculated? _____

7. What is gestational diabetes, and how can it be controlled? _____

8. What are the symptoms of preeclampsia, and what danger does it pose to the baby? _____

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Preparing for Birth

Chapter 5 continued

9. List four discomforts that commonly occur during pregnancy. _____

10. Explain the importance of each of the following nutrients during pregnancy.

A. Protein: _____

B. Folic acid: _____

C. Vitamin A: _____

D. Vitamin B: _____

E. Vitamin C: _____

F. Vitamin D: _____

G. Iron: _____

H. Calcium and phosphorus: _____

11. Why is it important for pregnant women to include leafy green vegetables and oranges in their diet?

12. Why do pregnant teens have special nutritional needs? What two nutrients are especially important for them?

13. Why does eating cultured yogurt help some people with lactose intolerance? _____

14. Lila is pregnant. About how much weight should she expect to gain during her pregnancy?

15. Your friend Maria, who is pregnant, has been feeling moody, anxious, and fearful. Describe three techniques that could help reduce her stress.

Section 5–2: Preparing for the Baby's Arrival

16. Describe how a woman pregnant with her second child might tell her three-year-old about the expected baby.

17. When choosing a new crib or accepting a used crib, what features of the crib should parents check?

18. Give three advantages of breast-feeding. _____

19. What are two possible reasons a mother may choose to bottle-feed? How does the cost of bottle-feeding compare to the cost of breast-feeding?

20. What type of doctor specializes in treating children? _____

21. How can making a budget help expectant parents? _____

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22. What are fixed expenses? Give two examples. _____

23. What are flexible expenses? Give two examples. _____

24. Give three examples of expenses associated with pregnancy and childbirth. _____

25. Where is the safest place for an infant in a car? _____

26. When deciding whether to work after a child is born, what factors should parents consider?

27. How does federal law provide for maternity and paternity leave? _____

Section 5–3: Childbirth Options

28. What is prepared childbirth? How does it benefit a pregnant woman? _____

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Preparing for Birth

Chapter 5 continued

29. What is the difference between labor and delivery? _____

30. Give four examples of things expectant parents can learn from taking childbirth education classes.

31. Describe the qualifications of each of the following health practitioners who deliver babies.

A. Obstetricians: _____

B. Family doctors: _____

C. Certified midwives: _____

D. Certified nurse-midwives: _____

32. Give two reasons why a couple might choose an alternative birth center. _____

33. Why are hospitals often considered the safest places to give birth? _____

*A Healthy Pregnancy***SECTION 5-1****Planning a Healthy Diet**

Directions: Your friend Talia is pregnant. She has asked your advice on nutrition. Complete the chart below to help Talia plan a healthy diet.

Food Category	Healthy Choices	Advice
Fruits	Oranges, bananas, dried apricots, peaches, orange juice	
Vegetables		Eat plenty of dark green leafy vegetables for folic acid to reduce risk of brain and spinal defects. Also eat orange vegetables, beans, and peas.
Milk		
Grains		
Meat & Beans		

A Healthy Pregnancy

Section 5-1 continued

Directions: Based on the information in your table on the previous page, plan a day's menu for Talia in the spaces below.

Breakfast:

Lunch:

Afternoon Snack:

Dinner:

Bedtime Snack:

*Preparing for the Baby's Arrival***SECTION 5-2****Budgeting for a Baby**

Directions: Budgeting for a new baby requires careful planning. Read the following description of a couple preparing for their first child. Then answer the questions that follow.

Jamal and Denise are expecting their first baby. Jamal is a branch manager at a local bank and earns \$2,800 per month. Denise wants to stay home and care for the baby after the birth.

The couple rents a two-bedroom apartment for \$750 per month. In addition, they pay an average of \$60 per month for phone expenses and \$180 a month for other utilities. They have figured out they also spend \$60 per month on repairs and maintenance.

Denise and Jamal have some other significant expenses. They pay \$200 every month on their car loan and have 22 months yet to pay. Gas and car maintenance average another \$150 a month. Car and renters' insurance cost \$1,800 per year. They have some medical insurance coverage with Jamal's job, but they spend about \$155 more per month on medical insurance premiums and health care. While they have stopped using credit cards, they are paying off their balance with \$110 each month. They put \$150 in a savings account monthly.

Denise takes an exercise class that cost \$10 each week and Jamal golfs, which costs the same. They also spend about \$20 a week on entertainment, such as movies, renting videos, or bowling. They spend about \$60 a month on clothes and \$15 a month for cleaning the clothes. Groceries run about \$125 a week. Miscellaneous expenses are about \$100 a month.

- Use the information described above to complete the missing items in the following list. Assume that four weeks is a month.

Budget Category	Amount per Month	Budget Category	Amount per Month
Food		Utilities (average)	
Car/renters insurance		Telephone	
Medical		Auto loan payment	
Clothing and laundry		Car expenses	
Credit card payments		Home maintenance	
Recreation		Miscellaneous	
Housing		Savings	
		Total Monthly Expenses	

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Questions About Childbirth Options

Directions: Read each of the following situations. Then, in the spaces that follow, give your best advice to the person speaking.

1. "I want to have my baby delivered by a midwife. What qualifications do midwives have?" _____

2. "My husband and I moved here just three months ago, over a thousand miles away from our family and friends. I just found out that I'm pregnant. Although my doctor is someone suggested by a friend, I'm not sure she's the one for me. How soon do I need to make my decision, or is it already too late?"

3. "My husband is insisting that I have our baby in the hospital where he was born and with his family's doctor. I want to go to an alternative birth center near here. How can I change his mind?"

4. "My mother says I should use a certified nurse-midwife. Is that a good idea?" _____

5. "My husband thinks we should attend childbirth education classes. Childbirth is natural, right? Why do we need classes?"

