

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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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.

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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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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? _____

