Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chapter 4 Reading Guide

1. What is prenatal development?

2. Explain the three stage of prenatal development:

 Germinal Stage –

 Embryonic Stage –

 Fetal Stage –

3. What is conception?

4. For a couple to conceive successfully the following conditions need to be met:

 1.

 2.

 3.

 4.

 5.

 6.

 7.

5. Ovum live for \_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours. Sperm live for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours.

6. How many hours per month is conception likely?

7. What is the fertile period when conception can occur?

8. What is the blastocyst? What is the time frame?

9. Explain implantation and when it occurs? How long until the process is complete?

10. What is the embryo? What is the time frame?

11. Explain cephalocaudal.

12. Explain proximodistal.

13. What is the placenta? What is its function?

14. What is the umbilical cord? What is its function?

15. What forms on the baby after the cord is cut? Why doesn’t it hurt to cut?

16. What is the amniotic sac? What is its function?

17. What is the fetus?

18. What is quickening? When can it be felt?

19. Explain the “Cat and the Hat Study”.

20. What are 5 symptoms of pregnancy?

 1.

 2.

 3.

 4.

 5.

21. How much weight should you gain if before pregnancy you are of:

 Normal weight –

 Overweight –

 Underweight –

22. Where does the weight go? Give the pounds for each:

 Maternal stores –

 Increased fluid –

 Increased blood –

 Breast enlargement –

 Uterus –

 Baby –

 Amniotic Fluid –

 Placenta –

23. What is infertility?

 What is the percent of people that experience infertility?

24. Explain three nonmedical drugs and their effects on an unborn baby.

 1.

 2.

 3.

25. Explain three maternal diseases and their effects on an unborn baby.

 1.

 2.

 3.

26. What age groups are at risk for complications during pregnancy or having a baby with a problem?

27. What country has the highest rate of teen pregnancies? Why do teen pregnancies occur?

28. Why is prenatal health care so important?

29. What effects do diet and nutrition have on the unborn baby?

30. What does stress do to the unborn baby? Is some stress normal?

31. What is considered full term? What is the average length and weight of a full term baby?

32. What is the fetal presentation? Which position is most desirable?

33. Explain the stages of labor.

 The first stage –

 The second stage –

 The third stage –

34. What are contractions?

35. What is Braxton- Hicks contractions?

36. Explain the different childbirth settings.

 Midwives –

 Hospital Birth –

 Freestanding Birth Centers –

 Prepared Childbirth –

 Modern Midwives and Doulas –

37. Explain the problems during labor and delivery.

 Faulty Power –

 Faulty Passageway –

 Faulty Passenger –

38. What is a caesarean section and why are they performed?

39. What is fetal monitoring?

40. What is a low-birth weight baby?

 What problems do low-birth weight babies have?

41. What is a preterm baby?

 What problems do preterm babies have?