

COURSE: 7065	Parenting and Child Development			UNIT: B	Child Development and Guidance
ESSENTIAL STANDARD:	3.00	B2	20%	Understand prenatal development and the components of a healthy pregnancy and delivery.	
OBJECTIVE:	3.02	A1	6%	Remember the prenatal development of baby from conception to birth and the changes a mother experiences during pregnancy.	

ESSENTIAL QUESTIONS:

- How does a baby develop from conception to birth?
- What are common signs of pregnancy?
- What are the changes a mother experiences during pregnancy?

UNPACKED CONTENT

What happens during conception?

- Male and female reproductive cells unite after sexual intercourse
- Sperm that enter uterus quickly swim into the Fallopian tubes
- If an ovum is present, the sperm swarm the ovum and try to break through the surface
- In most cases, only one sperm is successful
- At fertilization, the sperm seals out the remaining sperm, which eventually die
- Once the ovum has been fertilized, it attaches to the wall of the uterus
- Menstruation stops until the pregnancy is over
- The male determines the sex of the child.

What are some signs of pregnancy?

- Missed period
- Full feeling or mild ache in the lower abdomen
- Feeling tired or faint
- Frequent, urgent need to urinate
- Swollen breasts causing discomfort or tenderness
- Nausea and/or vomiting, especially in the morning

Prenatal development of baby and mother from month 1 to birth

Mo.	Development of the Baby	Changes in the Mother
1 st Trimester		
1	<ul style="list-style-type: none"> ▪ Size of a pin head at two weeks ▪ Egg attaches to lining of the uterus ▪ Called a zygote until it attaches to the lining of the uterus, then becomes an embryo 	<ul style="list-style-type: none"> ▪ Missed period ▪ Enlarged breasts ▪ Frequent urination
2	<ul style="list-style-type: none"> ▪ Size ¼ inch long at beginning of month ▪ Face, eyes, ears, and limb develop. ▪ Bones begin to form ▪ At about eight weeks, changes from embryo to a fetus and remains a fetus until birth 	<ul style="list-style-type: none"> ▪ Swelling of breasts ▪ Increased urination due to pressure on bladder ▪ Nausea (morning sickness)
3	<ul style="list-style-type: none"> ▪ Size 1 inch long as month begins ▪ Nostrils, mouth, lips, teeth buds, eyelids form ▪ Fingers and toes almost developed ▪ All organs present, although immature 	<ul style="list-style-type: none"> ▪ Breasts firmer/fuller, may ache ▪ Nausea ▪ Fatigue ▪ Frequent urination may continue ▪ Abdomen slightly larger

OBJECTIVE:	3.02	A1	6%	Remember the prenatal development of baby from conception to birth and the changes a mother experiences during pregnancy.
Mo.	Development of the Baby		Changes in the Mother	
2 nd Trimester				
4	<ul style="list-style-type: none"> ▪ Size 3 inches long, weighs 1 ounce as month begins ▪ Can suck thumb, swallow, hiccup, and move around ▪ Facial features become clearer 	<ul style="list-style-type: none"> ▪ Appetite increases ▪ Most unpleasantness of early pregnancy, such as morning sickness, usually gone ▪ Abdomen continues to grow slowly 		
5	<ul style="list-style-type: none"> ▪ Size about 6 ½ -7 inches long, about 4-5 ounces as month begins ▪ Hair, eyelashes, and eyebrows appear ▪ Teeth continue to develop ▪ Organs are maturing ▪ Becomes more active 	<ul style="list-style-type: none"> ▪ Enlarged abdomen becomes apparent ▪ Slight fetal movements felt ▪ Increased size of abdominal area may begin to affect posture 		
6	<ul style="list-style-type: none"> ▪ Size about 8-10 inches long, weighs about 8-12 ounces as month begins 	<ul style="list-style-type: none"> ▪ Fetal movements sensed as strong kicks, thumps, and bumps---some may be visible ▪ Weight gain by the beginning of this month may total 10-12 pounds. 		
3 rd Trimester				
7	<ul style="list-style-type: none"> ▪ Size about 14-16 inches long, weighs about 1½ - 2 pounds as month begins ▪ Periods of activity followed by periods of rest and quiet 	<ul style="list-style-type: none"> ▪ Increased size may affect posture 		
8	<ul style="list-style-type: none"> ▪ Size about 14-16 inches long, weighs about 2 ½-3 pounds as month begins ▪ Weight gain continues rapidly. ▪ May react to loud noises with a reflex jerking action ▪ Moves into a head-down position 	<ul style="list-style-type: none"> ▪ Discomfort may result from increased size of abdominal area ▪ Backache---fatigue ▪ Leg cramps---shortness of breath ▪ Fetal kicks may disturb the mother's rest ▪ At the beginning of this month, weight gain totals about 18-20 pounds 		
9	<ul style="list-style-type: none"> ▪ Size about 17-18 inches long, weighs 5-6 pounds as month begins ▪ Weight gain continues until the week before birth ▪ Skin becomes smooth as fat deposits continue ▪ Movements decrease as the fetus has less room to move around ▪ Acquires antibodies to fight disease from the mother's blood ▪ Moves into pelvis, ready for birth 	<ul style="list-style-type: none"> ▪ "Lightening" felt as the fetus drops into the pelvis and decreases pressure on mother's organs; breathing becomes easier ▪ Other discomforts may continue ▪ A total weight gain of 25-35 pounds is typical ▪ False labor pains may be experienced 		
		<ul style="list-style-type: none"> ▪ Weight gain may total 2-4 pounds 		