

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:	3.03	B2	7%	Understand components of a healthy pregnancy and delivery.
ESSENTIAL QUESTIONS:				
<ul style="list-style-type: none"> • What can a woman do to have a healthy pregnancy? • What are the advantages and disadvantages of delivery at different locations? • What are the types of delivery? 				
UNPACKED CONTENT				
Components of a healthy pregnancy and delivery				
<ul style="list-style-type: none"> • Healthy pregnancy <ul style="list-style-type: none"> ▪ Maintain personal hygiene habits <ul style="list-style-type: none"> ◦ Maintain normal grooming and body care habits ◦ Have dental checkup ◦ Avoid very cold or very hot baths ◦ Replace tub baths with showers or sponge baths during the last four to six weeks of pregnancy ▪ Rest and sleep <ul style="list-style-type: none"> ◦ Sleep eight to nine hours per night ◦ Take at least one 15-to-30-minute rest during the day ▪ Physical activity and exercise <ul style="list-style-type: none"> ◦ Use low-impact, moderately intense activities, such as walking and swimming ◦ Exercise to help strengthen and prepare the pelvic floor for delivery – stop and start the flow of urine ◦ Avoid contact sports and high-risk activities ▪ Clothing selection during pregnancy <ul style="list-style-type: none"> ◦ Choose loose-fitting clothing ◦ Select clothes that are large enough to wear for a period of time ▪ Healthful eating habits <ul style="list-style-type: none"> ◦ Choose nutrient-dense foods ◦ Consume an extra 300 calories per day during the last six months of pregnancy ◦ Eat no more than 12 ounces of low-mercury fish and shellfish per week ◦ Be careful to avoid food-borne illness ◦ Talk with an obstetrician about prescribing an iron supplement and or multivitamin that includes folic acid ▪ Medical care <ul style="list-style-type: none"> ◦ See doctor regularly ◦ Become knowledgeable about prenatal tests <ul style="list-style-type: none"> – Amniocentesis – Ultrasound – Alpha-fetoprotein (AFP) 				

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UNPACKED CONTENT

- Delivery location options
 - Advantages and disadvantages of choosing different locations for delivery
 - Home delivery---only for uncomplicated births, might run into complications
 - Birthing room delivery---more home-like atmosphere, have to go home within 24 hours
 - Standard hospital delivery---insurance companies cover at least 2 days, high cost
 - Advantages and disadvantages of natural childbirth---less sedation, can run into unexpected complications
 - The Lamaze method---can control pain, have to take time to go to classes
 - The Leboyer method---makes the birth less shocking and more comfortable for the baby, fit classes into schedule
 - Advantages and disadvantages of personnel to assist with deliveries
 - Obstetricians specialize in the care of mothers and babies both before, during and right after birth; expensive
 - Family doctors provide prenatal care and deliver babies; complications can be above the doctor's skills
 - Licensed midwives assist women in childbirth; complications can be above midwife skills
- Healthy Labor and Delivery
 - Watch for signs of labor
 - Lightening when the baby drops lower into the pelvis
 - During effacement the cervix becomes thinner
 - The cervix dilates or widens
 - A pinkish discharge called “show” comes from the vagina
 - Amniotic sac ruptures
 - Contractions begin by tightening and relaxing of the uterus muscles

Types of delivery

- Vaginal
 - Stages of labor
 - Pre-labor---signs of labor appearing
 - Mother may feel a burst of energy
 - Mucous plug becomes loose (also known as “bloody-show”)
 - Amniotic sac may break
 - First stage of labor---cervix dilates
 - Contractions come every 15 or 20 minutes
 - Full dilation will measure 10 centimeters in width
 - Second stage of labor – the baby is born
 - Cervix fully dilated, mother is allowed to move around freely
 - Lasts from 20 minutes to two hours
 - Pelvic and vaginal area scrubbed
 - Typical birth, baby travels down the birth canal head first and facing toward the mother's back
 - Doctor may make a surgical cut called an episiotomy to widen the opening
 - Cuts the umbilical cord when the baby is delivered

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UNPACKED CONTENT				
<ul style="list-style-type: none"> ▪ Stages of labor, continued <ul style="list-style-type: none"> ◦ Third stage of labor – placenta is delivered <ul style="list-style-type: none"> – Mild contractions separate the placenta from the uterine wall and it moves into the vagina – Nurse massages the abdomen of the mother, usually takes 10 to 30 minutes – Mother pushes to expel the placenta • Cesarean <ul style="list-style-type: none"> ▪ Reasons for Cesarean delivery <ul style="list-style-type: none"> ◦ When the labor is not progressing fast enough and a problem develops ◦ Baby in distress or turned in the wrong direction (breech birth) ◦ Multiple births ▪ Procedures for Cesarean delivery <ul style="list-style-type: none"> ◦ Perform surgical procedure ◦ Moved to recovery ◦ Walk as soon as possible ◦ Recovery up to six weeks 				
Examining the Newborn				
<ul style="list-style-type: none"> ▪ Apgar Scale – scale zero to two, checked at one minute, and again at five minutes – normal total score is six-to-ten range. Ten is a perfect score. <ul style="list-style-type: none"> ◦ Appearance ◦ Pulse ◦ Grimace (Reflex irritability) ◦ Activity ◦ Respiration ▪ Nurse’s check <ul style="list-style-type: none"> ◦ Weight ◦ Measurement ◦ Dry off ◦ Apply antibacterial drops or ointment ◦ Injection of vitamin K to prevent bleeding disorder 				

