Lesson 2 Birth

Outline for Taking Notes Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. By taking the first day of the woman’s last menstrual cycle and adding \_\_\_\_\_\_\_\_\_\_\_days, you can calculate when baby is due to be born. (40 weeks)

2. Baby loses the lanugo covering (much vernix remains) and reaches an average size of

\_\_\_\_\_\_\_ inches in length and \_\_\_\_\_ pounds. Eye color is slate-blue or black, and will not be fixed until after exposure to light for some time.

3. Baby drops down several inches in the abdomen. This is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,.

and the head becomes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This means it presses firmly against the cervix. The birth is close at hand.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the correct term for the process of childbirth…the emergence of a child from its mother’s uterus. It starts with a signal from the pituitary gland.

The hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is secreted into the bloodstream of the mother, and the process begins. (pitocin and syntocinon are common synthetic forms of this hormone, used to induce labor) There are 3 stages of childbirth:

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. 3 signals indicate that labor has begun…

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Prior to the beginning of labor, the thick cartilage walls of the cervix begin to thin out and

lengthen. This process is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The cervix must be completely effaced in order to fully dilate.

7. The purpose of “labor” is for the muscles to contract, pulling open the cervix. It must open

(or dilate) to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (approximately 4 inches) to allow for the birth of the baby. This is hard and painful work for the mother.

8. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ is currently a popular method used for the mother’s pain relief. An injection into the spinal column blocks pain. The mother remains awake. It is important that any medication that is used does not cause the baby to be born under the influence of anesthetic.

9. As the mother ‘bears down’ to deliver the baby, the baby’s head usually emerges first. This is called…

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

10. Baby is born in one of several positions:

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (head first)

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (buttocks or feet first)

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (incision in the abdomen)

D. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sideways)

11. When the amniotic sac has not ruptured during labor or pushing, the infant can be born with those membranes intact.

This is referred to as “being born in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”. It is harmless and easily broken and wiped away. Some cultures consider this a sign of ‘good luck’.

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the anterior and posterior soft spots where the bony plates of the infant’s skull join together. Those, along with the sutures of the skull allow the skull to change shape while moving through the small cervical opening. The baby’s skull

may appear ‘pointed’; this is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; the skull returns to its normal shape several hours or days later.

13. A \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is used to suction mucous from the throat and nasal passages as soon as the infant’s head emerges from the birth canal, to ensure that those first breaths can be deep and clear.

14. The umbilical cord is connected at baby’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at one end, and the placenta at the other end. Once the baby is born, the cord must be . The cord must be clamped and cut. (or tied off) Then another small plastic clamp is used, placed close to baby’s tummy.

15. Stage 1 of the childbirth process was labor; stage 2 was the birth of the baby; stage 3 is the delivery of the:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or placenta. After the placenta is delivered, it should be inspected for size, shape, consistency, and completeness. A one minute, thorough examination to detect normalcy or abnormalities may be critical in the management of mother and baby. An abnormal placenta may be one of the first indications that mother or baby has a problem.

16. Shortly after birth, a cap is placed on the head to help prevent heat loss and stabilize body temperature. Some doctors commonly prescribe an injection of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This would prevent any incidence of hemorrhagic disease ( heavy bleeding).

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ointment may be put in the eyes to prevent infections of the cornea that might result during vaginal delivery. This replaces the diluted silver nitrate formerly used.

17. The condition of the infant is assessed using the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ scale at one minute, and again at five minutes after birth. The infant is scored in 5 areas, receiving a score of 0 to 2 points in each area… 0 indicating an ‘absence’; 2 being ‘strong’ or ‘normal’.

A score of \_\_\_\_\_\_-\_\_\_\_\_\_ is considered ‘fair’; while a lower score is considered ‘poor’ and a higher, average score is considered ‘good’. The 5 areas of concern that are assesses are:

A = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (skin color)

P = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (heart rate)

G = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (reflexes and/or response to stimulation)

A = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (muscle tone/movement)

R = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (breathing)

18. Soon after birth, information will be gathered for baby’s official birth certificate, including baby’s name.

This becomes a matter of permanent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ record; make sure it is correct, including spellings! Identification wrist or ankle bands are secured, as well as foot prints obtained. (records on file with the county and Nebraska Bureau of Vital Statistics)

19. The hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that started the process of childbirth has several other effects on the body.

1. Research shows that it may play a role in establishing maternal behavior in the mother
2. Stimulates muscles of the cervix, vagina, and uterus, helping them contract after delivery
3. Works in conjunction with a second hormone secretion from the pituitary gland,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to make and secrete milk from the mammary gland of the breast.

This process is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. The first secretion from the breast is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is sticky, and a milky-yellow color. It provides baby with

A. perfect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. easily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. contains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the mother

21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an intense attachment formed between the mother and child. It should be considered a process rather than a specific moment, involving cuddling, holding, talking to, etc.Some research indicates that Infants who have a deep bonding with their mothers tend to become very independent at a young age and display a higher sense of confidence, positive attitude, and self-esteem. They appear self-reliant and enjoy good relationships with peers, even when under stress or unstable home conditions. These children seem to be more successfulin school, especially in mathematics. They have good school attendance and high achievement scores in comparison to children that did not bond as deeply with the mother.

22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involves the holding and comforting of the baby and the display of a greater level of sensitivity by the father. Studies on father bonding show that fathers who are given the opportunity and are encouraged to take an active part in caring for their newborns can become just as nurturing as mothers. A father's nurturing responses may be less automatic and slower to unfold than a mother's (because they lack the biological connection of carrying the child during pregnancy), but fathers are capable of a strong bonding attachment to their infants during the newborn period. Fathers have their own unique way of relating to babies, and babies seem to thrive on this difference.

23. There is some scientific evidence to support bonding and engrossment. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a hormone that is regulated by the pituitary-adrenal system, influencing stress reactions, the immune system, sugar levels in the blood, motor skills, and memory. During the average day a typical child’s cortisol level peaks in mid- morning and decreases in the evening. In children who have no parental attachment, the cortisol levels continue to increase all morning and only decrease slightly by evening. Some babies who fail to bond with a parent may eventually be diagnosed with an emotional disorder called RAD:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Infants may be fussy and demanding. Children may be filled with rage, threatening, oppositional and argumentative, and unable to return love.