Section 1 Labor and Birth

The Progression of Labor

1. What are the two basic parts to giving birth?

The Beginning of Labor

2. During the last few weeks of pregnancy, what happens?
3. Describe one of the first signs of labor.
4. What does a trickle or gush of water indicate?
5. Once a woman’s water has broken, what should she do?
6. When and why should delivery take place after the membrane has broken?
7. What do contractions indicate?
8. During early labor, describe contractions.
9. As labor and contractions begin, what happens with the baby?
10. How can fetal monitoring be done?
11. What are the warning signs of premature labor?
12. Can premature labor be stopped?
13. How do doctors determine whether labor is false or real?
14. Can labor be induced? If so, how?
15. Give examples of reasons for induction of labor.

Stages of Labor

16. Identify the three basic stages of labor.
17. Describe the stages of labor using Figure 6.1 on paged 168-169.
18. For a first birth, how long may the first stage last?
19. How long is the second stage for a first child versus a later child?
20. The third stage is the shortest. How long does it last?
21. When does the first stage of labor officially being?
22. When does the first stage end?
23. When does it become safe for a woman to push?
24. When is the birthing process over?
25. Besides childbirth classes, how can mothers deal with delivery?
26. Identify some of the types of anesthesia.

Caesarean Birth

27. Identify three reasons a mother might have a caesarean delivery.
28. How long does it generally take for women to recover after a c-section?

Premature Birth

29. What percentage of all babies are born prematurely?
30. If a baby is born before _______ _________ is it considered premature.
31. Why are babies born prematurely?
32. What are some indicators that a baby could be born prematurely?
33. Analyze the issues some preemies face.
34. To help with those issues, what do doctors do?
35. What are some of the long-term health problems premature babies could face?

Section 2 The Newborn

The Baby Arrives
36. When people think about their new baby, what do they often picture?
37. What is the first measure of independence a newborn has?
38. How do babies’ receive oxygen while in their mothers’ womb?
39. During delivery, what happens to the lungs?
40. For the first few months of life, how do babies breathe?
41. When does breathing become regular for babies?
42. Describe how the change in the lungs affects the baby’s heart.
43. Since the umbilical cord provided life to the baby in the womb, it is no longer needed when the baby is born. What happens to the umbilical cord?

The Newborn’s Appearance
44. Describe the appearance of a newborn.
45. Why are babies wrapped in blankets and caps placed on their heads?
46. What does the Vernix do?
47. What is milia and why do babies have it?

Examining the Newborn
48. When a baby is first born, what is used to evaluate them?
49. When is the Apgar scale used?
50. Explain the rating system of the Apgar scale.
51. Identify the perfect score for the Apgar.
52. After the Apgar scale is performed, what do nurses do next?
53. Shortly after birth, what records are created?
54. What other tests are newborns given in the first few days of life?
55. If a baby is born at home, should he/she receive the same test as those born in a hospital?

Section 3 The Postnatal Period

After the Birth
56. What does the neonatal period involve?
57. When can a mother leave the hospital with the baby?
58. How common is jaundice?
59. If jaundice is left untreated, what can happen to the baby?
60. How is jaundice treated?

Bonding
61. What is one of the first ways parents bond with their baby after birth?
62. How can parents encourage bonding with their baby?

Help with Feeding

63. Who can parents turn to for help with feeding their newborn?

Rooming-in

64. What does full rooming-in mean?
65. Describe partial rooming-in.
66. Identify the advantages to rooming-in.

Legal Documents

67. Identify the most important piece of personal identification anyone has.
68. How do parents get a birth certificate for their baby?
69. What else does the federal government require a child should get within the first year of life?
70. Explain the process of applying for a social security number.

Caring for Premature Babies

71. If a baby is premature, where are they cared for?
72. Explain the three levels of the NICU.
73. Identify the special needs of preemies.
74. What four criteria must a premature baby meet before they are allowed to go home?

Mother’s Postnatal Care

75. Who provides information to new mothers on how to take care of herself as she meets the needs of her baby?
76. If a woman has a C-section, what does that mean for her recovery time?
77. Describe the four areas of physical needs in a mother’s postnatal care.
78. What are common emotions for new mother’s to feel?