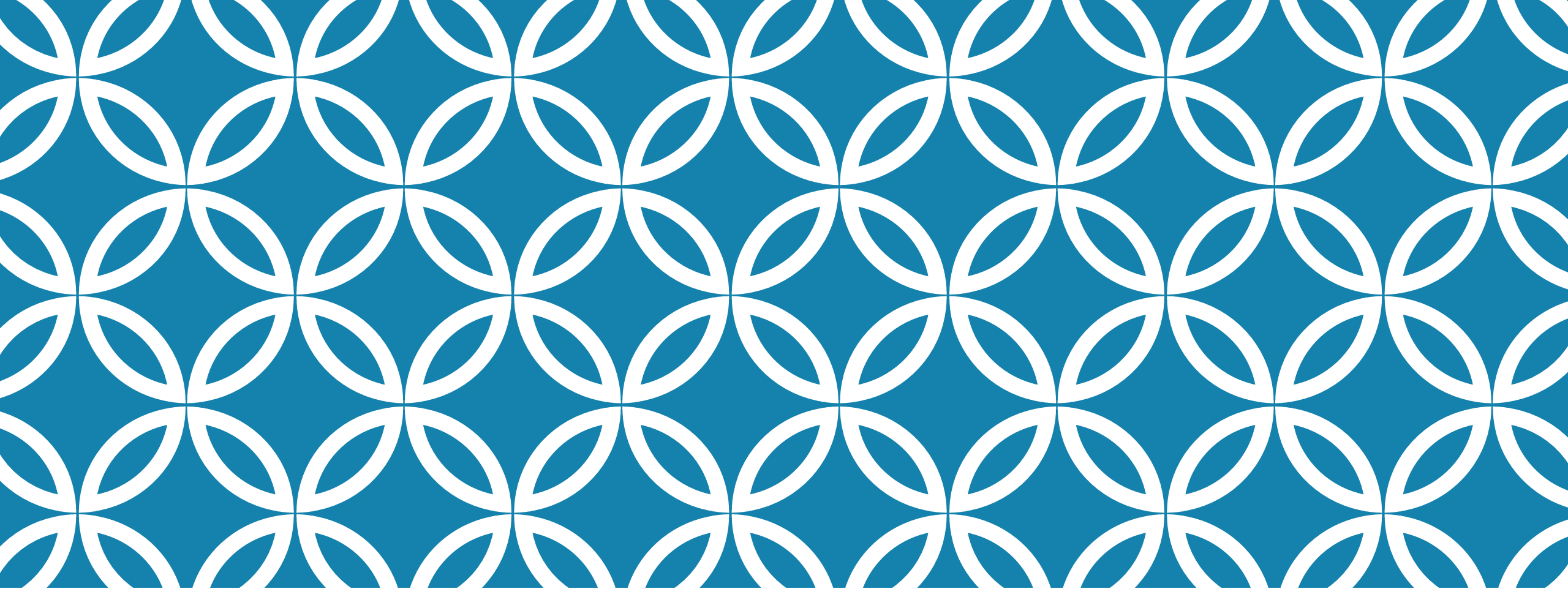
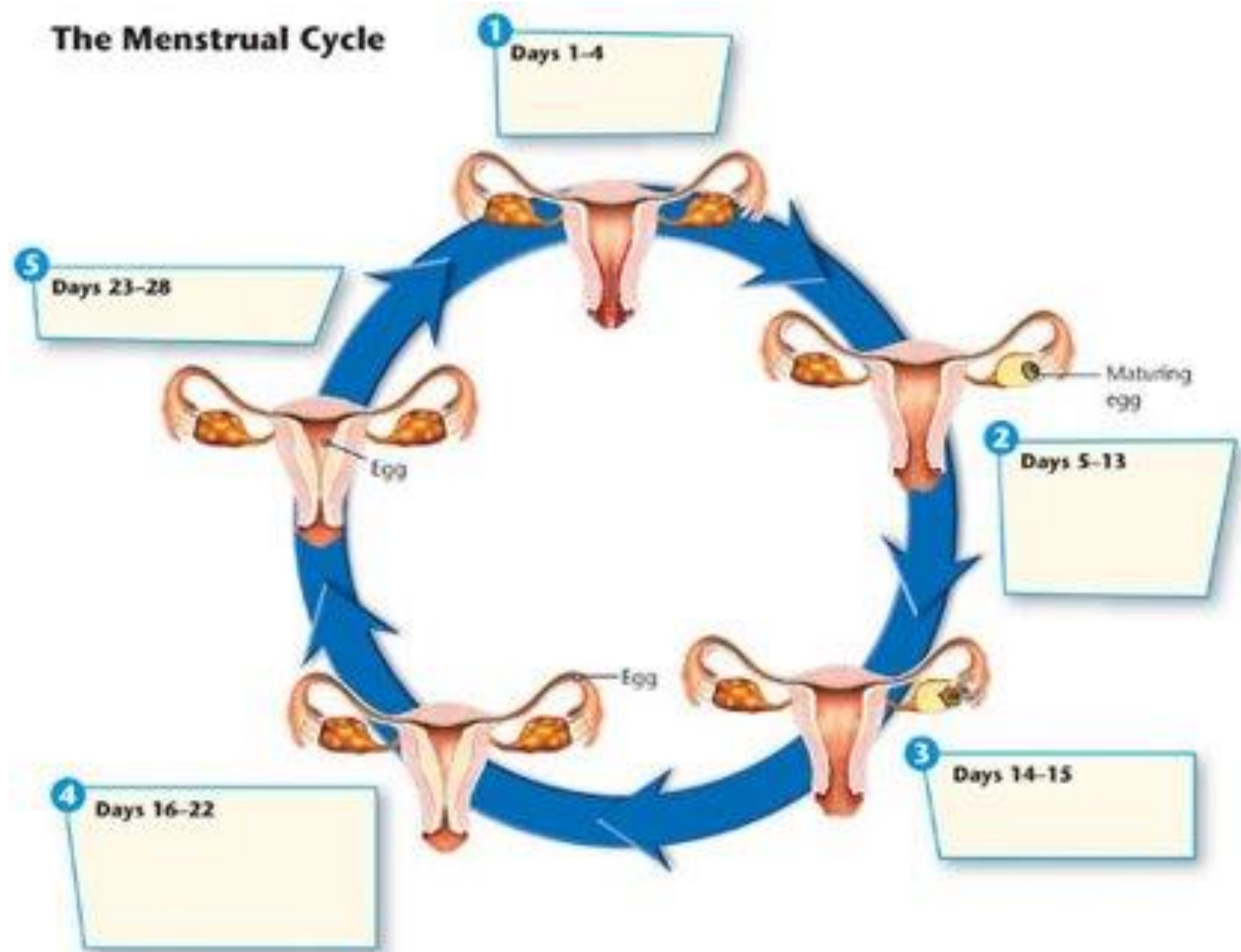




PREGNANCY & CHILDBIRTH

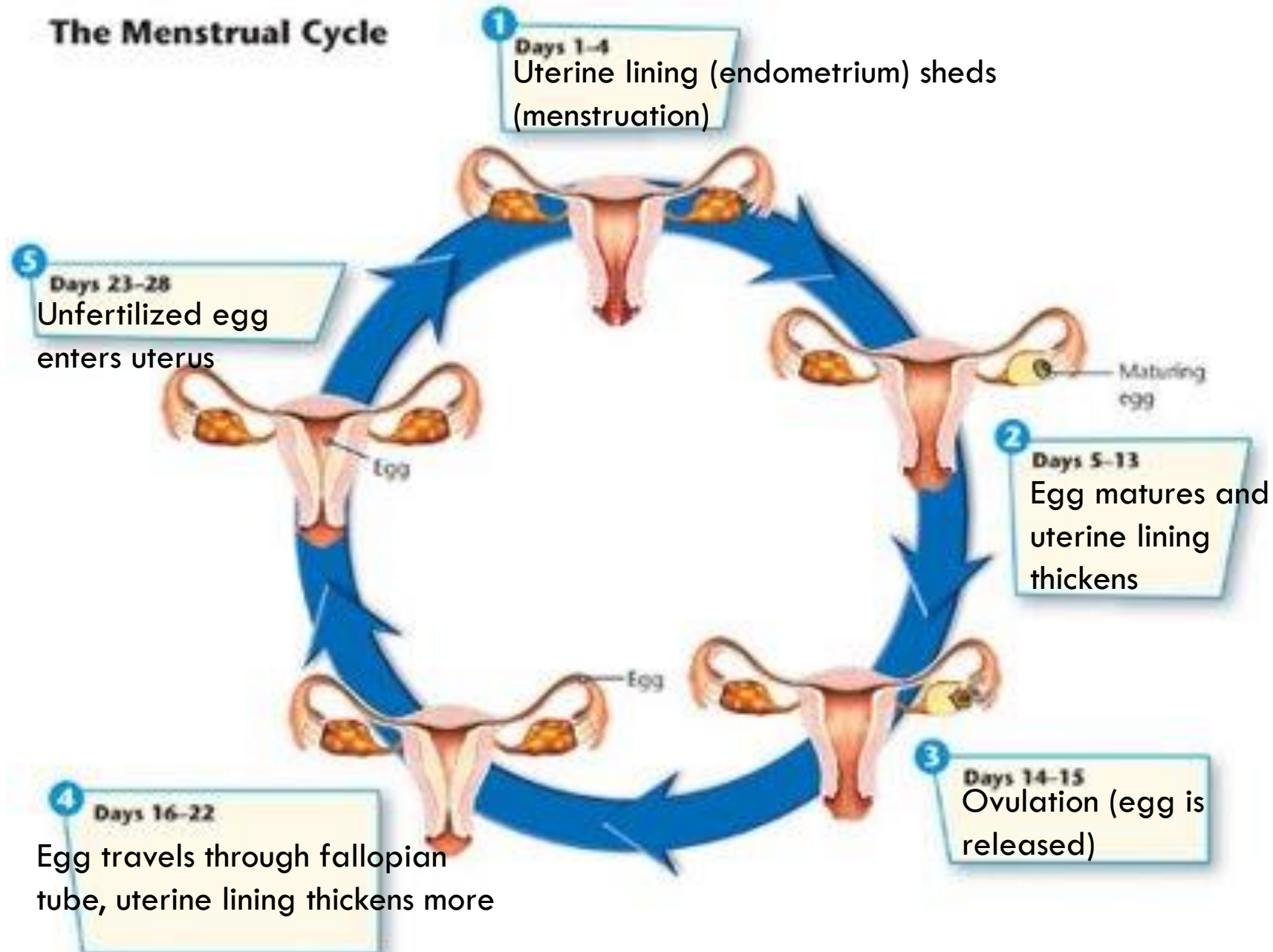
MENSTRUAL CYCLE REVIEW

Females generally only ovulate (release) one mature egg cell from the ovary each month. The egg travels to the uterus. If the egg is not fertilized, the uterine lining is shed and a new cycle begins.



The Menstrual Cycle

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FACTORS AFFECTING THE MENSTRUAL CYCLE

The following can cause irregularities in the menstrual cycle:

Diet

Stress

exercise

Weight gain

Weight loss

Age

Other notes about menstruation:

****Relieve menstrual cramps by:***

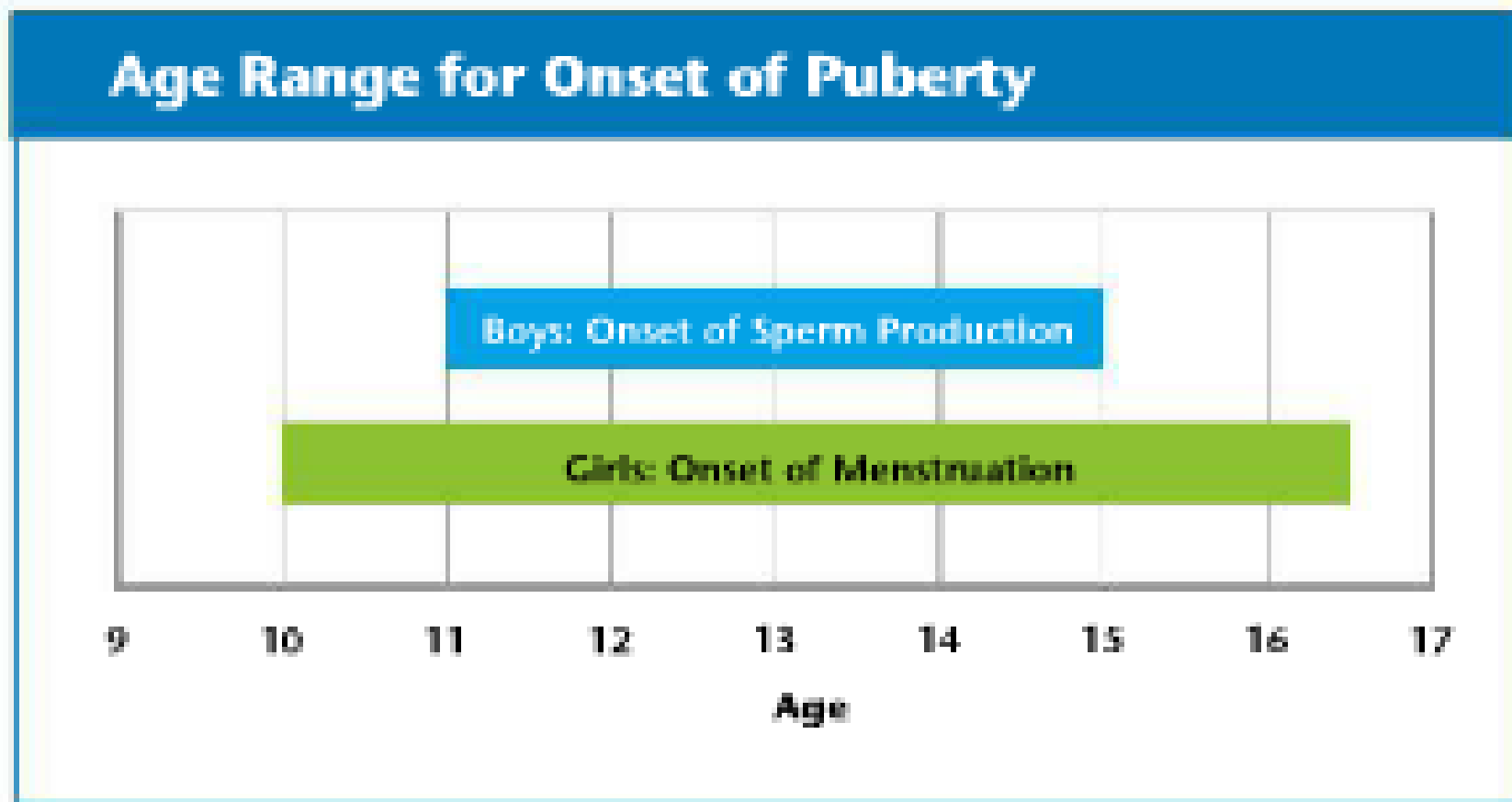
-reducing intake of salt, sugar, and caffeine

-get regular exercise

-stress reduction techniques

***Toxic Shock Syndrome:** if choosing to use a tampon during menstruation, use the lowest absorbency possible

AGE ONSET OF PUBERTY



CONCEPTION

1. During sexual intercourse, sperm from the man are deposited into the vagina.

2. The sperm swim through the cervix, then uterus to the fallopian tubes.

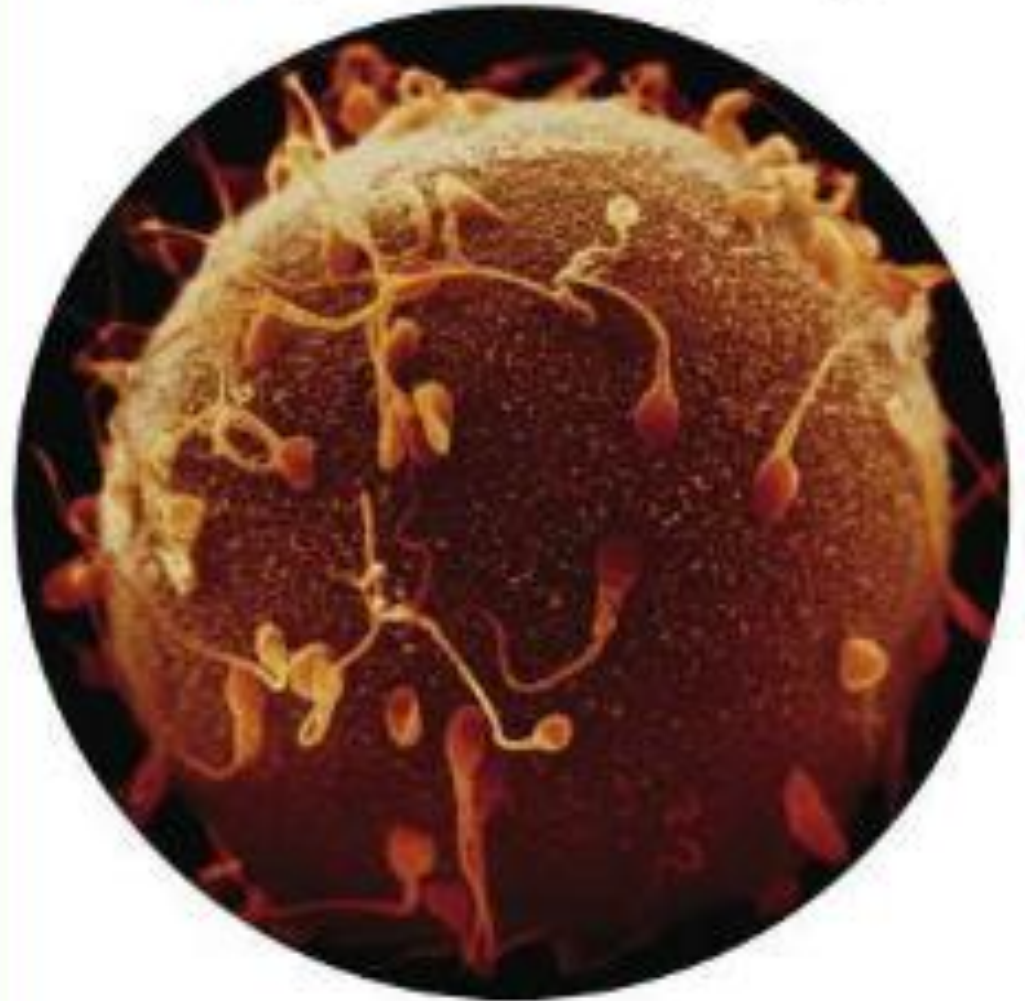
* Of the 100 million sperm that enter the vagina only a few hundred usually make it to the egg.

3. If an egg is present it may fertilize it.

* Only 1 sperm enters the egg. Within seconds the surface of the egg changes and no other sperm can enter.

4. If this occurs it is also called conception.

▼ Sperm surrounding an egg



THE BEGINNING OF THE LIFE CYCLE- TERMS

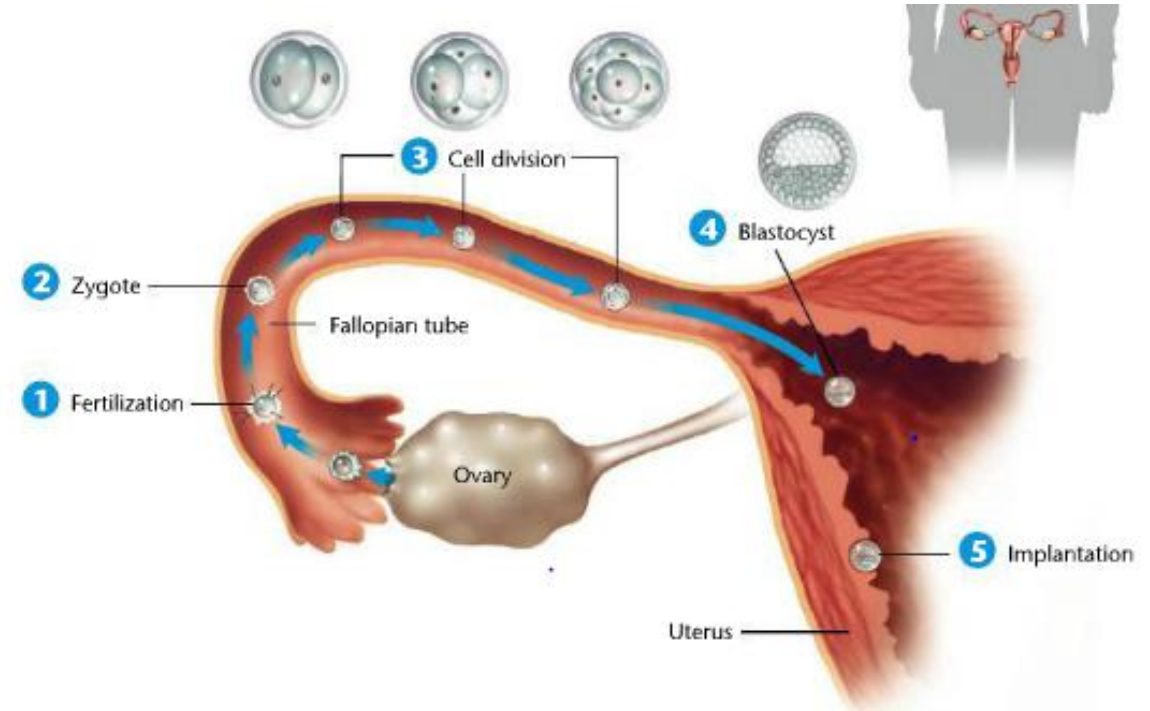
Zygote: the united egg and sperm.

Cell Division: within 36 hours the cells begin to divide.

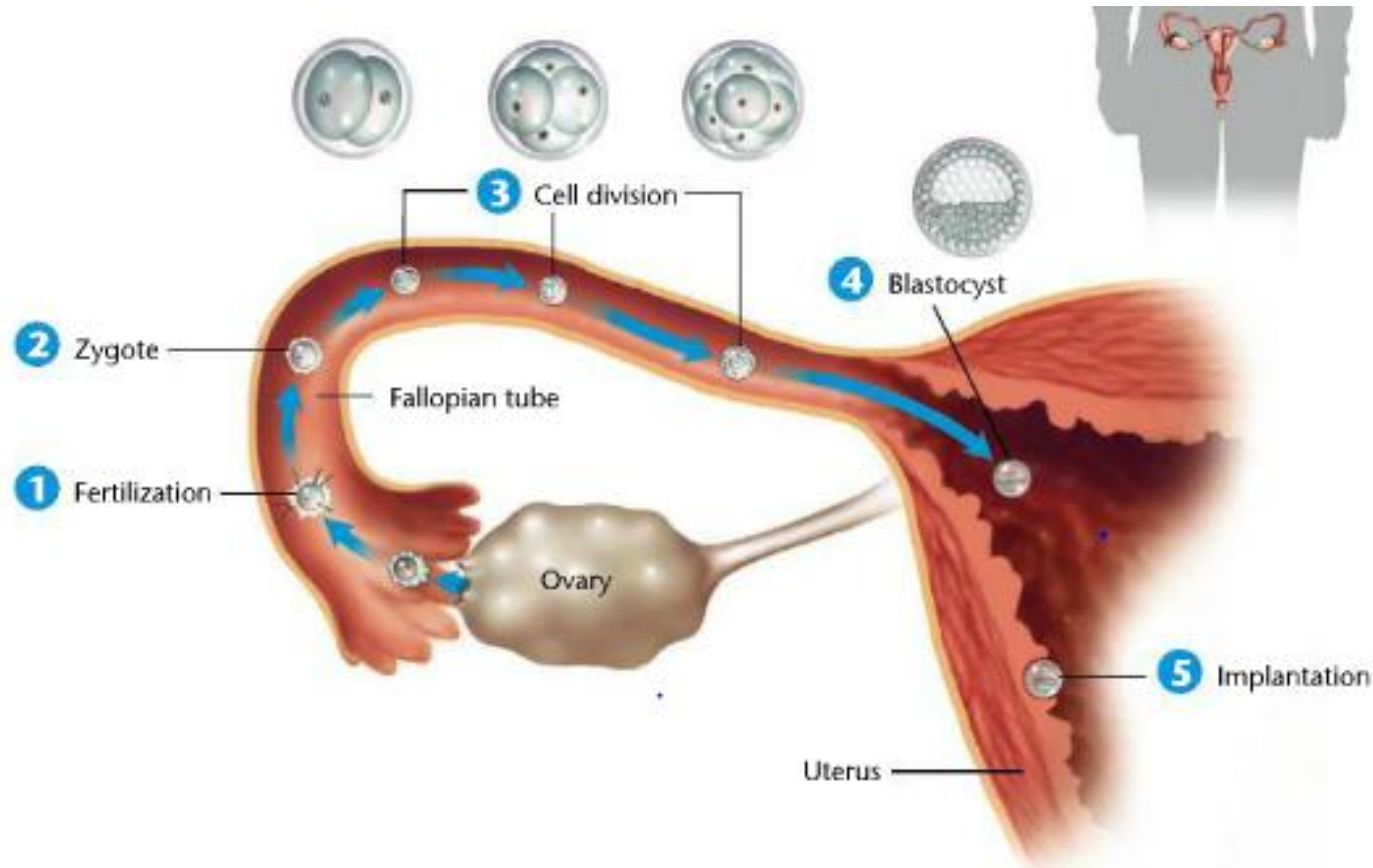
Embryo: the fertilized egg until the beginning of week 9.

Blastocyst: a sphere of cells with a hollow center.

Implantation: the process of attaching to the wall of the uterus.



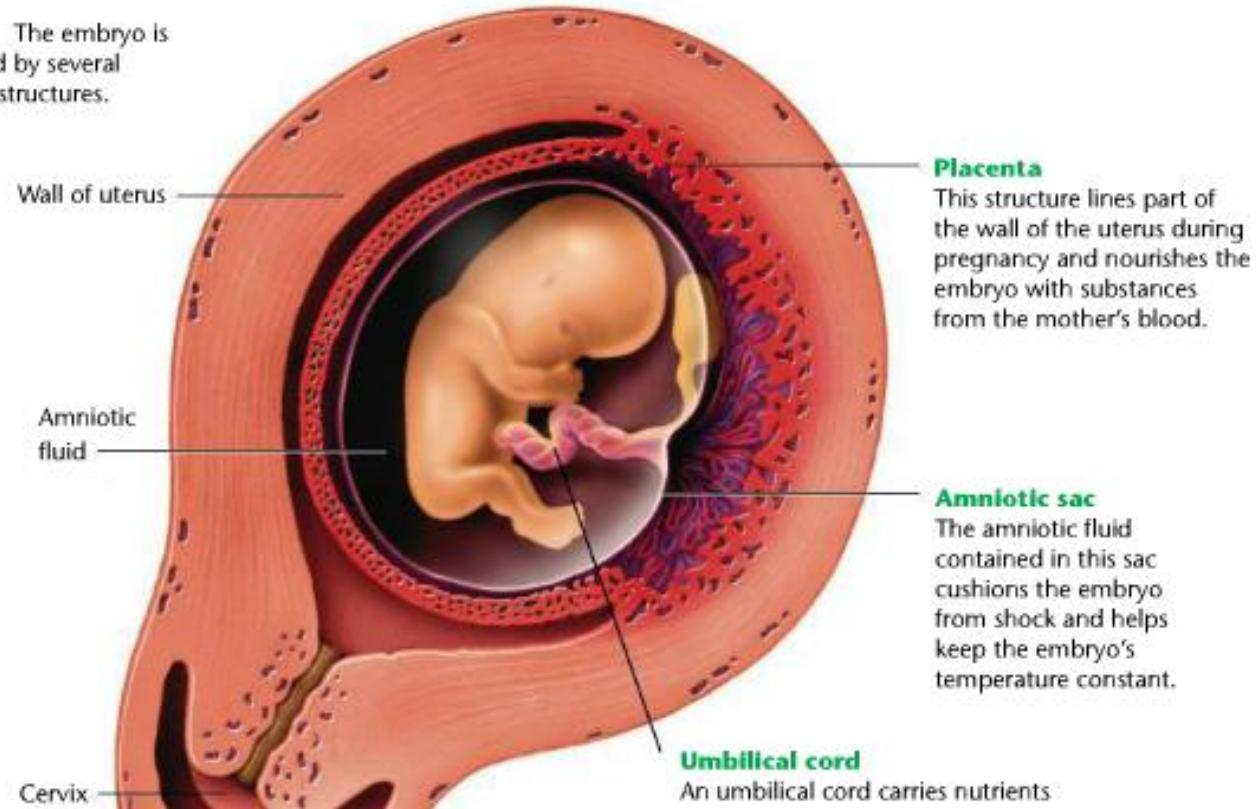
Fetus: Around 8 to 9 weeks until birth developing the name for the baby.



THE BEGINNING OF THE LIFE CYCLE

1. Fertilization occurs.
2. The Zygote travels down the fallopian tube.
3. After about 5 days the now blastocyst arrives in the uterus.
4. The blastocyst attaches to the uterine wall.

FIGURE 5 The embryo is surrounded by several protective structures.



1. After implantation, development continues in the uterus.

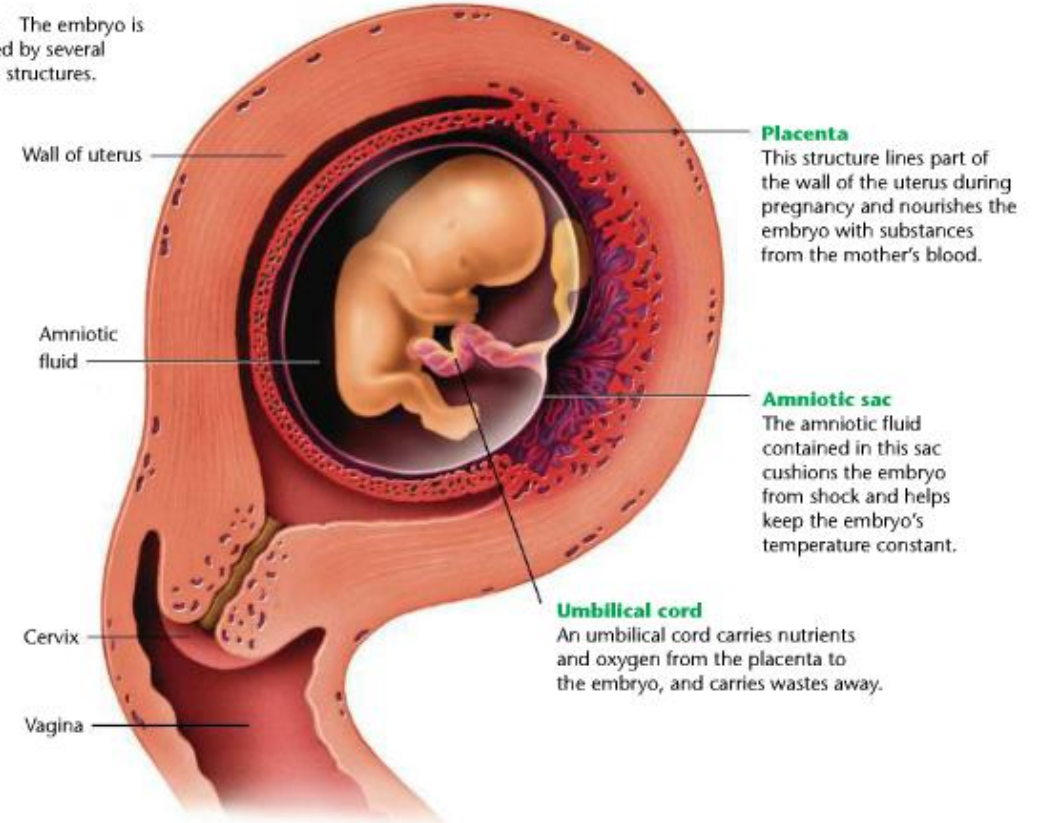
2. In addition to the embryo growing, the amniotic sac, placenta, and umbilical cord develop.

DEVELOPMENT IN THE UTERUS

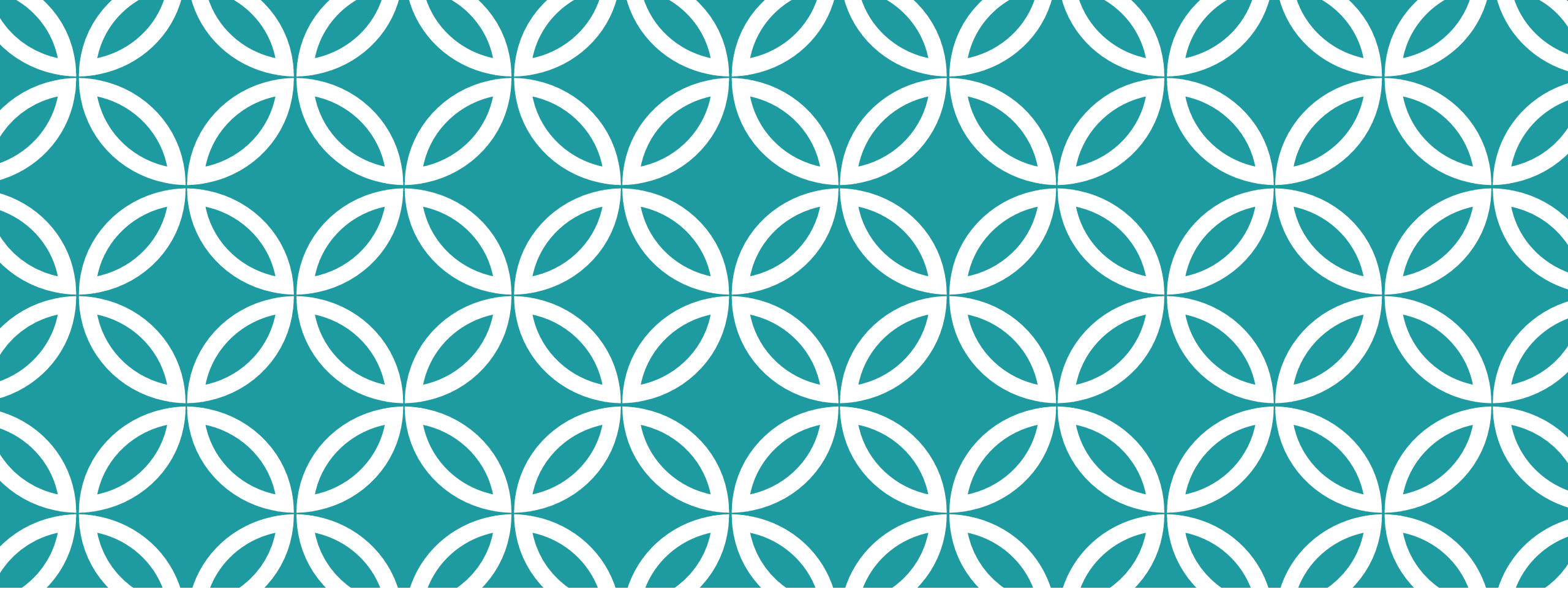
DEVELOPMENT IN THE UTERUS - TERMS

1. **Amniotic Sac**: a fluid-filled bag of thin tissue that develops around the embryo. This sac continues to grow with the embryo as it grows.
2. **Amniotic fluid**: cushions the embryo from shock and helps keep the embryo's temperature constant.
3. **Placenta**: the attachment holding the embryo to the wall of the uterus, it provides oxygen and nutrients from the mother's blood to the embryo.

FIGURE 5 The embryo is surrounded by several protective structures.



4. **Umbilical Cord**: carries nutrients and oxygen from the placenta to the embryo, and carries waste away.



TRIMESTER 1

Through week 12

TRIMESTER 1 (0 TO 12 WEEKS)

Baby's Development

Cell multiplication.

Heart, brain, nervous system, stomach, liver, lungs, & other organs begin to form.

Heart begins beating at around day 25.

Organs begin working

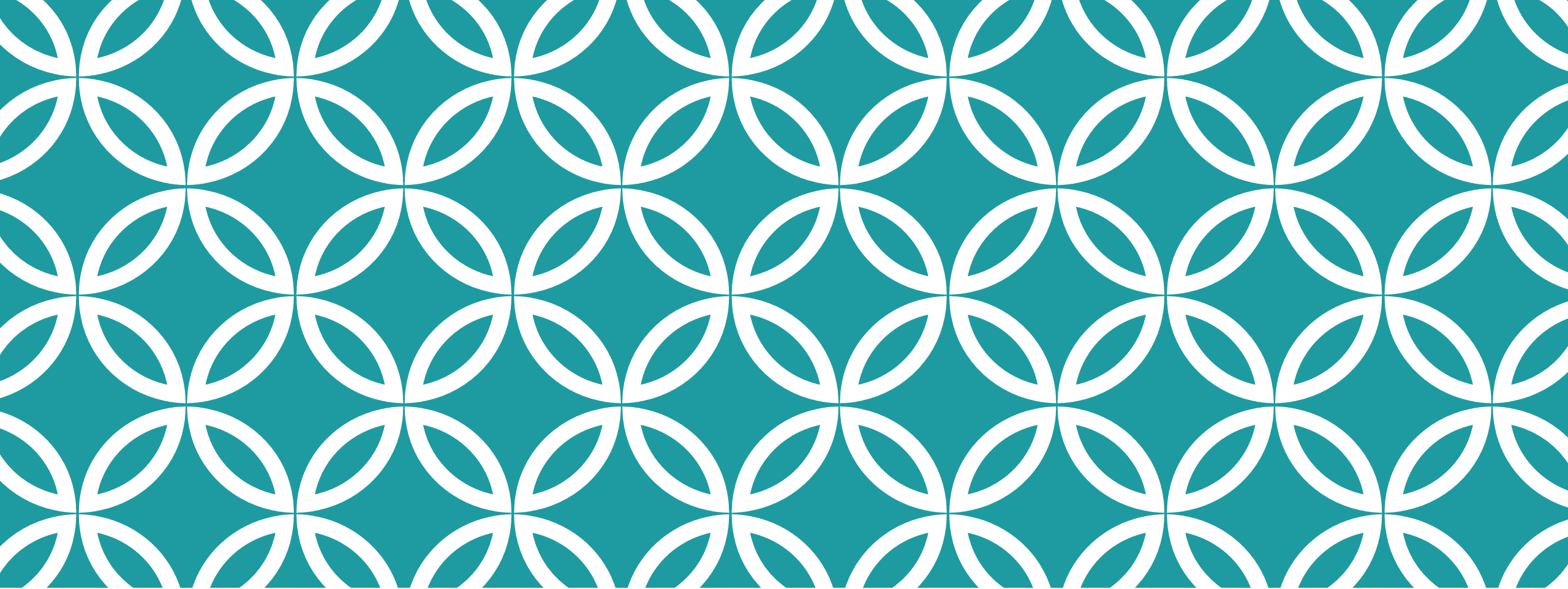
Arms, legs, face, elbows, hands, fingers, knees, ankles, and toes begin to form

Eyes, eyelids, ears, nose, & mouth form.

Bones begin to harden.

Baby is **3-4"** long and weighs about 1 oz. At the end of the trimester

Mouth opens & closes & swallows.



TRIMESTER 2

Week 13-28

TRIMESTER 2 (13 TO 28 WEEKS)

Baby's Development

Kidneys circulate fluid.

The baby is now able to make faces, suck a thumb, yawn, and stretch.

Heart beats 120-160 beats per minute.

About 2 lbs.

Eyes open and close.

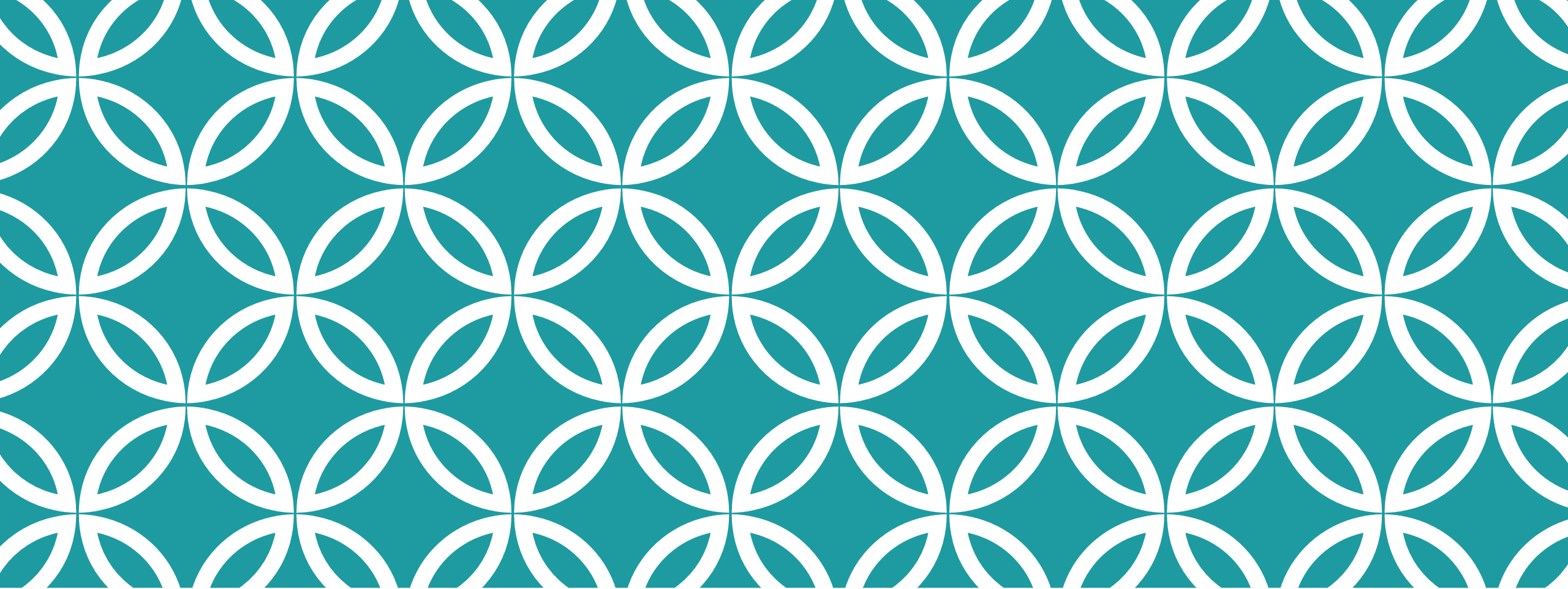
Muscles in arms and legs strengthen.

Fat deposits appear beneath skin.

Hears sounds.

Lungs strengthen.

Senses steadily develop as nerve cells form more connections with the brain.



TRIMESTER 3

Week 29-40

TRIMESTER 3 (29 TO 40 WEEKS)

Baby's Development

Sleeping and waking hours defined.

Brain and nervous system grows quickly.

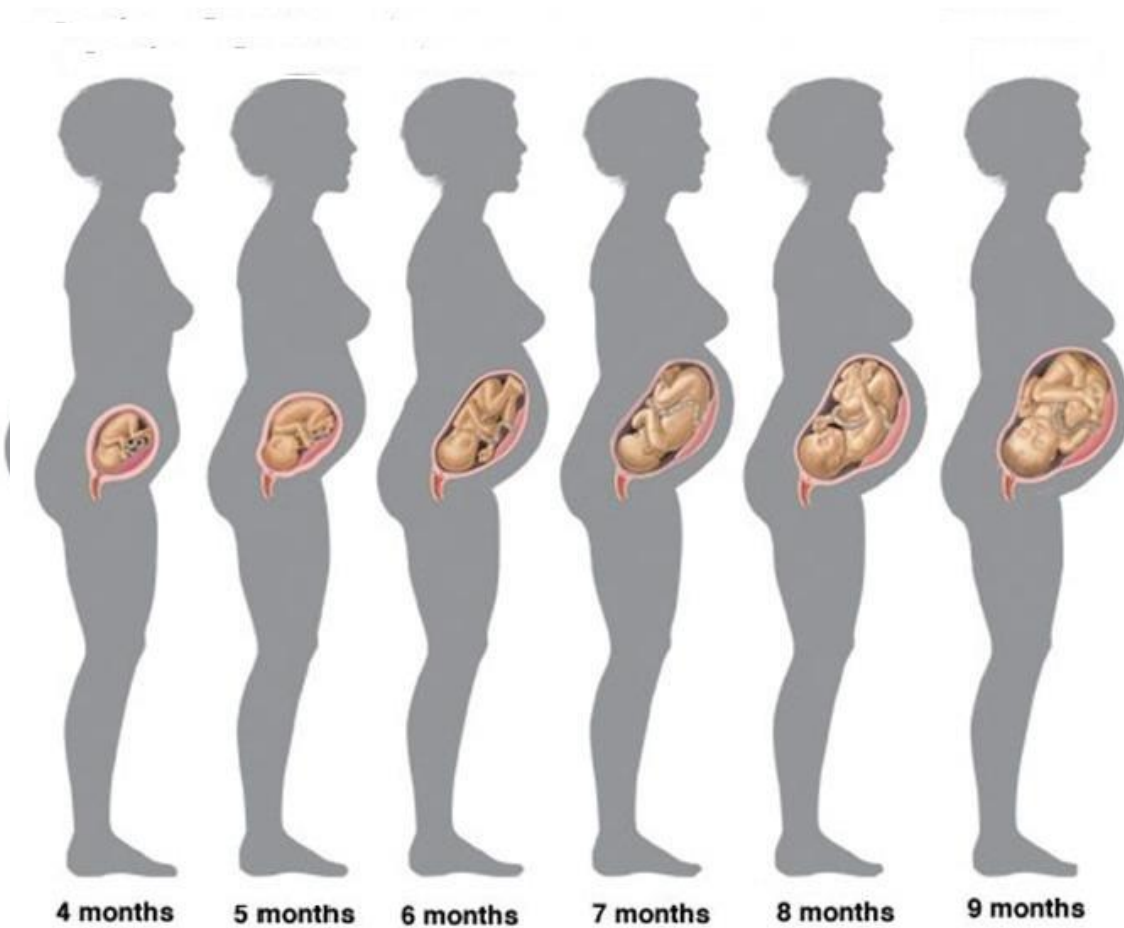
Baby turns to head down in the pelvis to be ready for delivery.

Baby is early term baby if born between 37-39 weeks.

At term (full term) if baby is born 39-40 weeks.

Late term if baby is born at 41-42 weeks.

PREGNANCY BY TRIMESTER



Baby's development videos:

https://www.babycenter.com/2_inside-pregnancy-weeks-1-to-9_10302602.bc

STAGES OF CHILDBIRTH

STAGE 1: DILATION

- Cervix opens (dilates) to 10 cm
- Membranes erupt (water breaks!)
- This stage can take a LONG time

STAGE 2: EXPULSION

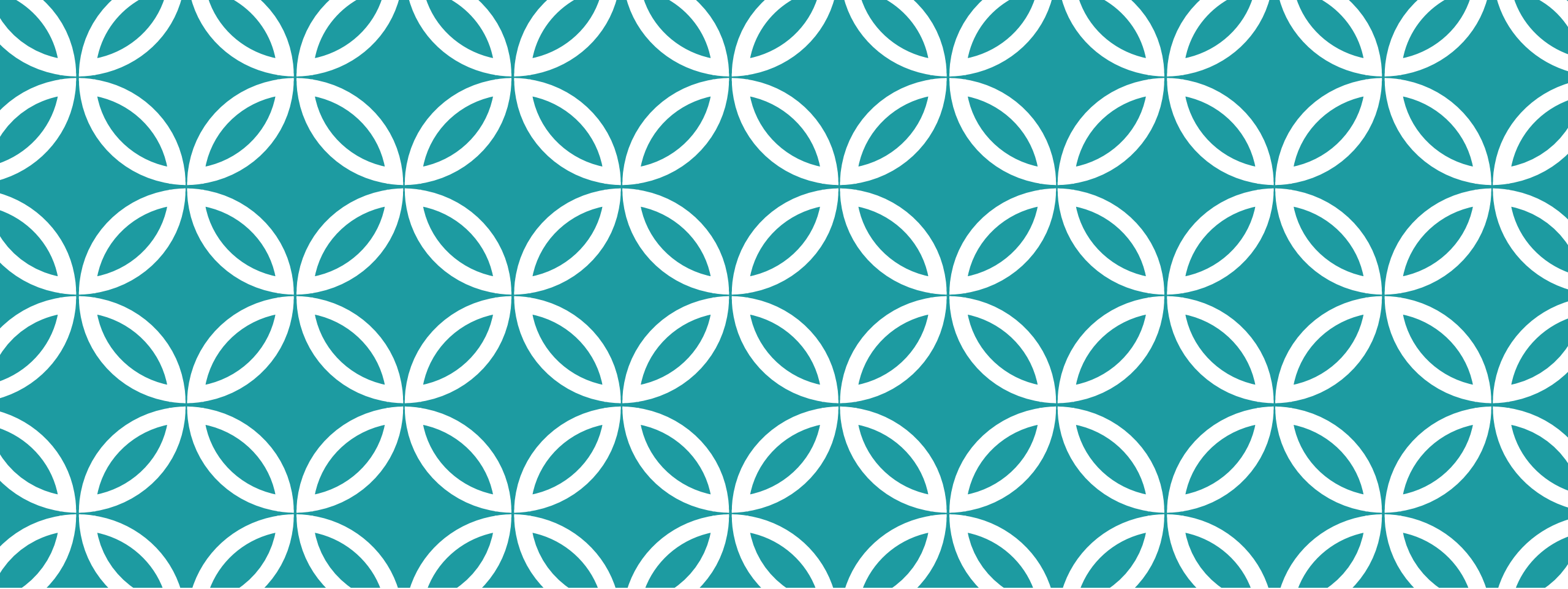
- Baby's head emerges fully and shoulders rotate
- This stage is over when the baby is born

STAGE 3: PLACENTAL

- Uterus expels the placenta (afterbirth) and umbilical cord

TYPES OF CHILDBIRTH

1. Natural Childbirth: when the mother delivers the baby through the vagina. “Natural” does not necessarily mean a delivery without pain medication.
2. Cesarean section: baby and placenta are lifted out of the mother’s body through a surgical procedure
3. Breech birth: the baby is turned the wrong way—sometimes can be turned, sometimes needs a c-section



HEALTHY PREGNANCY



PREGNANT WOMEN CAN STAY HEALTHY THROUGHOUT PREGNANCY BY...

1. Having proper nutrition
2. Exercising
3. Avoiding alcohol/drugs
4. Avoiding environmental hazards
5. ****Prenatal care:** *the chances of having a healthy baby greatly increase if the mother visits a doctor or clinic for regular check ups throughout the pregnancy*

STAYING HEALTHY THROUGH PREGNANCY



TEEN PREGNANCY: RISKS

There are many reasons why teens are more likely to experience complications during pregnancy:

1. Teens are still growing and maturing. A teen's body may not be ready to support a developing baby
2. Many pregnant teens do not follow diets that provide adequate nutrition for both the baby and their own growing bodies.
3. Pregnant teens are less likely than adult women to seek early prenatal care.