# HEALTH EDUCATION

**Excelsior Academy** 

# BELLRINGER

 Write down one thing you learned yesterday for health from the lesson

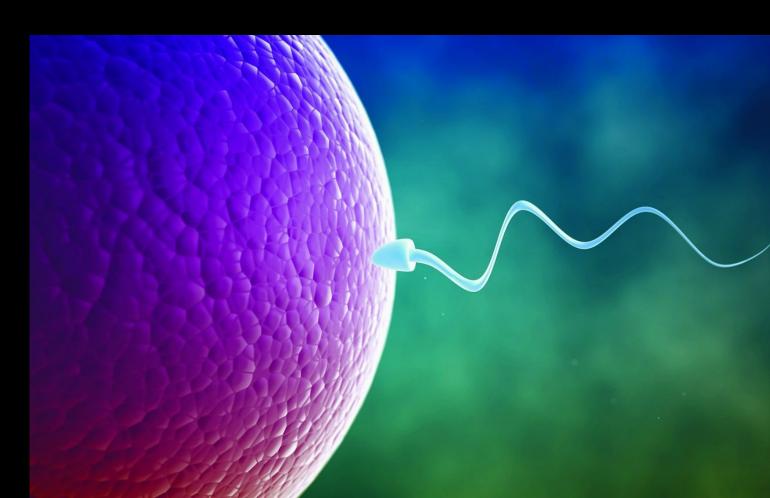
# IDENTIFY THE SEQUENCE OF PREGNANCY AND BIRTH

# CONCEPTION, PREGNANCY, BIRTH

**Lesson: Number** 

#### CONCEPTION

- •Sperm fertilizes the egg.
- •The Fertilized Egg arrives at the uterus & imbeds into the uterine wall
- Pregnancy Begins





# **PREGNANCY**

## Pregnancy lasts about 40 Weeks



# Signs of Pregnancy

 Missed period, Nausea, Increase hormone levels, Breast tenderness

#### **Confirmation-**

- Pregnancy test
- Blood test



# ·Symptoms-

- Nausea
- Vomiting,
- Aches
- Swollen feet
- Hormone dynamics
- Unusual cravings
- Sleeplessness



# Extra attention to diet-

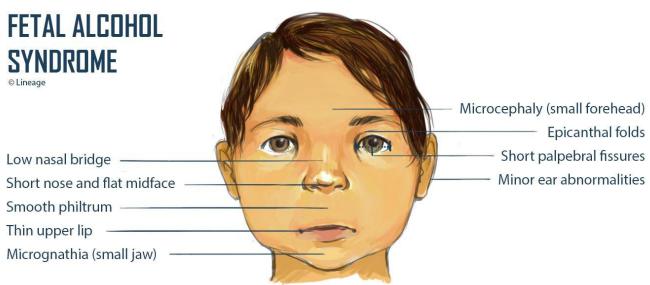
- Folic Acid
- Avoid Mercury
- No fish, No sushi
- Prenatal vitamins
- Pay attention to Iron Levels



# Special Considerations

- Keep an active lifestyle
- No Smoking
- ·No Alcohol
- No Drugs
- Limit over-the-counter drugs
- Talk with you Doctor





# Baby Development During Pregnancy

# ·Embryo-

 Unborn baby during the first 8 weeks of gestation



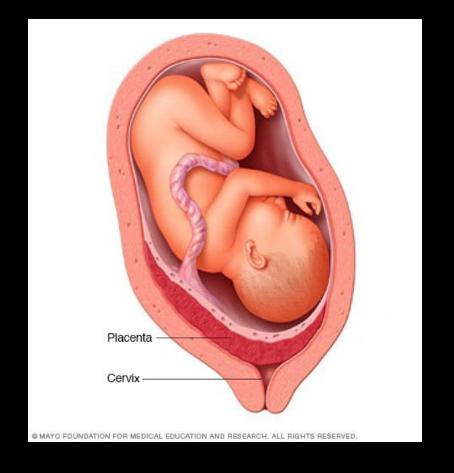
## ·Fetus-

Reference for after 8 weeks



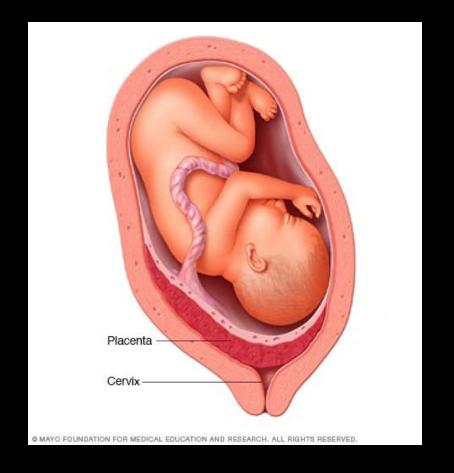
# Amniotic Sac-

 A watery encasing that surrounds the fetus



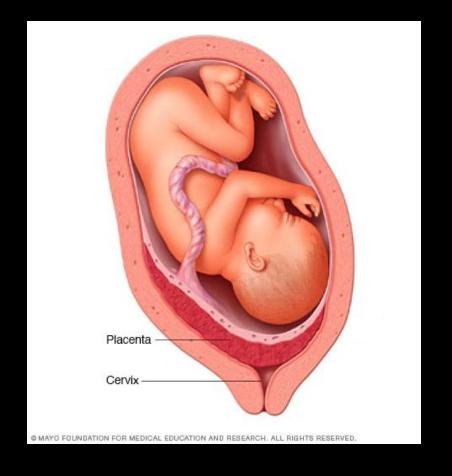
### ·Placenta-

- Organ attached to the uterus
- Provides Oxygen, Blood, Nutrients



## ·Umbilical Cord-

 The pathway between the placenta and the baby that delivers the nutrients between the mother and the baby

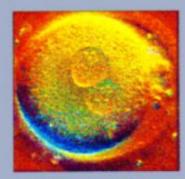


#### Week 1

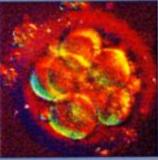
#### Week 2

#### Week 3

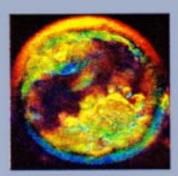
#### Week 4



Life begins when the egg is fertilized by the sperm. At this stage the baby consists of a hollow ball of about 100 cells. Only a few cells inside the ball form the baby (embryo); those on the outside will form the placenta. Implantation occurs at this stage.



The embryo now consists of about 150 cells arranged in three layers the endoderm, mesoderm, and ectoderm. These layers will form the muscles, the bones, the circulatory, urinary, reproductive, and nervous systems, as well as the outer layer of skin.



Size: 6/100 in. (1.5 mm)

The embryo is now firmly attached to the uterus by the developing placent. The brain and spinal cord begin ning to form. The thyroid gland begins to develop A simple tubular heart has formed and circulates blood.



Size: 1/5 in. (5 mm)

Little buds are beginning to develop that will form the arms and legs. The heart begins to beat even though it is still early in its development.

#### Week 5



Size: 1/3 in. (7 mm)

The hands at this stage look like flat plates (no fingers). The basic structure of the brain and nervous system is now established, and the eyes and ears are beginning to develop. The mouth begins to form. Blood formation begins in the embryo.

#### Week 6



Size: 1/2 in. (12 mm) (about the size of a BB)

The feet, lacking toes, look like flat plates. The digestive system is beginning to develop. The head begins to take shape with small depressions where the eyes and ears are developing. The upper lip and palate begin to form.

#### Week 7



Size: 3/4 in.
(19 mm)
(about the size of a grape)

The lungs are beginning to form. Fingers begin to appear. Muscles and nerves now function, and the baby shows reflexes. Some formation of the vestibular system (organ responsible for our sense of balance) begins.

#### Week 8



Size: 1½ in.
(3 cm)
(about the size of a plum)

The baby is now referred to as a fetus. The human appearance of the baby is now unmistakable. A protruding nose and eyelids begin to form. The basic structure of all the vital organs of the body is established.

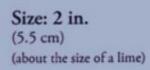
#### Week 9

#### Week 10

#### Week 11

#### Week 12





The eyes are essentially fully formed. The baby is now able to open its mouth, and the vocal cords and salivary glands are beginning to form. The hands and the feet are quickly developing.



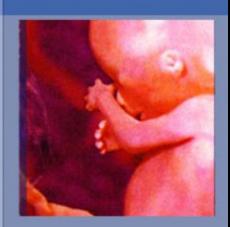
Size: 3 in. (7.5 cm)

The baby's head is large for its body due to the rapid development of the brain, and the ears now protrude from the sides of the head. The body is beginning to fill out with the further development of muscles.



Size: 3½ in. (9 cm) (about the size of a peach)
Weight: 1 oz. (28 g)

The vital organs are now functional and will mainly grow in size with time. The baby is capable of swallowing and urinating amniotic fluid.



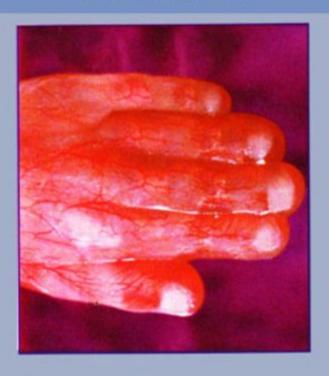
Size: 4 in. (10 cm) (about the size of your fist) Weight: 1½ oz. (42 g)

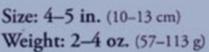
The brain begins to coordinate the contraction of the muscles so that the baby can flex arms, elbows, wrists, and fingers. The baby begins to use its facial muscle to move its eyebrows and purse its lips.

#### Weeks 13-17

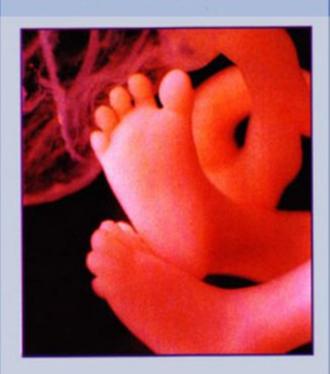
#### Weeks 18-22

#### Weeks 23-26



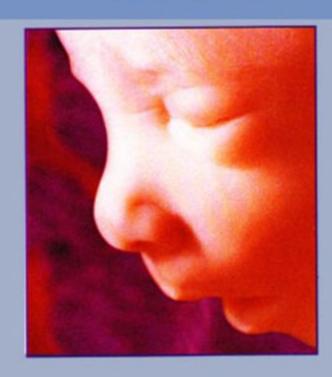


The baby's fingerprints and sense of touch have developed. Eyebrows and eyelashes appear; and fingernails and toenails are forming. The baby's taste buds are also developed.



Size: 10–11 in. (25–28 cm) Weight: 1/2–1 lb. (227–454 g)

True bone begins to replace cartilage. Girls will now have about 6 million developing egg cells in their ovaries. At this stage, the mother begins to feel the baby's movements. By this time, the baby clearly feels pain.



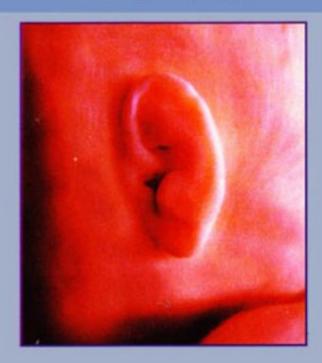
Size: 12–14 in. (30–36 cm) Weight: 1–2 lbs. (454–907 g)

The baby's pancreas is now starting to function, and the lungs are beginning to mature. A baby born at this stage would have about a 10–35% chance of surviving. The baby's vertebrate column is also maturing.

#### Weeks 27-31

#### Weeks 32-36

Weeks 37-40



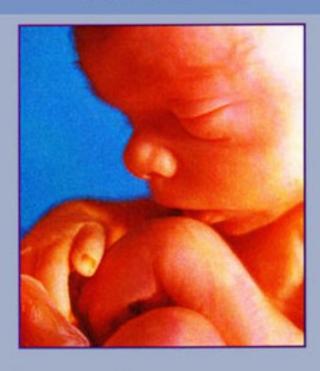
Size: 15–16 in. (38–41 cm) Weight: 2–3 lbs. (907–1,361 g)

By this time, the baby is completely formed and will continue to develop until delivery. The baby may also be able to recognize voices from outside the womb. More layers of fat are being added to the baby.



Size: 16–17 in. (41–43 cm) Weight: 4–5 lbs. (1,814–2,268 g)

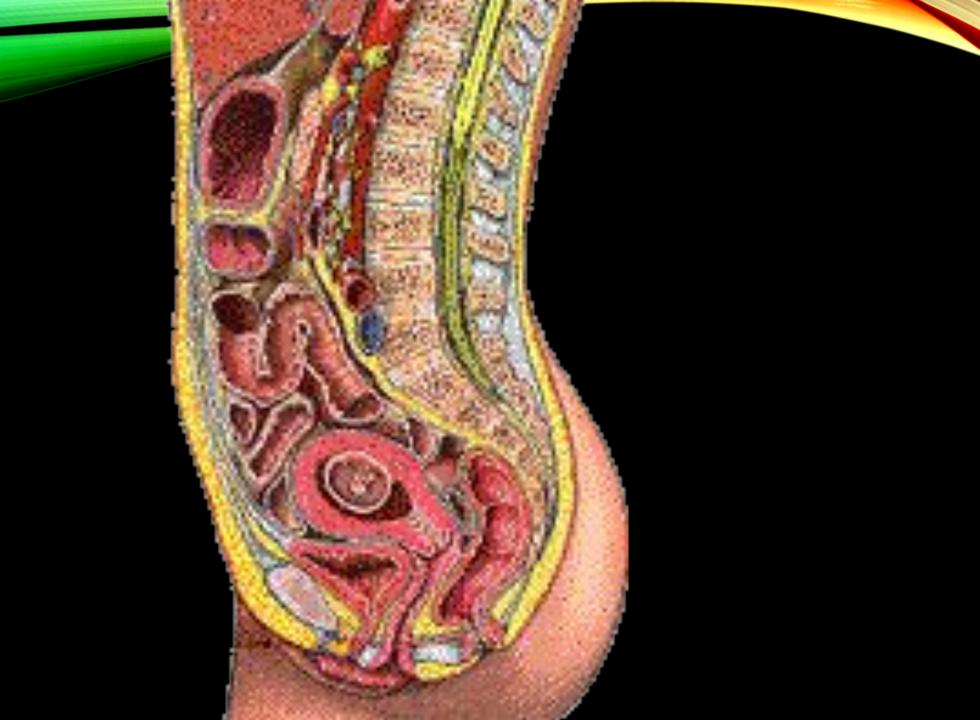
Hard jabs and punches are evidence to the mother that the baby is continuing to grow. Hair on the baby's head, eyelashes, and eyebrows is clearly seen now. The baby's brain is extremely active. The pupils can dilate or contract in response to light.



Size: 18 in. (46 cm)

Weight: 6-8 lbs. (2,722-3,629 g)

By this time, pregnancy is considered full-term. The baby gains weight quickly during this stage, about half an ounce a day. The baby's coordination allows it to grasp things as well. The baby prepares for delivery.



# **Labor Begins**

- Many think of one way for Labor to start
  - "Water Breaks"
    - Amniotic Sac gets an opening
  - Not always the case. Can go into labor without it breaking
- Contractions-
  - The brain signals the uterus to help push the baby out

# Baby is Born

- When the baby comes out...
  - Airway is cleared out
  - Umbilical cord is cut
  - Placenta is expelled
- Mother/Baby Bonding Time

#### The journey was rough

- Bruises
- Elongated head
- Puffy eyes
- Breech- baby is coming out feet first
- Induce- doctors use medication to help give birth before expected time
- C-Section- Baby is surgically removed

Special Facts