

Healthy Steps for TEEN PARENTS

2nd Edition

FACILITATOR'S
guide



VOLUME ONE
Pregnancy



VOLUME TWO
Labor & Birth



VOLUME THREE
Postpartum

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Includes 14 Reproducible Black Line Masters

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EDUCATION

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■ Volume 1: Pregnancy

Olivia, 17: "I was really scared and thinking, 'What am I gonna do with my life?' I wasn't in school. My friends, they look at me different; they don't want to hang out with me. But I just thought of it as a positive thing. I'm going back to school and doing something with my life, and being pregnant gave me the motivation to do it."

Anglique, 16: "I was insecure about my body and myself. Then, around the fifth, month I just coped with it. I'm not getting bigger just to get big. I'm getting bigger for a baby."

Introduction

Pregnant teens have a lot to deal with—school, boyfriends, parents, jobs, and friends—but having a healthy baby should be at the top of their list of priorities. And because they are at greater risk of complications during pregnancy and childbirth, they need to make a stronger effort to take care of themselves and their unborn babies. Their babies are more likely to be born prematurely and have low birth weights, leading to other physical and mental handicaps. Their babies are also at greater risk for abuse or neglect. The majority of teen parents can avoid these risks, especially if they enroll in local programs designed just for them. Empowered with the right information and support, teens can have healthy babies just like anyone else. As a mentor, you can ensure that they have the resources they need to make this happen.

This program provides you with an effective tool that educates teens in a way that is encouraging and age-appropriate. The information that is offered covers all of the important topics related to having a healthy baby, including prenatal care, nutrition, exercise, avoiding harmful substances, and more. The featured video host is young, empathetic and positive. Also featured are teen parents who share their own thoughts and experiences straight from the heart. After viewing this lively, fast-paced program and participating in the exercises included in this guide, your students will know what they must do to have a healthy baby.

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Suggested Target Group:

This video is intended for use in secondary schools, clinics, hospitals, home visits, and teen pregnancy groups. The target audience for this program is pregnant teens and their partners and families. The program can be used in any stage of pregnancy, but may be most beneficial if viewed early in pregnancy to establish healthy habits. To involve the students in all of the activities in this guide may take more than one class period.

Materials Provided:

- DVD
- Facilitator's Guide
- Reproducible *Black Line Masters 1-5*

Viewer Objectives:

After viewing the program and participating in the activities suggested in this guide, your students should be able to do the following:

- Understand the importance of telling a trusted adult about the pregnancy.
- Understand the importance of starting prenatal care early in the pregnancy.
- List the things that a caregiver will check and discuss during a prenatal appointment.
- List the signs of preterm labor.
- Explain how dieting can affect the baby.
- Know what is considered healthy weight gain during pregnancy.
- Explain why calcium, folic acid, protein, and iron are important, and list foods that contain them.
- Describe quick, healthy options for breakfast and dinner.
- List ways to eat a healthy lunch on the go, including fast food.
- Explain the harmful effects of tobacco, alcohol, street drugs, caffeine, and medications on their babies.
- Explain how rest and exercise are important during pregnancy. List simple ways to get exercise.
- Explain why going to the dentist during pregnancy can prevent preterm labor.
- List warning signs of problems during pregnancy.
- Identify signs of depression and where to get support.
- List the characteristics of an abusive relationship and how to handle this situation.
- List the options that pregnant teens have to stay in school and understand why this is beneficial.

Suggested Use of Materials:

- Preview the video and facilitator's guide before presenting them to the class.
- Make copies of the *Pre-Quiz (Black Line Master 1)* and distribute to students. You can use this quiz to generate a discussion before viewing the program. It also allows you to gauge how much your students already know about prenatal care.
- Present the video, stopping it if needed. Skip points within chapters are indicated in the Program Overview.
- Make copies of the *Post-Quiz (Black Line Master 2)* and distribute them to students to complete. Discuss the answers to reinforce the new information.
- Facilitate a group discussion based on the *Discussion Questions* (pages 3-5).
- Involve the viewers in the *Activities* (page 5).
- Make copies of *Black Line Masters 3-5* and distribute them to class. Involve students in the exercises.

■ Program Overview

Volume 1: Pregnancy (each chapter subsection has a skip point)

1. Prenatal Care (6:28)

- a. Telling a trusted adult you are pregnant
- b. Prenatal care visits
- c. Signs of preterm labor
- d. Birth planning
- e. Safe sex, screening for HIV/AIDS

2. Eating Right (7:50)

- a. Healthy weight gain, dangers of dieting
- b. Prenatal nutrition, a reality TV-style section (breakfast, calcium, healthy fast food, healthy drinks and snacks, folic acid, protein, iron)

3. Protect Your Baby (5:57)

- a. Alcohol
- b. Tobacco
- c. Drugs
- d. Medications
- e. Caffeine
- f. Other things to avoid

4. Body Changes (4:02)

- a. Exercise, rest
- b. Dental health
- c. Body changes (stretch marks, other normal body changes)
- d. Pregnancy warning signs

5. Emotional Changes (2:34)

- a. Emotional ups and downs
- b. Getting support
- c. Depression
- d. Relationship abuse

6. Stay in School (1:26)

- a. Options for pregnant students
- b. Benefits of staying in school

■ Discussion Questions After Viewing

1. Why is it so important to start taking care of yourself as soon as you find out that you are pregnant?

The first trimester is a very important time for the baby's development. It is when the brain and other major organs start to form. Also, moms who go in early and regularly for prenatal care have healthier babies and fewer complications during pregnancy and labor.

2. Describe a typical prenatal appointment. What is your favorite part of your appointments? Your least favorite part?

During an appointment, a nurse will take your blood pressure, your weight, and a urine sample. Your doctor or midwife will measure your belly and see how you are feeling. Many parents like to listen to the baby's heartbeat. A blood test for conditions that may harm your baby will be done at least once. Pelvic exams, which may be the least favorite part, are done only a few times during pregnancy.

3. Why is it important to understand the warning signs of preterm labor?

Statistically, teens have a greater risk of preterm labor. Preterm labor can bring on the birth of a premature baby who may need serious medical attention and has a greater risk of dying. Remind your class that giving birth to a premature baby is not easier than giving birth to a full-term baby.

4. When is a good time to start thinking about how you will keep from getting pregnant again before you are ready? How would having another baby too soon affect your future? What are some other important reasons to practice safe sex?

During pregnancy is when you need to start thinking about birth control, and you can speak to your doctor or midwife

about your options. If you have another baby too soon, it will be more difficult to get by financially and to finish your education. Safe sex during pregnancy is important because STI's, such as HIV/AIDS, can be passed on to your baby during pregnancy and birth.

5. Where and how can you get coverage for prenatal care?

Students may get coverage from their parents' private health insurance, Medicaid, or community-based programs. Go to the agency, see an assistant, and fill out paperwork to get qualified. (Responses may vary based on your local resources.)

6. What was your typical diet before you got pregnant? How have you had to change this?

Many teens eat poorly. Before pregnancy, your students most likely ate junk food, fast food, and sweets, or sometimes hardly anything at all. When a teen gets pregnant, she must follow a more healthy diet to ensure that she has a healthy baby.

7. What are signs of healthy weight gain during pregnancy? How does dieting affect your baby?

Weight gain is usually gradual during pregnancy; a woman of average weight usually gains 25-35 pounds. During the last two trimesters, weight gain is about a pound each week. Dieting deprives the baby of essential nourishment and can cause brain damage, low birth weight, and serious complications. On the other hand, being overweight before pregnancy may alter the weight gain recommended by your healthcare provider.

8. During pregnancy, why is it important to get more calcium? Folic acid? Protein? Iron?

Calcium helps baby's bones develop and helps prevent osteoporosis in the mom. Folic acid is necessary to protect the baby from life-threatening spine and brain diseases. Protein provides the building blocks for the baby's growth. Iron helps blood bring oxygen and nutrients to the baby.

9. What foods have these nutrients?

- Calcium (low-fat milk, cheese, yogurt, ice cream, broccoli, dark leafy greens, tofu and soy milk, and dried beans)
- Folic Acid (potatoes, spinach, broccoli, cantaloupe, asparagus, enriched breads, cereals, and pastas)
- Protein (meat, chicken, fish, eggs, tofu, peanut butter, beans, and peas)
- Iron (meats, spinach, greens)

10. What are some ways to eat healthy if you are eating out?

Try to find alternatives to fast food, such as soup and salad bars or burrito shop. If you must go to a fast-food place, choose such healthy options as a grilled or broiled chicken sandwich, order regular-sized portions, and skip the fatty extras such as bacon and mayo. Choose healthy drinks: water, milk, and 100 percent vegetable and fruit juices.

11. What are some good things to snack on during the day? What are your favorite quick snacks?

Healthy snacks include fresh fruits and vegetables, and whole grain snacks such as popcorn, rice cakes, whole-grain tortillas and bread. Snacks with protein—nuts, peanut butter, seeds, and cheese—help your baby grow. Students may share their favorite snack ideas.

12. How does smoking affect your baby? Alcohol? Street drugs? Caffeine?

Smoking deprives the baby of oxygen and affects every cell in her body. After birth, she may have more ear infections, asthma, allergies, and fussiness. Plus, she has a greater chance of developing childhood cancer or dying from SIDS. Alcohol can cause mental retardation, birth defects, and FAS. Street drugs force the baby to get high, causing developmental problems, behavior disorders, lower IQ, and addiction. Caffeine robs mom's body of nutrients and can make her baby overactive, or 'wired'. See *Black Line Master 5* for a more complete list of hazards to avoid.

13. Did you learn about anything that might harm your baby that you had not thought of before? What else have you heard of?

Students may not have known that unprotected sex, medication (over-the-counter and prescription), cat litter, undercooked/raw meat, and strong chemical fumes could harm their baby. Students may share further cautions, but have them check to make sure they are accurate.

14. What are some examples of safe exercises during pregnancy? What is your favorite way to get exercise? Have you had to change the way you exercise since you got pregnant?

The safest exercises during pregnancy are low-impact ones, such as walking, swimming, some light aerobics, dance and prenatal yoga classes. Exercises that do not hurt, stress, or overheat your body are safe.

15. How much sleep should you be getting each night? Do you think you are getting enough rest? What can you do to get more rest?

Pregnancy makes many women more tired than usual. They need 8-9 hours of sleep every night, and they might need naps, too. See how students can adjust their schedules to allow for more sleep, such as taking naps during the day.

16. What are the normal discomforts of pregnancy? What could be the sign of a more serious problem? What do you think are the most fun aspects of pregnancy?

Normal discomforts include stretch marks, morning sickness, heartburn, constipation, and mild aches and pains. See *Black Line Master 5* handout for more serious complications. The fun parts include connecting to the baby, choosing a name, and shopping for baby clothes.

17. How do you feel emotionally? Where can you turn for emotional support? What emotional stresses do you face compared to an older mom?

Many women feel very emotional during pregnancy and experience mood swings. Teens can turn to supportive family members, friends, support groups, teachers, guidance counselors, and their healthcare providers. Teens may face different emotional stresses because they are still growing up, still have to complete their education, might not have support from the baby's dad, and might not be financially stable.

18. What are some options for staying in school if you are pregnant? What motivated the girls in the video to stay in school? Many high schools have programs for pregnant teens; they can take night classes, take online classes from home, or transfer to a school for pregnant students. The girls in the video considered their baby's future as well as their own. Jobs that pay more and are more fulfilling usually require more education.

19. As an expectant dad, what is your role during your partner's pregnancy, and how can you be supportive? (Ask if there are dads in the class.)

Answers may vary, but could include grocery shopping, cooking, buying things for the baby, buying maternity clothes, going to childbirth classes and doctor visits, and giving emotional support.

■ Activities

1. Have students research how the baby develops during each month of pregnancy. Gather pictures and create a timeline of fetal development to display in class. Take the exercise one step further and discuss how what a pregnant mom does (both good and bad) can affect the baby during the different stages.
2. Have students keep a food diary for a week. Have them write down everything that they eat and drink. Compare this to nutritional recommendations during pregnancy. What was good about their eating habits? What needs to change?
3. Have students make a meal plan for a week considering the nutrients they need during pregnancy, such as calcium, folic acid, protein, and iron. Include all snacks and drinks, too. Have them create shopping lists based on their meal plans and figure out how to shop for these foods most economically.
4. Divide the class into three groups. Have one group research and prepare a quick, healthy breakfast. The other groups do the same for lunch and dinner. Have them explain to the rest of the class why they chose certain foods, and have them share their finished meals, steps for meal preparation, and recipes.
5. Have students gather nutritional information from their favorite fast-food chains. Have them choose two of the healthiest options from each.
6. Divide class into groups. Assign each group either tobacco, alcohol, street drugs, or caffeine. Have them create posters about how these substances affect their babies. Have them use pictures and catchy slogans.
7. Have students create exercise schedules during pregnancy that include their favorite activities. Suggest that walking to work or school would keep them more active. Have the class take a walk or hike together outside. Or, invite a prenatal exercise instructor to class to teach simple stretches and exercises teens can do at home. Have students research prenatal exercise classes in your area.
8. Create a support-group-type environment during one of your classes. Have students take turns leading a discussion about feelings during pregnancy. Or, invite a professional counselor to class to discuss how to work with emotions.
9. Have students research the salaries of different jobs (include minimum-wage labor, non-traditional jobs for women, and professional jobs). Have them research the amount of education needed for these jobs. Have them then create a budget for baby and living costs and see what kind of salary they need to maintain the kind of lifestyle they want. Which jobs will support it? How much education is needed?
10. Invite a successful teen parent into class to share her story and answer questions.

Answer Keys for Black Line Masters 1,2 and 5

Pre-Quiz (Master 1)

- | | |
|----------|---|
| 1. a | 8. False |
| 2. False | 9. True |
| 3. True | 10. False |
| 4. False | 11. False |
| 5. e | 12. b, e |
| 6. e | 13. c |
| 7. True | 14. Better job prospects, earn a higher salary, be a good role model for baby |

Post-Quiz (Master 2)

- | | |
|---|---|
| 1. a, b, c | 8. False |
| 2. c | 9. d |
| 3. False | 10. True |
| 4. False | 11. True |
| 5. Grilled or broiled food,
regular-sized portions,
no fatty extras | 12. False |
| | 13. True |
| 6. True | 14. Teen parenting program at current high
school, night classes, online classes from home,
transfer to school for teen parents |
| 7. False | |

Matching Exercise (Master 5)

- | | | |
|------|-------|-------|
| 1. K | 8. Q | 15. H |
| 2. L | 9. N | 16. O |
| 3. F | 10. I | 17. G |
| 4. C | 11. E | 18. R |
| 5. D | 12. B | 19. P |
| 6. J | 13. A | |
| 7. M | 14. S | |

■ Volume 2: Labor and Birth

Jennine, 18: "I was gonna get an epidural because I didn't wanna go through all the pain, but I am happy that I went natural. An epidural slows down your labor and you don't know what you're feeling, you can't eat, you can't get up to use the bathroom, you have to have people help you. Going natural is so much easier and quicker, and just the way to go."

Narissa, 20: "I didn't expect to go into labor on my due date. When they say it can happen at any time, they really mean it. But after a few moments, you kind of come to the realization, okay, you gotta get ready. It's really gonna happen. There's no stopping this."

Shawn, 20: "Actually being able to coach her, put all the stuff that we did learn into practice—breathing, relaxation techniques, massage techniques—just to prepare for the exact moment ... definitely made me feel like a larger part of the whole birthing process."

Thalessa, 16: "My mom came with me to the operating room, and it was just wonderful to know that somebody close was there to watch and see what was going on."

Introduction

Meet 18-year-old Jennine, 16-year-old Thalessa, and 20-year-old Narissa. Each teen has different views about childbirth, and their labors proceed quite differently. Thalessa is single, has little labor support, goes to the hospital very early, and gets Pitocin within a few hours after arriving at the hospital, which leads to other medical interventions. Jennine has the support of her sister, who has experienced childbirth before. She is active throughout labor and uses many natural comfort techniques. Narissa has the support of her partner and uses natural comfort techniques that they had practiced at home together before receiving an epidural. None of these birth choices are right or wrong; they just have different outcomes. Your class will probably have young women like Thalessa, Jennine, and Narissa in it. Or, perhaps your students have not yet started to think about labor, which makes this program a good place to start.

Teens especially need to have the right information so they can make responsible choices during labor. This program shows them their options in a clear and balanced format. Your students will learn what to expect during labor, from the onset of labor to breastfeeding. Clear animation will show how their bodies will change during labor, while the personal stories of Jennine, Narissa, and Thalessa, among others, will give students a glimpse of the emotional ups and downs of giving birth. If your students have only seen Hollywood-style births, they are in for a surprise! From Jennine's use of comfort techniques, to Narissa's self-determination, your students will see a real-life presentation of birth created especially for teens.

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- Pre-Quiz, *Black Line Master 6* (all masters are located at the back of this guide.)
- Post-Quiz, *Black Line Master 7*
- Three Birth Stories Vocabulary Exercise, *Black Line Master 8*
- Planning for the Birth You Want, *Black Line Masters 9-10*

Suggested Target Group:

This video is intended for use in secondary schools, clinics, hospitals, home visits, and teen pregnancy groups. The target audience for this program is pregnant teens and their partners. The program can be used in any stage of pregnancy, but may be most beneficial if viewed in the last trimester. To involve the students in all of activities in this guide may take more than one class period.

Materials Provided:

- DVD
- Facilitator's Guide
- 4 Reproducible *Black Line Masters 6-10*

Viewer Objectives:

After viewing the program and participating in the activities included in this guide, your students should be able to do the following:

- Identify the location and purpose of the different body parts involved in childbirth.
- List the two ways that labor can start and explain what it means to induce labor.
- Explain how the cervix effaces and dilates in early labor, active labor, and transition.
- List ways to make early labor productive.
- Identify when they need to go to the hospital or birthing center.
- Describe the different natural techniques used during active labor and transition, including breathing, massage, changing positions, and water therapy.
- Understand the importance of good labor support.
- Explain the epidural procedure and list the benefits and risks associated with it.
- Explain other interventions, including analgesics, amniotomy, and Pitocin.
- Explain how the baby moves during labor, including descent and rotation.
- Describe the pushing phase of labor, including crowning and birth.
- Explain why the placenta is delivered and the cord is cut after birth.
- List the reasons a cesarean might be needed and describe the surgery.
- Describe how a newborn looks soon after birth.
- List the benefits of skin-to-skin contact and breastfeeding right after birth.
- Describe the main differences between a birth with medical procedures and one without.

Suggested Use of Materials:

- Preview the video and facilitator's guide before presenting them to the class.
- Make copies of the *Pre-Quiz (Black Line Master 6)* and distribute them to students. You can use this quiz to generate a discussion before viewing the program. It also allows you to gauge how much your students already know about labor and birth. This helps discover misconceptions students might have.
- Present the video, stopping it if needed. Skip points within chapters are indicated in the Program Overview.
- Make copies of the *Post-Quiz (Black Line Master 2)* and distribute them to students to complete. Discuss the answers to reinforce the new information.
- Facilitate a group discussion based on the *Discussion Questions* (pages 9-11).
- Involve the viewers in the *Activities* (pages 11-12).
- Make copies of *Black Line Masters 8-10* and distribute them to class. Involve students in the exercises.

■ Program Overview

Volume 2: Labor and Birth (each chapter subsection has a skip point)

1. When Labor Begins (5:28)

- a. 3D anatomy of a pregnancy, cervical effacement, dilation
- b. Timing and recognizing regular contractions
- c. Breaking of the amniotic sac (3D animation), what to notice if the sac breaks
- d. Call the doctor if you have preterm labor
- e. Inducing labor

2. Early and Active Labor (5:35)

- a. Early labor contraction pattern, cervical changes (3D animation)
- b. Productive things to do, staying home, early labor support: continuous support, doulas
- c. When to go to the hospital or birthing center
- d. Active labor contraction pattern, 3D animation of internal rotation and start of descent
- e. Dealing with fear and anxiety by being prepared
- f. Natural comfort techniques
- g. Active labor support: massage, changing positions, encouragement
- h. External fetal monitoring, mobility

3. Medical Procedures (5:37)

- a. Analgesics
- b. Epidural, including 3D animation of procedure
- c. Anniotomy, including 3D animation of procedure
- d. Pitocin
- e. Importance of emotional support

4. Transition, Pushing, & Birth (5:35)

- a. Transition contraction pattern, cervical changes (3D animation)
- b. Transition comfort techniques
- c. Jennine's birth (vaginal, natural): pushing, crowning, 3D animation of baby's bony plates, cutting the cord
- d. Narissa's birth (vaginal, with epidural): waiting to push, using a mirror, crowning and birth (3D animation)
- e. Delivering the placenta

5. Cesarean Birth (4:25)

- a. Planned, unplanned
- b. Thalessa's cesarean birth: getting an anesthetic, having support people
- c. 3D animation of cesarean surgery
- d. Holding and breastfeeding baby as soon as possible
- e. Risks of cesarean birth, how to lower the chances of having one
- f. Recovery, support at home

6. Your new baby (3:00)

- a. Newborn appearance
- b. Immediate skin-to-skin contact after birth
- c. Colostrum, benefits of breastfeeding
- d. Getting breastfeeding help, rooming-in

■ Discussion Questions After Viewing

1. What have you learned about labor that you did not know before?

Answers will vary.

2. How did the births in this program compare to births you have seen in TV or movies?

Generally speaking, Hollywood-style births show very rapid labors, glorify the pain of the process, and are basically unrealistic.

3. How would you compare and contrast Jennine, Narissa, and Thalessa's experiences?

Jennine had the support of her sister, who had experienced three births: a natural childbirth, an epidural, and a

cesarean birth. She motivated Jennine to have a natural birth because it can lead to a shorter labor and birth and fewer complications. Jennine was upright and moving up until it was time to push, which took only 20 minutes. Narissa had the support of her boyfriend, whom she had practiced labor techniques with at home. After laboring and walking around through the day, she chose to have an analgesic and then an epidural. This slowed her labor down and confined her to bed, but gave her a chance to rest. When the time came to push, she could not feel the urge and needed a mirror to see her daughter's head for motivation, and she also needed an episiotomy to facilitate the birth. Thalessa had little labor support, and though her labor started with the loss of her mucous plug, regular contractions, and her amniotic sac breaking, she wound up using Pitocin to jump-start her contractions and took an analgesic for pain relief. She was not able to get up and move due to her sleepiness from the analgesic. Her labor did not progress and her baby did not descend enough, so she gave birth via cesarean. Like Jennine and Narissa, she breastfed her newborn.

4. How long does labor take?

Everyone's labor is different. It is normal for labor to take anywhere from 6-24 hours, or longer.

5. How do you know when you are in labor?

Labor starts one of two ways; with the breaking of the amniotic sac, or more commonly with regular contractions.

6. How will your body change during labor?

The main change is the effacement and dilation of the cervix. The pelvis may also widen, and the top of the uterus gets thick and helps to push the baby down.

7. What are the different stages of labor?

During the first stage of labor the cervix effaces and dilates completely. This first stage is broken down further into three phases: Early Labor (0-3 cm dilation), Active Labor (4-7 cm), and Transition (8-10 cm). The second stage of labor consists of pushing and birth. The third stage is the delivery of the placenta.

8. What should you do during early labor?

Stay at home in most cases, stay nourished with light snacks, drink fluids, rest, or walk. Also, alert your caregiver of your progress.

9. When is the best time to go to the hospital or birthing center?

When you are directed by your doctor or midwife. Usually this will be when contractions are about five minutes apart.

10. What are the advantages and disadvantages of using pain medication during labor? What pain medication options are available?

Pain medications can provide relief from discomfort during labor and are generally considered safe to use. However, all pain medication brings with it risks that can affect you and your baby. If you get an epidural, you will be less mobile, and it can lower your blood pressure, cause your labor to slow down, cause fever, and lead to more serious problems. Analgesics can make you feel drowsy or disoriented, but are less likely to have an effect on the baby if they are not taken just prior to birth.

11. What are some things that support people can do during labor?

Support people can help with encouraging words, touch, and massage. They can help you change positions, get you what you need to stay comfortable, and be your advocate with the medical staff.

12. Why might labor slow down? What medical options might be offered if your labor slows down? What are some non-medical ways you might try to speed up labor?

Labor can slow down for a variety of reasons, including your position, your baby's position, or if an epidural is in place. If labor slows down, your doctor or midwife may suggest breaking your amniotic sac or starting an IV of Pitocin. Non-medical ways to speed up labor include staying relaxed, walking, climbing stairs, and changing positions to try to rotate your baby.

13. What emotions might you feel during labor?

Labor is a mental and emotional process as well as a physical one. From joy, to exhaustion, to frustration, to relief, your emotions will reflect the changes your body is undergoing. The more supported and prepared you are for labor and birth, the more relaxed you may feel.

14. How do you know when you are ready to push?

Pushing can start when you are 10 cm dilated. You may or may not feel an urge to push; but you might want to wait to start pushing until you do. Caregivers will be in constant attendance during pushing and birth.

15. How does the baby make pushing easier for you?

A baby's skull is made up of five bony plates that mold together; she keeps her chin tucked so the smallest part of her head comes out first.

16. How might an epidural affect pushing?

It can be hard to feel the muscles involved with pushing if you have an epidural, and it may take longer for you to be effective at pushing. Requesting a "light" epidural may help you push more effectively if you have anesthesia.

17. When and why do you deliver the placenta?

You deliver the placenta about 5-20 minutes after birth. The placenta is an organ created especially for your pregnancy so your baby can receive oxygen and nutrients. After birth, the placenta is no longer needed.

18. What might a normal newborn look like? Have you put any thought into whether you would have a baby boy circumcised?

A newborn's head may be molded and cone-shaped; his skin may be dry and peeling or covered with vernix; his skin-tone may look purplish until oxygen works its way through his body. Encourage your students to research the benefits and risks of circumcision and what the procedure entails.

19. Why might a cesarean be needed? What does the surgery involve?

A cesarean might be needed if labor doesn't progress, in case of fetal distress (usually shown by a drop in the baby's heart rate), if the baby is in an unusual position (including breech babies), or if there is an emergency with the placenta or umbilical cord. Surgery can be done with epidural anesthesia if it is not an emergency. An emergency cesarean, which occurs in less than 1 percent of all births, will require general anesthesia. The surgeon makes a four-inch horizontal incision through the abdomen and uterus, and the baby is delivered through this opening.

20. Why is it good to breastfeed right away? How does breastfeeding help you and your baby?

Your baby is awake and ready to eat soon after birth, and he naturally wants to attach to the breast. Your milk is the healthiest food for your baby. It contains antibodies, and he can easily digest your colostrum (first milk). Breastfeeding helps your uterus contract so it can shrink down to its original size more quickly. Breastfeed skin-to-skin to keep your baby warm, promote bonding, and encourage more feeding.

21. Who supported Jennine during her birth? How did those people help her to have a natural birth? Who do you want supporting you?

Jennine had her sister and her baby's father, Sultan, for support. By being there continuously, offering her encouragement, and helping her use comfort techniques, they enabled her to have a natural birth. Students' answers may vary when considering their own support systems. Encourage them to think seriously about who can help them the most during labor, and encourage them to avoid inviting too many people.

22. What have you done to start planning for your own labor? What do you still need to do?

Answers will vary. See Master 10 for a birth-planning worksheet. Encourage your students to enroll in childbirth classes, especially those created for teens.

■ Activities

1. Have students identify the location of the uterus, cervix, vagina, mucous plug, amniotic sac, placenta, and umbilical cord on an anatomical chart or model.
2. Have students interview their parents or other family members about their personal birth experience. Interviewing people from different generations might show students how childbirth practices have changed over time.
3. Present a video clip from a popular TV program or movie that shows labor and birth. Have students compare and contrast the TV version of labor and birth with the birthing experiences of Jennine, Narissa, and Thalesa.
4. Have students use the dolls and uterus model that are common in childbirth preparation classes to show how the baby moves during labor and birth.
5. Invite new parents, possibly teens, into the classroom to discuss their personal experiences during labor (emphasizing the positive!). Or invite a childbirth expert, such as a midwife, labor assistant, or obstetrician, to discuss current issues in childbirth.
6. Invite a childbirth educator to class to teach students basic relaxation, breathing, visualization, and positioning techniques. She might be able to enroll your students in a local childbirth class for teens.
7. Have students research the benefits and risks of the following common interventions and create a chart with the pros and

cons: epidural, analgesics, amniotomy (breaking the bag of waters), Pitocin, induction, episiotomy, cesarean.

8. Have students really think about whom they want for support during labor and how they want their labor environment set up. Have each student write a journal entry describing her ideal atmosphere to share with the class and her own support team.
9. Visit a labor-and-delivery unit and a postpartum/mom-baby unit at your local hospital.

■ Answer Keys for Black Line Masters 6,7, and 8

Pre-Quiz (Master 6)

- | | | |
|----------|-----------|-----------|
| 1. c | 7. True | 13. False |
| 2. True | 8. True | 14. b |
| 3. False | 9. True | 15. True |
| 4. True | 10. False | 16. False |
| 5. False | 11. False | |
| 6. a,b,d | 12. False | |

Post-Quiz (Master 7)

- | | | |
|---------|----------|-----------|
| 1. b | 6. c | 11. False |
| 2. True | 7. d | 12. False |
| 3. True | 8. False | 13. d |
| 4. c | 9. False | 14. a, d |
| 5. True | 10. True | 15. c |

Three Birth Stories: Vocabulary Exercise (Master 8)

- | | | |
|------------------|--------------------|----------------------|
| 1. Walked | 12. Umbilical cord | 23. Bony Plates |
| 2. Contractions | 13. Cervix | 24. Vernix |
| 3. Support | 14. Dilated | 25. Uterus |
| 4. Comfort | 15. Relaxation | 26. Hospital |
| 5. Active | 16. Massage | 27. Pitocin |
| 6. Birth ball | 17. Breathing | 28. Analgesic |
| 7. Water therapy | 18. Walking | 29. Fetal monitoring |
| 8. Amniotomy | 19. Epidural | 30. Cesarean |
| 9. Transition | 20. Catheter | 31. Colostrum |
| 10. Crowns | 21. Numb | |
| 11. Placenta | 22. Pushing | |

■ Volume 3: Postpartum

Lisa, 19: "It's kinda difficult because you're not the picture-perfect family that marry and have a house. But it's probably best for her to make sure she knows both of us love her equally, and we don't really have to be married or living together to be able to do that."

Toren, 19: "Being at the birth with Lisa was a wonderful feeling. That's Taylor's first time in the world; you're the first people holding her, the first sounds she hears. You hear the first cry, and when she opens her eyes for the first time, and you feel her breathing and hear her breathing, it's really cool."

Introduction

Pregnancy may seem like a huge change for teens, but wait until they are home with a baby! This is when reality really sets in. From the baby blues to breastfeeding to bonding, parenting brings with it many ups and downs. Teens have special concerns with social issues, three-generational living, school, and work. Showing teens what to expect after birth will help ease their transition into parenthood. This program covers the challenges they will face in the first four to six weeks after birth: emotions, physical recovery, basic baby care, newborn characteristics, relationships, daycare options, and more.

Our host appears along with featured teen parents to explain what it is like to have a baby and how to interact with the baby to offer him or her the most stimulation and love. Many practical baby-care tips are also shared, giving your students a good base of knowledge on how to care for their own babies. Aside from baby-related issues, your students will see teens talking openly about the changes they have to make, especially in their relationships with their partners, family members, and friends. These responsible teen mothers and fathers offer personal experiences throughout the program and can be seen as good role models for the teens in your class.

Facilitator Guide Contents

- Suggested Target Group, Page 13
- Materials Provided, Page 14
- Viewer Objectives, Page 14
- Suggested Use of Materials, Page 14
- Program Overview, Page 15
- Discussion Questions, Pages 15-17
- Activities, Pages 17-18
- Answer Key for Black Line Masters 10-12, Page 18
- Resources, Pages 19-20
- Pre-Quiz, *Black Line Master 10* (all masters are located at the back of this guide)
- Post-Quiz, *Black Line Master 11*
- Vocabulary and Word Search, *Black Line Master 12*
- When to Call the Healthcare Provider, *Black Line Master 13*
- Baby Information Sheet, *Black Line Master 14*

Suggested Target Group

This video is intended for use in secondary schools, clinics, hospitals, and teen pregnancy groups. The target audience for this program is pregnant teens and their partners. The program can be used in any stage of pregnancy, but may be most beneficial if viewed in the last trimester. This program can also be shown to teen parents soon after they give birth. To involve the students in all of the activities in this guide may take more than one class period.

Provided Materials:

- DVD
- Facilitator's Guide
- Reproducible *Black Line Masters 10-14*

Viewer Objectives:

After viewing the program and participating in the activities included in this guide, your students should be able to do the following:

- Explain how a woman's body recovers after birth.
- Explain why eating right and exercising continue to be important after birth.
- Explain the difference between normal baby blues and postpartum depression.
- List solutions for parenting frustrations that do not put the baby in danger.
- List common hunger cues for babies.
- List the benefits of breastfeeding and some basic breastfeeding information.
- Explain what happens during a well-baby visit.
- List symptoms of a sick baby.
- Explain how to do basic baby care, including diapering, bathing, holding a baby safely, using car seats, getting baby a social security number, and avoiding second-hand smoke.
- Explain the importance of responding to a baby's cries.
- Explain what a newborn sees and feels, including sight, sound, and touch.
- List ways to interact and bond with baby.
- Describe how romantic relationships might change after birth and options for birth control. Understand the risks of getting pregnant again before their first child is two-years-old.
- List things to talk about with family to make three-generational living a positive experience.
- Explain the importance of staying in school.
- List daycare options for returning to school.

Suggested Use of Materials:

- Preview the video and facilitator's guide before presenting them to your class.
- Make copies of the Pre-Quiz (*Black Line Master 10*) and distribute them to students. You can use this quiz to generate a discussion before viewing the program. It will also help you to gauge how much your students already know about the postpartum period.
- Present the video, stopping it if needed. Skip points within chapters are indicated in the Program Overview.
- Make copies of the Post-Quiz (*Black Line Master 11*) and distribute them to students to complete. Discuss the answers to reinforce the new information.
- Facilitate a group discussion based on the *Discussion Questions* (pages 15-17).
- Involve the viewers in the *Activities* (pages 17-18).
- Make copies of *Black Line Masters 13-15* and distribute them to class. Involve students in the exercises.

■ Program Overview

Volume 3: Postpartum

1. **Taking Care of Yourself (4:12)**
 - a. Involution, lochia, postpartum warning signs
 - b. Getting rest, eating right
 - c. Exercise
 - d. Emotions: baby blues, symptoms of more serious depression
2. **Feeding Your Baby (5:07)**
 - a. How often to feed your baby
 - b. Hunger signs
 - c. Breastfeeding (skin-to-skin contact, support, substances to avoid)
 - d. Formula, propping a bottle
 - e. Only breastmilk and/or formula (no food, soda, juice, or anything else)
3. **Taking Care of Baby (7:22)**
 - a. Well-baby visits, immunizations
 - b. Signs of sickness
 - c. Second-hand smoke
 - d. SIDS prevention
 - e. Diapering, stool patterns
 - f. Cord care, bathing, safely holding baby, dressing, car seat safety
4. **Baby Behaviors (5:03)**
 - a. Sleep patterns
 - b. Responding to cries, comfort techniques
 - c. Abusive head trauma, parent-support resources
 - d. Newborn senses, interacting with a newborn
5. **Your Relationships (5:25)**
 - a. Partner communication
 - b. Sex, family planning, birth control
 - c. Establishing paternity
 - d. Co-parenting
 - e. Living with family, sharing responsibilities
 - f. Friends
6. **School and Childcare (2:40)**
 - a. School options, diploma, GED, online programs
 - b. Childcare options (school daycare programs, relatives, private daycare, researching childcare)

■ Discussion Questions After Viewing

1. **What kinds of changes and challenges will you face once you bring your baby home?**

This is a general question, so answers will vary.
2. **Why do you think it is important to continue to take care of yourself after the baby comes?**

Eating right, getting sleep when you can, and exercising can help your body get back in shape, make recovery smoother, and lessen your chances of postpartum depression. Breastfeeding moms especially should avoid harmful substances that could get passed along to the baby through breastmilk. These include over-the-counter medications and herbal remedies, so caregivers should be consulted to determine what may be safe to ingest while breastfeeding.
3. **What are some physical symptoms you may experience as your body recovers from childbirth?**

Mild contractions, vaginal bleeding, soreness in the perineum, and fatigue may occur. If breastfeeding, you may have some discomfort when your milk comes in during the first several days after birth.

4. Why might you feel sad or stressed after you have your baby? What are the differences between normal baby blues and postpartum depression?

Shifting hormones, the stress of constant baby care, and a new lifestyle may make you feel sad or stressed. Normal baby blues don't last as long as postpartum depression and don't have serious symptoms, such as extreme sadness, fatigue, and loss of appetite.

5. What do you think are the good parts of being a new parent?

Answers will vary, but bonding with a new baby, taking care of her, and watching her change and grow are usually the first rewards of parenthood.

6. Why might you get frustrated with your baby? What should you do? What shouldn't you do?

Fussy babies can be very frustrating for parents. Try to take a walk with the baby, put the baby in her crib and walk away, have someone watch the baby, or call a hotline. You should never leave your baby home alone or shake or hit your baby.

7. Whom can you ask for help if you need it?

Answers will vary, but family members, friends, and professionals are usually good choices for help and support.

8. How can you tell when your baby is hungry?

When a baby's hungry, she may open her mouth and bring her hand toward it, or she may open her mouth when someone touches her lips lightly. She may also make a sucking motion with her mouth and tongue, turn her head toward your breast, make small body movements or sounds, and then cry.

9. Have you thought about how you will feed your baby? What are your options? What shouldn't you feed a newborn?

Answers will vary, but it is an important decision. Breastfeeding, formula feeding, or a combination of the two are the only options in the first six months. Newborns should not eat any solids or drink any other drinks, including soda, juice, or sports drinks. Infants under one year of age should never be fed honey or have it added to their bottles.

10. What are the benefits of breastfeeding?

Breastfeeding is beneficial because your milk is the ideal food designed especially for your baby's needs. It increases bonding, is less expensive than formula, is more convenient than preparing a bottle, and it helps a mom's uterus contract after childbirth, speeding the recovery process. Breastfeeding also improves the baby's immune system and may protect your baby from childhood obesity.

11. What will your baby's pediatrician do at a well-baby visit?

Your doctor will do a physical exam of your baby and will weigh and measure him to ensure he is growing properly. Your doctor will talk to you about getting immunizations for your baby and answer any of your questions

12. Why is it a good idea to pay attention to how many wet and dirty diapers your baby has each day?

It lets you know that your baby is getting enough to eat.

13. Why is it so important to get a car seat and use it properly?

A car seat can save your baby's life and it is the law to use one. A car seat will not work optimally if it is not installed correctly.

14. Why should you get a social security number for your baby?

You will need it to apply for services for your baby and to get a tax deduction. Later in life, your child will need it to enroll in school, get a job, and open a bank account, among other things.

15. What can you do to help your baby avoid second-hand smoke?

Avoid smoking sections in public places, ask family members to go outside to smoke, and ask that they change clothes before handling your baby. Alternatively, you can take your baby outside if someone is smoking. Second-hand smoke increases the risk of SIDS.

16. What are some other ways to reduce the risk of SIDS?

Keep loose bedding and other puffy items out of her crib; put her down to sleep on her back in the same room as you; and, after breastfeeding is going well, offer a pacifier when you put her to bed. Keep the room temperature within your comfort range so you don't overheat your baby. Have a fan on in the room you share.

17. Why do babies cry so much? What should you do? Do you think newborns can be spoiled?

Babies cry to communicate a need. They could be bored, hungry, lonely, tired, too hot or cold, over-stimulated, or have a wet diaper. You should respond to your baby's cries. Babies need to trust you and cannot be spoiled.

18. Describe how your newborn sees and hears. What do they need, like, and dislike?

Newborns can see best 12 inches away and like to look at faces and contrasting colors. They like to hear their parents'

voices and soothing music. They need to sleep and eat frequently. Babies need to be not too warm or cold, so they should be dressed the same as you plus one light layer. Newborns like to be played with, looked at, and talked to, and not be left staring at the ceiling all day. They don't like sudden changes, sudden movements or too much stimulation. They like to go on walks, and they like soothing motions, such as those provided by baby swings.

19. Why is playing with your newborn so important? What are some safe ways to play?

Playing with your baby provides the stimulation needed to help your baby's brain develop. Read to your baby, sing to her, massage her, kiss her, take her on walks in a stroller or baby carrier, and play music for her. But, don't be too rough (baby should always remain in your arms, never tossed in the air) and always support her head when holding her.

20. How might your relationships change after birth? What are some things you need to decide? Whose responsibility is it to get birth control?

With a new baby, there are more responsibilities that need to be shared, and there is less time for each other. You need to decide: How are you going to support your baby? Who should live where? What about baby care and housework? How will you help each other finish school? Couples should decide who is getting birth control; and to be safe, you should take responsibility right after birth.

21. What can dads do to help their babies? How can it be beneficial for a baby to spend time with both of his parents? What does it mean to establish paternity?

Dads can share baby-care responsibilities and play with their babies in the same ways moms can, and they can help out financially too. It is good for a child to have a male role model and know that his father cares. Establishing paternity means that you sign legal papers stating that he is the father.

22. What are some things you should talk to your family about if you and your baby plan to live with them?

Address the questions: What housework are you responsible for? Are you going to pay rent? What personal space will you be given? How much help can you expect from your family?

23. How might things change with your friends after you have your baby? What are some other options for you socially?

Friends who can't relate may not stick around, but you can find new friends in other teen parents, including those you meet at parenting groups.

24. What daycare options did you learn about that you didn't know before? Do you know what you will do regarding daycare?

The following are all options you should research: transferring to a high school in your area that has a daycare program, asking a relative to watch your baby while you're at school or work, trading childcare with another parent, working opposite hours than your baby's father and sharing child care responsibilities, taking advantage of programs that can help with daycare while you further your education, finding a local college that has a daycare center, enrolling in a welfare program that provides daycare while you participate in on-the-job training, paying for a private daycare center or childcare in someone's home, or taking online classes from home while you take care of your baby.

■ Activities

1. Invite a new teen mom to talk to your class about personal experiences in the postpartum period.
2. Have students research more about the benefits of breastmilk. Have them create a chart comparing breastmilk to formula.
3. Have students research child development and create posters showing what a baby can do during the different stages and developmental milestones. Have students talk about how they most effectively can interact with and discipline their children during these stages.
4. If students are still pregnant, arrange for them to work in a nursery or daycare center for a day. Have them write a journal entry about their experience there. What were the challenges? What were the rewards?
5. Have students create a budget for the first months after having a baby. Have them compare such things as breastfeeding versus formula feeding, or living at home versus getting their own place. Also, have them consider what would happen if they got pregnant again? How would this affect them financially?
6. Invite professionals from different fields to speak to your class about career options after high school. Have them stress the importance of education and having the self-esteem and drive to succeed in life.
7. Have students research ways to childproof their homes.
8. Invite a teacher of a basic baby care class to come in and show moms and dads how to diaper babies, breastfeeding positions, and other basics. Have the teacher sign students up for a more in-depth class if possible.

9. Have students research daycare options in your area. Have them make a list of questions to ask the daycare provider.
10. **ROLE PLAY:** Have students think of a problem they might have at home and how they might work it out. For example: Teen doesn't have enough privacy; grandma thinks she babysits too much; teen thinks grandma tells her how to parent too much; sister thinks baby is too loud; boyfriend wants to move in; boyfriend doesn't get along with parents. Students should explore the most effective ways to work out problems.
11. Invite a clinician to speak to the class about birth control options. Have them bring samples to show students.

■ Answer Keys For Black Line Masters 10-12

Pre-Quiz (Master 10)

- | | | |
|----------|-----------|-----------|
| 1. True | 8. False | 15. False |
| 2. c | 9. True | 16. True |
| 3. False | 10. False | 17. True |
| 4. b | 11. True | |
| 5. False | 12. False | |
| 6. False | 13. False | |
| 7. False | 14. True | |

Post-Quiz (Master 11)

- | | |
|---|---|
| 1. a, d, e | 9. d |
| 2. Give baby to trusted adult and take a walk, put baby in crib and go to a nearby room, call parenting hotline | 10. True |
| 3. True | 11. False |
| 4. True | 12. False |
| 5. Sucking, hand-to-mouth, turning to breast, small movements or sounds, open mouth when lips are lightly touched | 13. Hungry, lonely, bored, tired, wet diaper, over-stimulated, too hot or cold |
| 6. True | 14. Read, talk, dance, sing, kiss, massage, walk, rock, toys |
| 7. False | 15. True |
| 8. True | 16. Ask a family member to watch you baby, enroll in a high school with a daycare program, trade daycare time with another parent, find private daycare |

Vocabulary and Word Search (Master 12)

- | | | |
|------------------|---------------------|------------------|
| 1. blues | 11. car seat | 21. shake |
| 2. bonding | 12. social security | 22. breastmilk |
| 3. shrinking | 13. smoke | 23. pediatrician |
| 4. fever | 14. respond | 24. diapers |
| 5. exercising | 15. faces | 25. cry |
| 6. hungry | 16. ceiling | 26. soothing |
| 7. bottle | 17. birth control | 27. colors |
| 8. immunizations | 18. paternity | 28. spoil |
| 9. bath | 19. school | 29. sleep |
| 10. back | 20. daycare | 30. help |

■ Resources

Websites

www.mothersadvocate.org How to have a healthy and safe birth
www.lamaze.org Information about childbirth
www.marchofdimes.org Information about having a safe pregnancy
www.plannedparenthood.org/teen-talk Contraception and sex education
www.sexetc.org Sex education by teens for teens
www.thenationalcampaign.org The National Campaign to prevent Teen and Unplanned Pregnancy
www.dadsadventure.com Advice for new dads
www.aap.org American Academy of Pediatrics website for information on child health

Important Phone Numbers

Children's Services Hotline Many local phone books list a 24-hour hotline that can be called about child abuse, child neglect, and sexual abuse. It is listed under the "Community Service Numbers" in the community pages. Other helpful numbers are also listed on this page.

La Leche League 1-800-525-3243 (www.llli.org) – Where to find local La Leche League breastfeeding support groups with trained leaders

Medicaid 1-800-633-4227 – Local numbers vary. Check the government pages in your phone book or search online.

Social Security 1-800-772-1213 – Local numbers vary. Check the government pages in your phone book or search online.

Boys Town/Girls Town 1-800-448-3000 – Around the clock hotline staffed by trained counselors to help with difficult issues facing parents, teens and families.

WIC, Women Infant Children – Local numbers vary. Check the government pages in your phone book. WIC is listed under the Health Department or search online.

Other Titles of Interest from InJoy Birth and Parenting Education

Call 1-800-326-2082, or visit www.InJoyVideos.com for a complete list of available programs.

Prenatal

Healthy Journey: Your Contemporary Guide to Pregnancy (Available in Spanish)

You Can Quit: How to Stop Smoking During Pregnancy (Available in Spanish)

Alcohol and Pregnancy: Making Healthy Choices (Available in Spanish)

Preterm Labor: Reduce Your Risk and Learn the Signs (Available in Spanish)

Labor

Choices in Childbirth, Volume 1: Epidural Anesthesia (Available in Spanish)

Choices in Childbirth, Volume 2: Cesarean Birth (Available in Spanish)

The Stages of Labor: A Visual Guide for Teens (Available in Spanish)

Understanding Birth 2nd Edition: A Comprehensive Guide (Available in Spanish and PowerPoint)

Breastfeeding

Better Breastfeeding: A Guide for Teen Parents (Available in Spanish and PowerPoint)

Breastfeeding for Working Mothers: Planning, Preparing, and Pumping (Available in Spanish)

Parenting

Newborn Care: A Guide to the First Six Weeks (Available in Spanish)

Safety Starts at Home: The Essential Childproofing Guide (Available in Spanish)

Age-Appropriate Play: The First Four Years (Available in Spanish)

Positive Discipline: Without Shaking, Shouting, or Spanking (Available in Spanish)

7 Steps to Reduce the Risk of SIDS (Available in Spanish)

The Dad Difference: Raising Children Birth to 5 (Available in Spanish)

Car Seats: How to Protect Your Child From Birth to Ten (Available in Spanish)

Teen

Sex Smart for Teens (Volume 1: Abstinence, Volume 2: Birth Control, Volume 3: STIs)

Life Skills for Teen Parents (Vol. 1: Healthy Relationships, Vol. 2: Building Your Future)

Web-Enhanced Parent Guides

See What You Read: Mother and New Baby Care (Available in Spanish) – covers the first two weeks postpartum

See What You Read: Understanding Birth (Available in Spanish) – comprehensive information on childbirth

See What You Read: Better Breastfeeding (Available in Spanish) – information on the first six weeks of breastfeeding

■ Pre-Quiz

1. Your baby's brain, lungs, heart, and other organs start developing during which trimester?
 - a. 1st Trimester (months 1-3)
 - b. 2nd Trimester (months 4-6)
 - c. 3rd Trimester (months 7-9)
2. **True or False:** For a healthy baby, you should start seeing a doctor or midwife during your second or third trimester.
3. **True or False:** If you do not have private health insurance, you can get prenatal care through other programs.
4. **True or False:** Dieting during pregnancy is recommended so that you do not gain too much weight.
5. Which of the following foods is high in calcium?
 - a. Cheese
 - b. Spinach
 - c. Tofu
 - d. Milk
 - e. All are high in calcium
6. Which of the following foods is high in protein?
 - a. Chicken
 - b. Peanut butter
 - c. Eggs
 - d. Dried beans & peas
 - e. All are high in protein
7. **True or False:** Every time you inhale cigarette smoke during pregnancy, your baby gets less oxygen and is exposed to over 2000 chemicals.
8. **True or False:** Drinking alcohol every once in a while during pregnancy will not harm your baby.
9. **True or False:** If you do drugs, your baby can be born addicted to drugs.
10. **True or False:** Drinking three sodas every day will not affect your baby.
11. **True or False:** Moderate exercise is not recommended during pregnancy because it might harm the baby.
12. Which of the following are signs that you might be going into labor too soon?
 - a. Morning sickness
 - b. Fluid from vagina
 - c. Stretch marks
 - d. Constipation
 - e. Contractions
13. It is common to be emotional during pregnancy because your _____ are more active than usual.
 - a. Red blood cells
 - b. Pheromones
 - c. Hormones
 - d. Lymph nodes
14. List three benefits of getting a high school diploma:

■ Post-Quiz

1. Circle any of the following that will be checked at every prenatal appointment.
 - a. Your weight
 - b. Your blood pressure
 - c. Your urine
 - d. Your baby via ultrasound
 - e. Your cervix

2. About how many pounds does a woman of average weight usually gain during pregnancy?
 - a. 5-10 pounds
 - b. 10-20 pounds
 - c. 25-35 pounds
 - d. 50-70 pounds

3. True or False: Milk is the only source of calcium.

4. True or False: The only way to get folic acid is through supplements.

5. List three healthy ways to order at a fast food restaurant:

6. True or False: Iron helps increase the blood flow to your baby.

7. True or False: As long as you are not smoking while you are pregnant, it is okay to be around other people who smoke.

8. True or False: Any medicine that you get at a drug store without a prescription is safe to take during pregnancy.

9. Which of the following are high in caffeine?
 - a. Chocolate
 - b. Soda
 - c. Energy drinks
 - d. All of the above

10. True or False: Exercising can make pregnancy easier, help your endurance during labor, and help you recover more quickly after giving birth.

11. True or False: Visiting the dentist to have your teeth cleaned can help prevent preterm labor.

12. True or False: Problems with your vision are a normal part of being pregnant.

13. True or False: You should call your doctor or midwife if you have contractions that do not go away.

14. List three ways you can continue your education during pregnancy and after you have your baby:

■ Pregnancy Warning Signs and Hazards

CALL YOUR HEALTHCARE PROVIDER IF YOU EXPERIENCE:

- Vaginal bleeding or amniotic fluid discharge
- Temperature above 100 °F/37.7 °C
- Pain or burning with urination
- Puffiness around eyes
- Sudden, dramatic swelling in face, hands, ankles, legs, or feet
- Problems with vision or recurring headaches
- Vomiting or diarrhea for 24 hours
- Major changes in baby's movement
- Sudden pain in abdomen

CALL YOUR HEALTHCARE PROVIDER IF, BEFORE 37 WEEKS, YOU EXPERIENCE:

- Contractions that don't go away when you lie down
- Cramping in your lower abdomen
- Backache that comes and goes
- Intense pressure in your pelvis
- Gush or trickle of fluid from vagina
- Vaginal discharge of blood or thick mucus
- Anything else that just doesn't seem right

HAZARDS TO AVOID DURING PREGNANCY:

- Raw or undercooked meat, eggs, poultry, and fish
- Precooked meat (cook before eating)
- Large fish, such as swordfish, king mackerel, or tilefish
- No more than 12 oz/week of canned light tuna and salmon
- No more than 6 oz/week of albacore tuna
- Unpasteurized cheese and milk
- Getting a new cat while pregnant
- Feeding your cat raw meat or letting it outside
- Changing cat litter
- Sandboxes (outside cats may use as a litter box)
- Strong fumes

Smoking, drinking alcohol, and doing street drugs can hurt your baby and induce preterm labor.

■ Favorite Recipes of Teen Parents

Fruity Yogurt Smoothie (Fruit=vitamins & fiber; Yogurt=calcium!)

1	Ripe banana
1 cup	Berry-flavored juice
1 cup	Berry-flavored low-fat yogurt
½ cup	Crushed ice

Preparation:

Mix all together in blender. *Its great for a snack, especially on hot days!*

Bean Burrito (Beans=calcium & protein; Cheese=calcium; Whole-wheat tortilla=grains for energy!)

1 can (15 oz)	Spanish-style red kidney beans
1 can (15 oz)	Black beans, rinsed and drained
1 jar	Chunky-style salsa
1-2	Medium-sized zucchini, each cut lengthwise in half, then sliced crosswise
4	Whole wheat tortillas (10 inches each)
¼ tsp	Ground cinnamon
¼ tsp	Salt
½ cup	Shredded Monterey jack or cheddar cheese
2 tsp	Vegetable oil

Preparation:

1. Warm tortillas as label directs; keep warm.
2. In nonstick 12-inch skillet, heat oil over medium heat. Add zucchini, salt, and cinnamon, and cook until zucchini is tender-crisp, about 5 minutes.
3. Meanwhile, in 2-quart saucepan, heat kidney beans with their sauce and black beans just to simmering over medium heat; keep warm.
4. To serve, assemble burrito as desired, using a warm tortilla, zucchini, bean mixture, and cheese. Top with salsa.

Save the leftovers for lunch the next day!

Stir Fry (Broccoli=calcium & folic acid; Brown rice=energy & fiber; Veggies=fibervitamins; Add your favorite protein!)

½ cup	Brown rice
⅛ tsp	Cracked black pepper
8 oz	Fresh broccoli
¼ tsp	Ground ginger
1 tsp	Molasses or honey
1 tbsp	Reduced-sodium soy sauce
1	Small sweet red pepper, cut into bite-size strips
1 tbsp	Water
	No-stick cooking spray or vegetable oil

Preparation:

1. Rinse rice and cook according to directions
2. Cut the broccoli florets into bite-size pieces and thinly slice the stems. In a small bowl, combine the water, soy sauce, molasses or honey, ginger, and black pepper. Set aside,
3. Spray an unheated large skillet with no-stick spray (or use a small amount of vegetable oil instead). Heat the skillet over medium-high heat. Add the broccoli to the skillet and stir-fry for 1 minute. Add the red peppers and stir-fry for 3 to 4 minutes or until vegetables are just tender.
4. Add the soy-sauce mixture to vegetables. Gently toss until coated. Serve over rice.

Add any of your favorite vegetables and a protein source, such as chicken, beef, seafood, or tofu! Cook meat all the way through, it takes longer to heat through than vegetables. Wash your hands and any surfaces that come into contact with the meat with hot, soapy water.

■ Pregnancy Matching Exercise

Match the clue in the left column with the correct word from the right column. There is only one perfect match for each word!

- | | | |
|-----------|---|-----------------------------|
| 1. _____ | You need a lot each day to stay hydrated, and it can help prevent preterm labor. | A. Folic acid |
| 2. _____ | Helps your baby's bones and teeth develop, and helps prevent osteoporosis for you. | B. Beer |
| 3. _____ | Is a good source of folic acid and calcium. | C. Smoking |
| 4. _____ | Reduces the amount of oxygen going to your baby; causes allergies, asthma, and SIDS in babies. | D. Coffee or soda |
| 5. _____ | More than one a day can rob your body of nutrients and make your baby wired. | E. Iron |
| 6. _____ | Is recommended each day to stay in shape and help labor and recovery. | F. Broccoli |
| 7. _____ | Are some foods that contain folic acid. | G. Meat |
| 8. _____ | Provides empty calories, which do not benefit you or your baby. | H. Dieting |
| 9. _____ | You need a few of these every day on top of eating three good meals. | I. Milk and cheese products |
| 10. _____ | Are a great source of calcium. | J. Exercising |
| 11. _____ | Helps increase the blood flow to your baby. | K. Water |
| 12. _____ | Can cause birth defects, mental retardation, and Fetal Alcohol Syndrome. | L. Calcium |
| 13. _____ | Is needed during pregnancy to prevent serious diseases that affect a baby's spine and brain. | M. Spinach and cantaloupe |
| 14. _____ | Provide protein and are great to snack on. | N. Healthy snacks |
| 15. _____ | Prevents your baby from getting necessary nutrients, causing brain damage, low birth weight, and other serious complications. | O. Orange juice |
| 16. _____ | Can be fortified with calcium and provides Vitamin C and folic acid | P. Sleep |
| 17. _____ | Is a great source of iron. | Q. Junk food |
| 18. _____ | Can cause your baby to be born addicted. | R. Methamphetamine |
| 19. _____ | You need 8-9 hours of it every night during pregnancy. | S. Nuts and seeds |

■ Pre-Quiz

1. Your _____ has to dilate to _____ centimeters before you can push your baby out.
 - a. Placenta, 20
 - b. Vagina, 10
 - c. Cervix, 10
 - d. Uterus, 7
 - e. Umbilical cord, 5
2. **True or False:** If your amniotic sac breaks, it is a signal that your labor may be starting.
3. **True or False:** You should rush to the hospital when you feel your first contraction.
4. **True or False:** Labor can take up to 24 hours (or longer!)
5. **True or False:** Once you know that you are in labor, you should lie in bed.
6. Which of the following are natural labor-comfort techniques?
 - a. Breathing
 - b. Relaxation
 - c. Epidural
 - d. Massage
 - e. Analgesics
7. **True or False:** A slower labor is a possible side effect of getting an epidural.
8. **True or False:** Continuous hands-on labor support from a trusted friend, family member, or professional is key for a wonderful birth experience.
9. **True or False:** Every medical procedure brings with it potential risks to you and your baby.
10. **True or False:** If you get an analgesic during labor for pain relief, the medicine will not get into your baby's system.
11. **True or False:** For a first-time mom, pushing usually takes only a few minutes.
12. **True or False:** All cesareans are planned and scheduled in advance.
13. **True or False:** It's a good idea to invite your entire family and all of your friends to be with you during labor.
14. After birth you will push out the:
 - a. Uterus
 - b. Placenta
 - c. Vagina
 - d. Ovaries
 - e. Mucous plug
15. **True or False:** It is normal for a baby's head to look cone-shaped after birth.
16. **True or False:** Breastfeeding should begin a few days after birth.

■ Post-Quiz

- Your _____ grows out from your _____, which is a special organ that provides your baby with food and oxygen.
 - Uterus, cervix
 - Bag of waters, placenta
 - Placenta, uterus
 - Umbilical cord, vagina
- True or False:** The bottom of your uterus is your cervix.
- True or False:** Having regular contractions is the most common way that labor begins.
- During early labor, your cervix dilates to _____ centimeters, and contractions are _____.
 - 10, frequent
 - 5, intense
 - 3, spaced apart and mild
 - 2, not present
- True or False:** It's usually good to spend a lot of time laboring at home before going to the hospital.
- If you are two weeks past your due date, your labor may be _____ because it can cause problems for the baby.
 - Augmented
 - Medicated
 - Induced
 - Postponed
- Which comfort techniques did Jennine use during labor?
 - Birth ball
 - Breathing
 - Walking
 - All of the above
- True or False:** Walking is not recommended once you are in labor.
- True or False:** Most babies turn and face front during labor.
- True or False:** An epidural is usually an effective form of pain relief.
- True or False:** There are no risks associated with epidurals.
- True or False:** Epidurals and analgesics are given in the same way and have the same effect.
- Skin-to-skin contact right after birth:
 - Promotes bonding
 - Improves breastfeeding
 - Keeps baby warm
 - All of the above
- Which of the following might be suggested if your labor slows down a little?
 - Pitocin
 - Epidural
 - Cesarean
 - Amniotomy
- Your first milk, which is really good for your baby, is called:
 - Vernix
 - Cream
 - Colostrum
 - Gel

■ Three Birth Stories: Vocabulary Exercise

Fill in the blanks according to the word choices at the bottom of this page. Each word may be used only once.

Jennine's Birth

When Jennine went to the hospital she ¹ _____ in the halls, which helped her ² _____ become stronger and closer together. She had great ³ _____ from her sister and Sultan throughout labor. She used many ⁴ _____ techniques. During the ⁵ _____ phase of labor, which is when the cervix dilates from 4 to 7 centimeters, she rocked on the ⁶ _____ and spent time in the tub, called ⁷ _____, to help her manage the contractions. Jennine's amniotic sac was broken by a process called an ⁸ _____, which brought on the ⁹ _____ phase of labor. Soon after, it was time to push. She felt the burning and stretching that happens when the baby's head ¹⁰ _____. After birth, she delivered the ¹¹ _____, and Sultan cut the ¹² _____.

Narissa's Birth

When Narissa went to the hospital, the nurse checked her ¹³ _____ and she was already 5 centimeters ¹⁴ _____. During active labor, she and her partner Shawn used many techniques they had practiced at home, including ¹⁵ _____, back ¹⁶ _____, and ¹⁷ _____ techniques. Narissa also found ¹⁸ _____ around the hospital to be an effective way to deal with active labor. Because she felt she needed a rest, she got an ¹⁹ _____, which offers very good pain relief, but does have its risks. The medicine was carried from the pump to her back through a small tube called a ²⁰ _____. Narissa still felt ²¹ _____ from the epidural so her nurse held up a mirror during the ²² _____ phase for motivation. Her baby's head looked cone-shaped after it came out because of the molding of the five ²³ _____ that make up a baby's skull. Her baby was also covered in ²⁴ _____, which prevents the baby's skin from pruning in the amniotic sac.

Thalessa's Birth

Thalessa's labor started when her ²⁵ _____ started contracting. She rushed to the ²⁶ _____ at the beginning of labor, but found she was only 1 centimeter dilated. Because her labor slowed down, she was given ²⁷ _____ to cause strong, consistent contractions. These were intense and Thalessa asked for an ²⁸ _____, which took the edge off of her pain for an hour or so, but made her very drowsy. Periodically, her baby's heart rate was checked, which is called ²⁹ _____. After several doses of Pitocin and analgesics, her labor was not progressing. It was decided that a ³⁰ _____ was the best way for Thalessa to give birth. Thalessa asked to breastfeed her son soon after birth. A mom's first milk is called ³¹ _____ and is full of special disease-fighting ingredients.

Word Choices:

Uterus, Cervix, Transition, Walked, Numb, Water Therapy, Active, Support, Crowns, Bony plates, Epidural, Vernix, Pitocin, Massage, Colostrum, Analgesic, Breathing, Walking, Umbilical cord, Fetal monitoring, Catheter, Dilated, Contractions, Hospital, Placenta, Comfort, Birth ball, Amniotomy, Cesarean, Pushing, Relaxation

■ Planning for the Birth You Want

Please fill out this page according to your own wishes for your birth. Keep in mind that you might not be able to follow every wish on this page if complications arise. Share your plan with your support team, your practitioner, and the hospital staff. If you do not understand any of the options below, ask your teacher, or your caregiver, or do some research on your own. There are many choices to make that deserve careful thought. By filling out this worksheet, you can start empowering yourself to have the kind of birth you want.

My Name: _____ **Due Date:** _____

Main Labor Companion: _____

Other Support People I Want with Me at Birth: _____

Practitioner's Name: _____

Place of Birth: _____

Is a "doula" (a professional labor assistant) an option for me? _____

LABOR:

Environment (check as many as you like):

- Dim Lights Peaceful, quiet atmosphere Play music _____ Wear my own clothing
 Bring things from home, such as blankets or photos Aromatherapy scents Video/photos taken by _____

Mobility (select only one):

- I prefer to maintain all mobility, including walking, sitting in a rocking chair, using a birth ball, and changing positions.
 I prefer to be able to move around in bed only and to get up to use the bathroom.
 Mobility is not important to me, and I understand that if I get an epidural, I may be confined to bed and need a urinary catheter to go to the bathroom.

Hydration and Nourishment (check appropriate boxes):

- I would like to eat light snacks and drink clear fluids whenever possible during labor.
 It would not bother me to have an IV for hydration if necessary.

Monitoring (check appropriate boxes):

- I prefer my baby to be monitored as little as possible.
 I would like as much monitoring as possible.
 I prefer a method that allows me to remain mobile, like the Fetoscope or Doppler.
 External monitoring in bed is fine with me.

Pain Relief (check as many as you like):

Non-Medical Options

- Relaxation Changing Positions Visualization Massage Birth Ball Breathing
 Tub or Shower Walking Hot and Cold Packs

Medical Options

- Narcotic Analgesic (through IV or injected into hip)
 Epidural Anesthesia — Ultra-low dose for more feeling and some mobility
 Epidural Anesthesia — Classic dose with numbing and confinement to bed
 I have learned all that I can about the benefits and risks of using pain medication in labor. Yes No

Augmentation: Methods to Speed up Labor

If my labor slows down, I would:

- First like to try such natural methods as, walking, changing positions, and waiting
 Prefer that my practitioner breaks my amniotic sac to see if things get going again
 Prefer that my amniotic sac breaks on its own or remains intact
 Not mind having an IV of Pitocin, and I understand the benefits and risks involved
 Prefer to receive an IV of Pitocin only after all other methods are tried, and only if medically necessary

■ Planning for the Birth You Want *(continued)*

Pushing (check as many as you like):

- I prefer to wait to push until I feel the urge or until my baby descends.
- I would like to use a variety of positions during pushing, especially if the progress is slow.
- I would like a mirror placed at the foot of the bed so I can watch my baby's birth.
- I would like to push whenever I feel like it.
- I would like to be directed as to when to push.
- I would like to avoid an episiotomy by controlling pushes and having my caregiver do massage.
- I would not mind having an episiotomy.
- I would like to touch my baby's head as it crowns and emerges.
- I would like to donate the umbilical-cord blood.

BABY CARE AND FEEDING

I would like _____ to cut the umbilical cord.

- I prefer to have the cord cut immediately.
- I would like to wait until the baby receives all the blood from the placenta before the cord is cut.
- I would prefer that routine hospital procedures be done while I hold my baby skin to skin right after birth.
- I would like to breastfeed as soon as possible after birth.
- I would like all routine tests, shots, and procedures for my newborn.
- I prefer to choose the tests that are done and discuss it with my baby's pediatrician ahead of time.
- I plan to breastfeed only.
- I plan to formula feed only.
- I prefer a combination of breastfeeding and formula feeding.
- I would like my baby to be given no pacifiers, bottles, or glucose water as they might interfere with breastfeeding.
- I would prefer rooming-in with the baby all the time.
- If I have a boy, I prefer to have him circumcised. (If so, what anesthesia? _____ When? _____)
- I do not want my baby boy to be circumcised.
- I would like my baby's hearing to be tested.

IN CASE OF A CESAREAN

I would like _____ to accompany me during the surgery.

- If possible, I would like two people to accompany me, so someone will always be with me after surgery and the other person can accompany the baby to the nursery if needed.
- If anesthesia is a choice for me, I would prefer an epidural.
- If anesthesia is a choice for me, I would prefer a spinal.
- If possible, I would like music played in the operating room.
- I would like the drape/screen lowered during surgery so I can see the birth.
- I would like the surgeon to describe the surgery as he/she does it.
- I would like to have a video or photos taken.
- I would like my support person to cut the cord.
- I would like to have at least one arm free after the birth so I can hold my baby right away.
- I would like to breastfeed as soon as possible in the recovery room.

■ Pre-Quiz

1. **True or False:** Feeling a little blue after having a baby is common with new moms.
2. Which of the following is not normal in the postpartum period?
 - a. Vaginal bleeding
 - b. Contractions
 - c. Severe depression
 - d. Fatigue
3. **True or False:** After you have your baby, you can go back to eating junk food.
4. Breastfed babies need to eat at least:
 - a. Every 1/2 hour
 - b. Every 1-3 hours
 - c. Every 4-5 hours
 - d. Every 6-7 hours
5. **True or False:** Breastmilk and formula are exactly the same.
6. **True or False:** Crying is the only way your baby will tell you she is hungry.
7. **True or False:** You cannot injure a baby simply by shaking her.
8. **True or False:** You only need to take your baby to a doctor when he is sick.
9. **True or False:** You should never leave your baby unattended at bath time.
10. **True or False:** If you are traveling less than 10 miles, you do not need to use a car seat.
11. **True or False:** Smoke from another person's cigarette is dangerous for babies.
12. **True or False:** Ignoring a crying newborn is a good idea because you would not want to spoil her.
13. **True or False:** Newborns can hear, but they cannot see.
14. **True or False:** Playing with your baby can help her brain develop.
15. **True or False:** You cannot get pregnant for at least six months after having a baby.
16. **True or False:** Establishing paternity can benefit a baby, whether or not her mom and dad are together.
17. **True or False:** There are programs that can help you pay for daycare for your baby while you finish school.

■ Post-Quiz

1. Which of the following are symptoms of a more serious postpartum depression?
 - a. Feeling like hurting your baby
 - b. Feeling stressed
 - c. Feeling a little sad
 - d. Not eating or sleeping
 - e. Feeling like hurting yourself
 - f. Feeling tired

2. List three things you can do to calm down if you are frustrated with your baby:

3. **True or False:** If you have a fever starting 24 hours after birth, you should call your healthcare provider because it could be a sign of infection.

4. **True or False:** Exercising can help you stay in shape once you feel up to it and your doctor says it is okay.

5. List two hunger signals a baby gives besides crying:

6. **True or False:** Breastmilk is the ideal food for babies.

7. **True or False:** If you are really busy, it is safe to save some time by propping you baby’s bottle while you get some work done.

8. **True or False:** Immunizations can protect babies from serious diseases.

9. Which of the following are signs of a sick baby?
 - a. Change in normal patterns
 - b. Overly fussy
 - c. Less active than normal
 - d. All of the above

10. **True or False:** Paying attention to how many dirty diapers you change can help you know if your baby is getting enough to eat.

11. **True or False:** It is okay to give your baby a full bath before the cord falls off.

12. **True or False:** Babies should always sleep on their stomachs to reduce the chances of SIDS.

13. List three reasons your baby might cry:

14. List three things you can do to play with your baby:

15. **True or False:** There are safe birth control methods for breastfeeding moms.

16. List three daycare options for after you return to school:

■ Vocabulary and Word Search

Fill in the blanks below to find the list of words to search for.

1. Many women experience the “baby _____” after delivery; they feel sad or have mood swings.
2. Getting to know your baby’s unique personality and learning to understand her is called _____.
3. Symptoms of physical recovery from labor include mild contractions and the _____ of the uterus.
4. If you have a _____ 24 hours after giving birth, it could be a sign of infection.
5. Eating right and _____ are still important after delivery.
6. Your baby will let you know she is _____ by making sucking movements with her mouth.
7. Never leave your baby alone with a propped _____.
8. _____ will help protect your baby from a variety of diseases.
9. Do not give your baby a full _____ until his umbilical cord has fallen off.
10. Always lay your baby on his _____ to sleep.
11. When your baby is in a car, always use a properly installed _____.
12. Your baby will need a _____ number.
13. Second-hand _____ deprives your baby of oxygen.
14. It’s important to _____ to your baby’s cries because it shows love and develops trust.
15. Newborns like to look at human _____.
16. Newborns do not like to look at the _____ all day.
17. You can become pregnant again very soon after delivery, so find an effective form of _____.
18. It is important to establish legal _____ so your baby can receive services and support.
19. If you don’t finish _____, you might not be able to get a good job and support your baby.
20. Explore the local _____ options for your baby while you work or go to school.
21. Though you may get frustrated with parenting sometimes, you should never _____ your baby.
22. _____ is the best food for newborns because it has so many health benefits and increases bonding.
23. Your baby will need to visit a _____ for well-baby checkups.
24. Pay attention to how many dirty _____ you change every day.
25. Babies _____ to let you know they need something.
26. Babies enjoy _____ motions, such as those they get from baby swings or rocking.
27. Newborns like to look at contrasting _____.
28. Babies need a lot of love and attention; it is impossible to _____ them.
29. Newborns will need many hours of _____.
30. If you get overwhelmed or frustrated, don’t be afraid to ask for _____.

Y	R	C	P	E	D	I	A	T	R	I	C	I	A	N	G	B	P
T	T	O	R	E	S	P	O	N	D	S	H	M	I	E	N	E	A
I	U	R	C	E	E	R	E	K	A	H	S	M	I	O	I	K	T
R	E	V	E	F	U	S	A	K	N	D	O	U	M	S	S	O	E
U	S	E	S	A	L	Y	U	C	F	E	B	N	A	S	I	M	R
C	R	A	P	A	B	R	E	A	S	T	M	I	L	K	C	S	N
E	O	T	O	E	Y	G	G	B	L	O	I	Z	T	C	R	H	I
S	L	W	I	S	B	N	N	A	E	I	O	A	G	G	E	R	T
L	O	T	L	L	U	I	P	E	L	E	T	N	D	X	I	Y	
A	C	E	T	O	B	H	L	A	P	S	J	I	I	A	E	N	S
I	J	M	O	O	P	V	I	S	R	A	D	O	H	Y	E	K	A
C	I	H	X	M	B	S	E	A	O	N	U	N	T	C	X	I	P
O	C	A	T	E	S	R	C	M	O	I	N	S	O	A	E	N	L
S	R	E	P	A	I	D	D	B	A	T	H	M	O	R	R	G	E
B	I	R	T	H	C	O	N	T	R	O	L	E	S	E	M	N	H

■ WHEN TO CALL YOUR HEALTHCARE PROVIDER

CALL IF YOU EXPERIENCE:

- Temperature of 100 °F/37.7 °C or higher
- Foul-smelling vaginal discharge
- Sudden, heavy vaginal bleeding
- Bleeding that saturates one pad or more an hour
- Increasing vaginal bleeding and dizziness
- Frequent clots of lochia or clots larger than a ping-pong ball
- Increased uterine pain or severe abdominal pain
- Pain or burning with urination
- Worsening pain in the perineum
- A lump, hard area, redness, or pain in breast
- A red, tender, or painful area on leg or arm
- Bleeding, discharge, or fluid around cesarean incision
- Separation around edges or increased swelling of cesarean incision
- Any other concern about your health

CALL IF YOU EXPERIENCE ANY OF THESE POSTPARTUM DEPRESSION SYMPTOMS:

- Excessive worrying, anxiety, or irritability
- Persistent crying or a sad mood that does not go away
- Loss of interest in the things you used to enjoy
- Problems eating or sleeping
- Thoughts of harming self or baby
- Thoughts of suicide

GO TO THE EMERGENCY ROOM IF YOU EXPERIENCE:

- Hallucinations
- Fear you will harm yourself or your baby

■ WHEN TO CALL YOUR BABY'S HEALTHCARE PROVIDER

CALL IF HE OR SHE HAS ANY OF THESE SYMPTOMS:

- Jaundice (a yellowish tint of the skin and eyes)
- A very pale, bluish, or grayish skin color
- Underarm temperature greater than 99.4 °F
- Poor feeding or lack of interest in feedings
- Unusually sleepy or hard to wake up
- Coughing
- Forceful or excessive vomiting
- Irritability, listlessness, or you feel she is not doing well
- Constipation or diarrhea
- Signs of dehydration: Fewer than 6 wet diapers by Day 5, a reddish stain in her diaper, dry mouth and lips, or dark-yellow urine
- Redness, swelling, foul odor, or drainage of the skin around the umbilical cord
- Circumcision: Increased redness, swelling, or bleeding, and it doesn't seem to be getting better every day

GO TO THE EMERGENCY ROOM OR CALL 911 IF YOUR BABY:

- Has serious difficulty breathing
- Shows a blue color of the lips, tongue, or around the mouth

Baby Information Sheet

This is a special sheet just for your baby. Hang it in your room or on the refrigerator, and keep adding to it!

Baby's Name: _____ Date of Birth: _____
 Time of Birth: _____ Weight at Birth: _____
 Length at Birth: _____ Who was there: _____

BABY'S GROWTH

1 Month: _____ lbs. _____ oz., _____ in	7 Month: _____ lbs. _____ oz., _____ in
2 Month: _____ lbs. _____ oz., _____ in	8 Month: _____ lbs. _____ oz., _____ in
3 Month: _____ lbs. _____ oz., _____ in	9 Month: _____ lbs. _____ oz., _____ in
4 Month: _____ lbs. _____ oz., _____ in	10 Month: _____ lbs. _____ oz., _____ in
5 Month: _____ lbs. _____ oz., _____ in	11 Month: _____ lbs. _____ oz., _____ in
6 Month: _____ lbs. _____ oz., _____ in	12 Month: _____ lbs. _____ oz., _____ in

SPECIAL MILESTONES

First Smile: _____ Cooing: _____
 Rolling Over: _____ First Word: _____
 Sitting Up: _____ Walking: _____

PASTE YOUR BABY'S
FOOTPRINT HERE

PASTE YOUR BABY'S
PICTURE HERE

PASTE YOUR BABY'S
HANDPRINT HERE

IMPORTANT PHONE NUMBERS

PEDIATRICIAN: _____
 BREASTFEEDING HELP: _____
 PARENTING HOTLINE: _____
 POISON CONTROL: _____
 FIRE DEPARTMENT: _____
 POLICE DEPARTMENT: _____
 DAYCARE CENTER: _____
 BABY SITTER: _____
 IF I NEED HELP OR SUPPORT, I CAN CALL: _____

YOU CAN ALWAYS CALL 911 IN THE CASE OF AN EMERGENCY