

# Study Guide

**Directions:** Answer the following questions as you read the chapter. They will help you focus on the main points. Later, you can use this guide to review and study the chapter information.

## Section 6-1: Labor and Birth

1. What is happening when "lightening" occurs? \_\_\_\_\_  
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2. What is the "bloody show," and what does it mean for the pregnant woman? \_\_\_\_\_  
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3. Explain what occurs when a woman's "water breaks." \_\_\_\_\_  
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4. What are *contractions*? What is their purpose? \_\_\_\_\_  
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5. What is the purpose of fetal monitoring during labor? \_\_\_\_\_  
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6. When is labor considered premature? What are the warning signs? \_\_\_\_\_  
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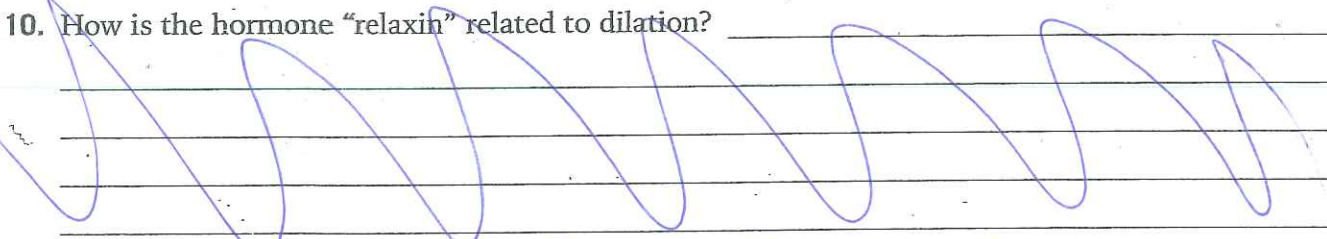
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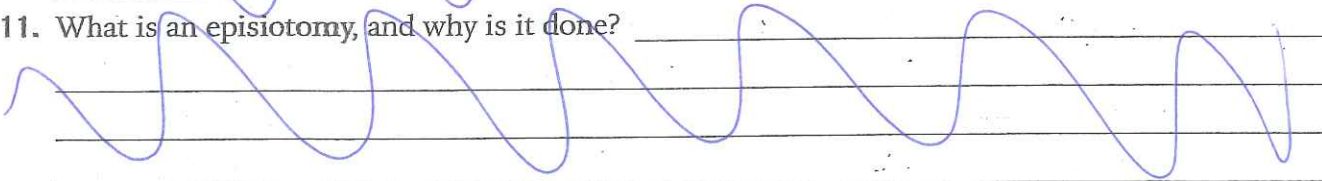
7. How can you distinguish false labor from real contractions? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

8. Summarize the three stages of labor by completing the table below.

Stage of Labor	What Takes Place?	How Long Does It Last?
First		First child: Later children:
Second		First child: Later children:
Third		

9. What is a "breech presentation"? Why is it a complication? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

10. How is the hormone "relaxin" related to dilation? \_\_\_\_\_  


11. What is an episiotomy, and why is it done? \_\_\_\_\_  


12. What are stem cells, and why are they important? \_\_\_\_\_  
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13. What is a *cesarean birth*? Why is this kind of delivery sometimes necessary? \_\_\_\_\_

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14. What factors increase the chances of premature birth? \_\_\_\_\_

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15. Why does a premature baby usually need an *incubator*? \_\_\_\_\_

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**Section 6-2: The Newborn**

16. What are *fontanel*s? How do they affect the newborn's appearance? \_\_\_\_\_

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17. Why does a newborn's head appear to be very large in proportion to the rest of the body? \_\_\_\_\_

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18. What physical adjustments do newborns' bodies make to survive outside the uterus? \_\_\_\_\_

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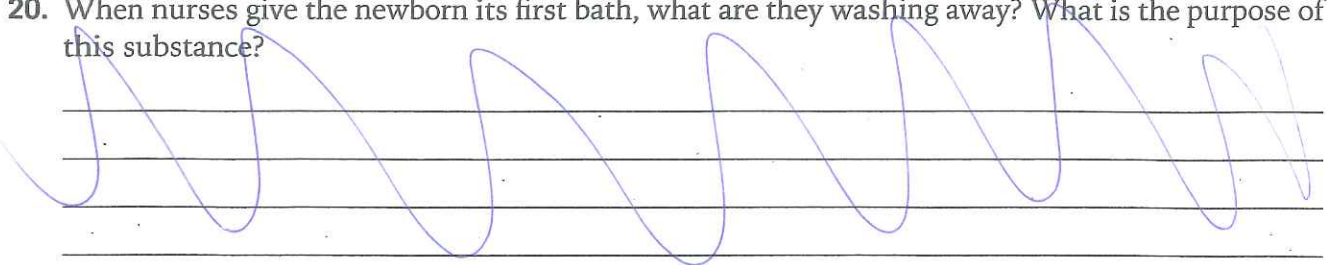
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19. What is *lanugo*, and what happens to it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20. When nurses give the newborn its first bath, what are they washing away? What is the purpose of this substance?  


21. What is the purpose of the *Apgar scale*? What five areas does it rate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

22. Identify two other medical procedures that are performed shortly after birth and tell the purpose of each.  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

23. What steps are taken to record a newborn's identity? \_\_\_\_\_  
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**Section 6-3: The Postnatal Period**

24. What are some things a new mother can do to begin *bonding* with her newborn? \_\_\_\_\_  
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\_\_\_\_\_

25. How do bonding activities affect the baby's brain? \_\_\_\_\_  
\_\_\_\_\_  
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*The Baby's Arrival*

*Chapter 6 continued*

26. What is *colostrum*? How does it help the baby? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
27. What period of time is considered the *neonatal period*? \_\_\_\_\_  
\_\_\_\_\_
28. A new mother is frightened. Her new baby's skin and eyes appear slightly yellow. What is this condition, and what causes it? Does it require treatment?  
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\_\_\_\_\_  
\_\_\_\_\_
29. What do *lactation consultants* do? \_\_\_\_\_
30. Describe two benefits of *rooming-in*. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
31. What two legal forms should parents complete for their new baby? \_\_\_\_\_  
\_\_\_\_\_
32. Identify three physical problems typical of premature babies. \_\_\_\_\_  
\_\_\_\_\_  
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33. Summarize the physical needs of a new mother during the *postnatal period*. \_\_\_\_\_  
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34. Compare and contrast "baby blues" with *postpartum depression*. How are they similar? How are they different?  
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