

Childbirth from A - Z

Childbirth: Fill In the Blanks

Name _____

1. You will have a long list of _____ & _____ for your baby.
2. Pack your bags for the hospital by the _____ month.
3. Pack items for yourself, your baby and your _____.
4. Don't bring _____ to the hospital.
5. Your coach needs to be _____ because labor & delivery can last many hours.
6. No two women have the same birth _____.
7. Signs of false labor are; no bloody _____ and contractions stop when you walk.
8. Signs of true labor are a low backache and _____ get longer & stronger.
9. Your uterus will practice contracting during pregnancy and is called _____.
10. One way to feel more empowered is to ask details about your own _____.
11. It's important to let go of tension and _____ your body during labor.
12. You should write a _____ so your preferences are clear to everyone.
13. The purpose of each contraction is to open the _____ to 10 cm.
14. There are _____ phases of labor.
15. Early labor lasts the _____ and is the least uncomfortable.
16. You can rely on _____ techniques to get you through contractions.
17. When contractions are _____ together you are in the 3rd phase.
18. The most common method of relieving labor pain is the _____.
19. Studies show that labor goes better for women who are informed about _____.
20. The cervix at _____ centimeter is the size of a Cheerio.
21. The cervix at _____ centimeters is the size of a cracker.
22. It's important to stay fit by _____ and walking throughout pregnancy.

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23. There are 3 stages of labor and delivery. Stage 1 is when contractions _____ the cervix
24. Stage 2 is when the baby is _____
25. Stage 3 is when the _____ is delivered.
26. Your newborn will receive an _____ score at 1 minute and then at 5 minutes.
27. A newborn's head may be _____ due to compression from the birth canal.
28. The uterus may cramp for the first few days after birth known as _____
29. Breastfeeding will shrink the _____.
30. You can get _____ very easily after having a baby.
31. Postpartum is for the next _____ weeks after delivery.
32. You must get your _____ approval to exercise.
33. The African Proverb, "It takes a whole _____ to raise a child."
34. You should keep the baby inside and away from strangers for the first _____ weeks.
35. Your baby will _____ 20 hours a day for the first several weeks.

WORD BANK:

1, 2, 3, 4, 6, 8TH, AFTERPAINS, APGAR, BIRTH, BIRTH PLAN, BORN, BRAXTON-HICKS, BREATHING, CERVIX, CLOSER, CHILDBIRTH, COACH, CONTRACTIONS, DILATE, DOCTORS, EPIDURAL, EXERCIZING, EXPERIENCE, LONGEST, MISSHAPEN, NEEDS, PATIENT, PLACENTA, PREGNANT, RELAX, SLEEP, SHOW, UTERUS, VALUABLES, VILLAGE, WANTS.

Childbirth from A - Z

Teacher Key

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|--------------------|----------------|
| 1. Needs & wants | 21. 4 |
| 2. 8 th | 22. Exercising |
| 3. Coach | 23. Dilate |
| 4. Valuables | 24. Born |
| 5. Patient | 25. Placenta |
| 6. Experiences | 26. Apgar |
| 7. Show | 27. Misshapen |
| 8. Contractions | 28. Afterpains |
| 9. Braxton- hicks | 29. Uterus |
| 10. Birth | 30. Pregnant |
| 11. Relax | 31. 6 |
| 12. Birth plan | 32. Doctor's |
| 13. Cervix | 33. Village |
| 14. 3 | 34. 2 |
| 15. Longest | 35. sleep |
| 16. Breathing | |
| 17. Closer | |
| 18. Epidural | |
| 19. Childbirth | |
| 20. 1 | |