

WELLNESS WORKSHEET 44 — continued

2. List specific changes that occur in the following during pregnancy.

- uterus _____
- breasts _____
- muscles and ligaments _____
- pelvic joints _____
- circulatory system _____
- kidneys _____
- body weight _____
- emotions _____

3. What are Braxton Hicks contractions? When do they occur and why?

4. List three characteristics of the fetus during each trimester. What systems have developed?

How large is the fetus?

first trimester	second trimester	third trimester
_____	_____	_____
_____	_____	_____
_____	_____	_____

5. List six important components of good prenatal care.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

Childbirth

What occurs during each of the three stages of labor? How long does each stage last?

first stage: _____

second stage: _____

third stage: _____
