WELLNESS WORKSHEET 44
Facts About Pregnancy and Childbirth

Review your knowledge of pregnancy and childbirth by answering the questions below. Refer to your textbook if necessary.

**Conception**
1. Trace the journey of the egg in a woman’s body:

   ![Diagram of egg journey]

   - How long does the egg’s journey take? ________________

2. Trace the journey of sperm cells from ejaculation to conception:

   - How does a sperm cell penetrate an egg? _____________________________________________________

3. List three possible reasons for infertility in women.
   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________

   List two possible reasons for infertility in men.
   a. ____________________________________________________
   b. ____________________________________________________

4. List and define four treatments for infertility.
   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________
   d. ____________________________________________________

**Pregnancy**
1. List three early signs and symptoms of pregnancy.
   a. ____________________________________________________
   b. ____________________________________________________
   c. ____________________________________________________

(over)
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?

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5. List six important components of good prenatal care.

a. ______________________________________ d. ______________________________________

b. ______________________________________ e. ______________________________________

c. ______________________________________ f. ______________________________________

Childbirth

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

first stage: _____________________________________________________________

second stage: ___________________________________________________________

third stage: _____________________________________________________________