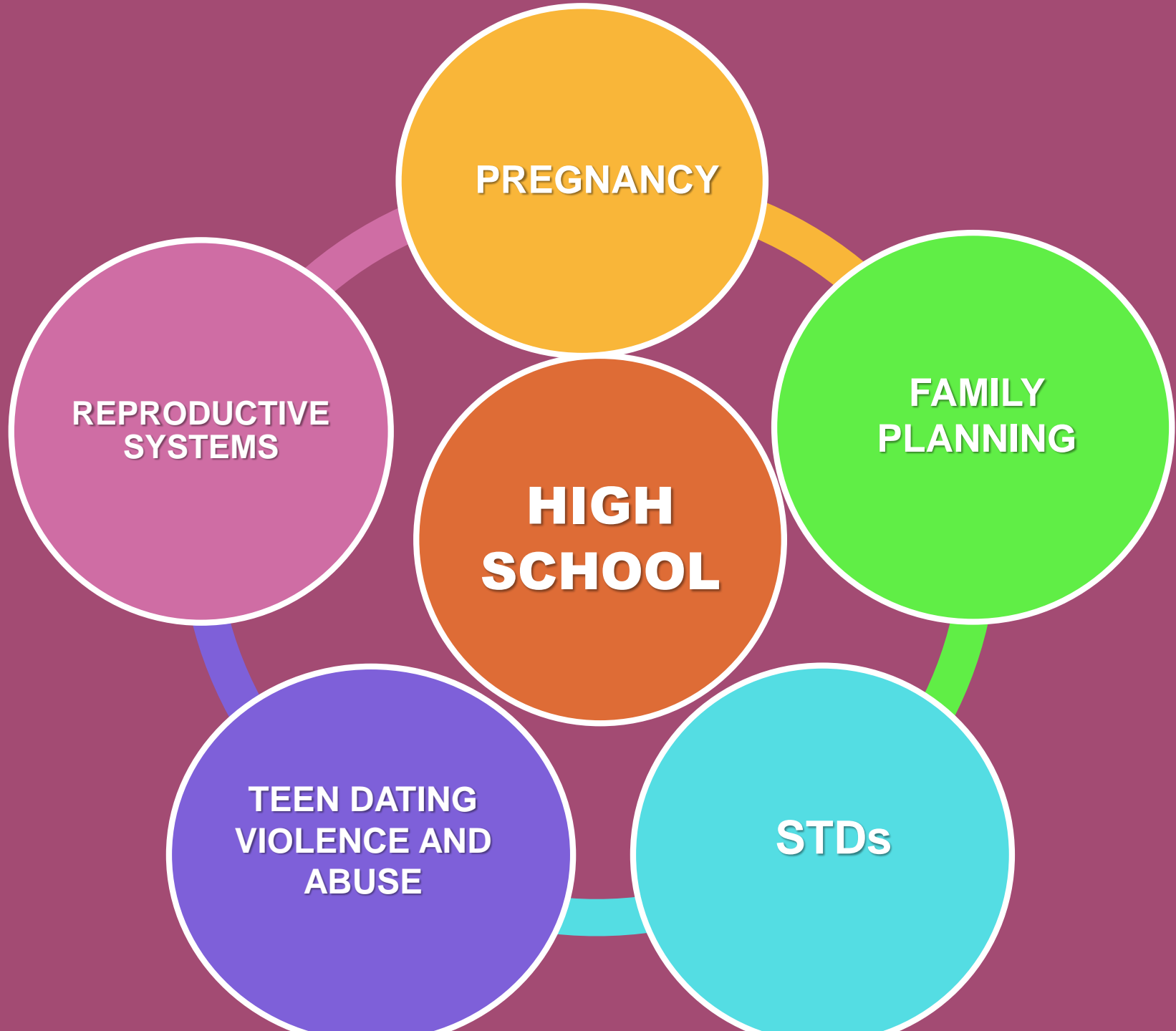


UNDERSTANDING PREGNANCY

HIGH SCHOOL

The mission of Polk County Schools is to provide high quality education for all students.



PREGNANCY

**FAMILY
PLANNING**

**HIGH
SCHOOL**

STDs

**TEEN DATING
VIOLENCE AND
ABUSE**

**REPRODUCTIVE
SYSTEMS**

PREGNANCY VOCABULARY

Amniocentesis – the procedure done during pregnancy to obtain a sample of amniotic fluid for testing to detect certain types of fetal abnormalities.

Amniotic fluid – the liquid which surrounds the fetus in the amniotic sac.

Chromosomes – thread-like structures found in the cell nucleus which carry the genes, the patterns for inherited characteristics.

Congenital abnormality – a defect that has been present since birth.

Elective abortion – medically induced termination of a pregnancy by choice.

Embryo – the fertilized ovum from the time of implantation until the end of the eighth week of its development.

Fertilization/conception – the union of sperm and ovum.

Fetal Alcohol Syndrome – a group of congenital abnormalities caused by use of alcohol during pregnancy.

Fetus - the fertilized egg from the ninth week of development to birth.

Gene – the basic unit of heredity which is carried on a chromosome.

Implantation – the attachment of the zygote to the lining of the uterus.

Midwife – someone, usually a nurse, specially trained to assist women in childbirth.

Miscarriage/spontaneous abortion – loss of the fetus before it is viable.

Obstetrician – a medical doctor who specializes in the care of pregnant women.

Placenta – the large, flat organ attached to the uterine wall, which by way of the umbilical cord, provides for the exchange of nourishment, oxygen and fetal waste between mother and fetus.

Sonogram/ultrasound – a diagnostic test using high frequency sound waves; used during pregnancy for a variety of reasons.

Toxemia – a disorder of pregnancy characterized by high blood pressure, convulsions, tissue swelling, and leakage of protein from the kidneys into the urine.

Trimester – a span of approximately three months, used to indicate a stage in pregnancy.

- 1 - Organ systems form
- 2 - Growth
- 3 - Growth – mass triples and fatty layers develop

Tubal pregnancy – a pregnancy that develops in the fallopian tube.

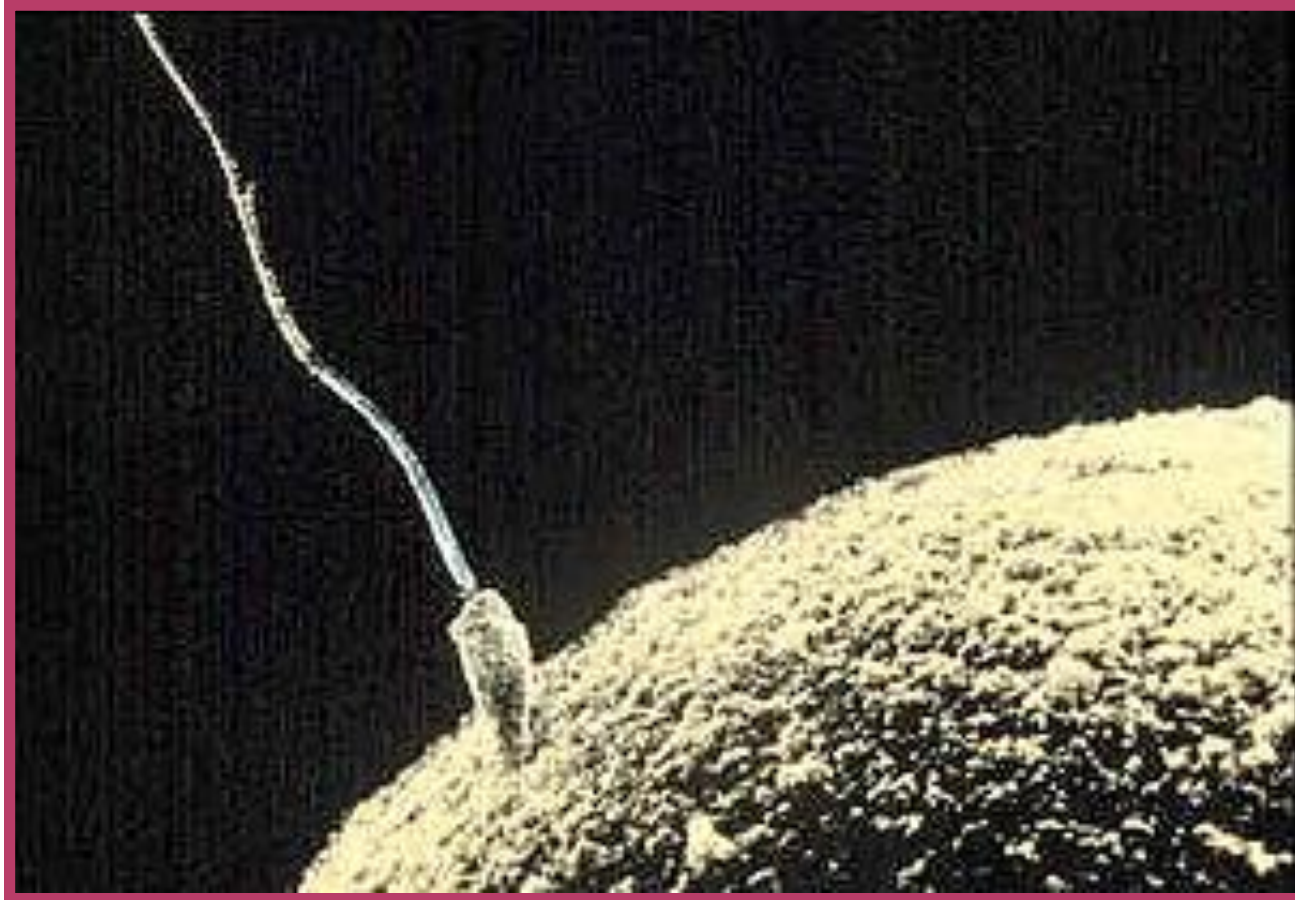
Umbilical cord – the rope-like structure connecting the fetus to the placenta which carries oxygen and nutrients from the mother's circulation to the fetus and waste products from the fetus' circulation to the mother.

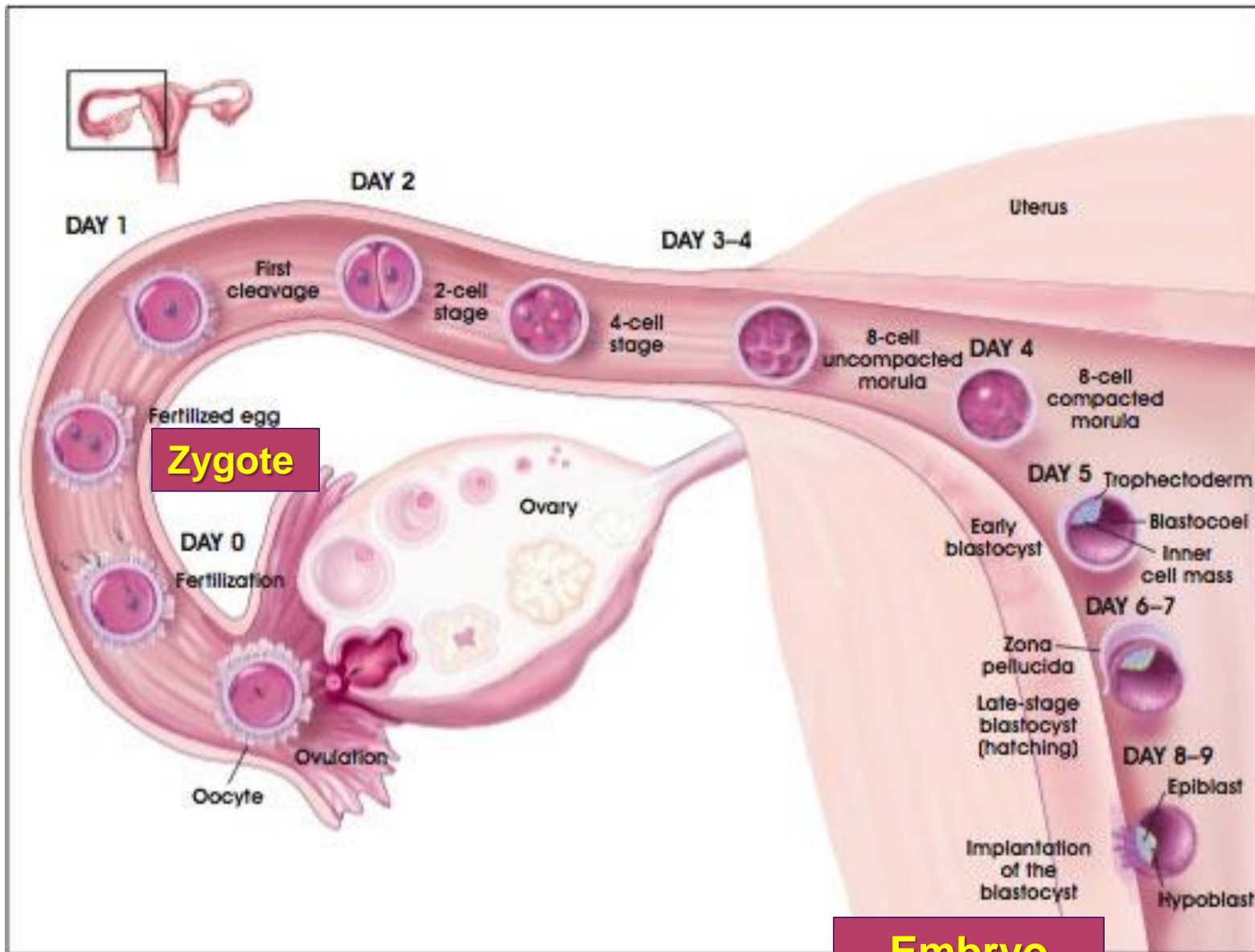
Viable – capable of living.

Zygote – the fertilized ovum from fertilization until implantation in the uterus.

FERTILIZATION

The joining of a sperm with an ovum (egg)





After ovulation, fertilization takes place in the outer third of the fallopian tube.

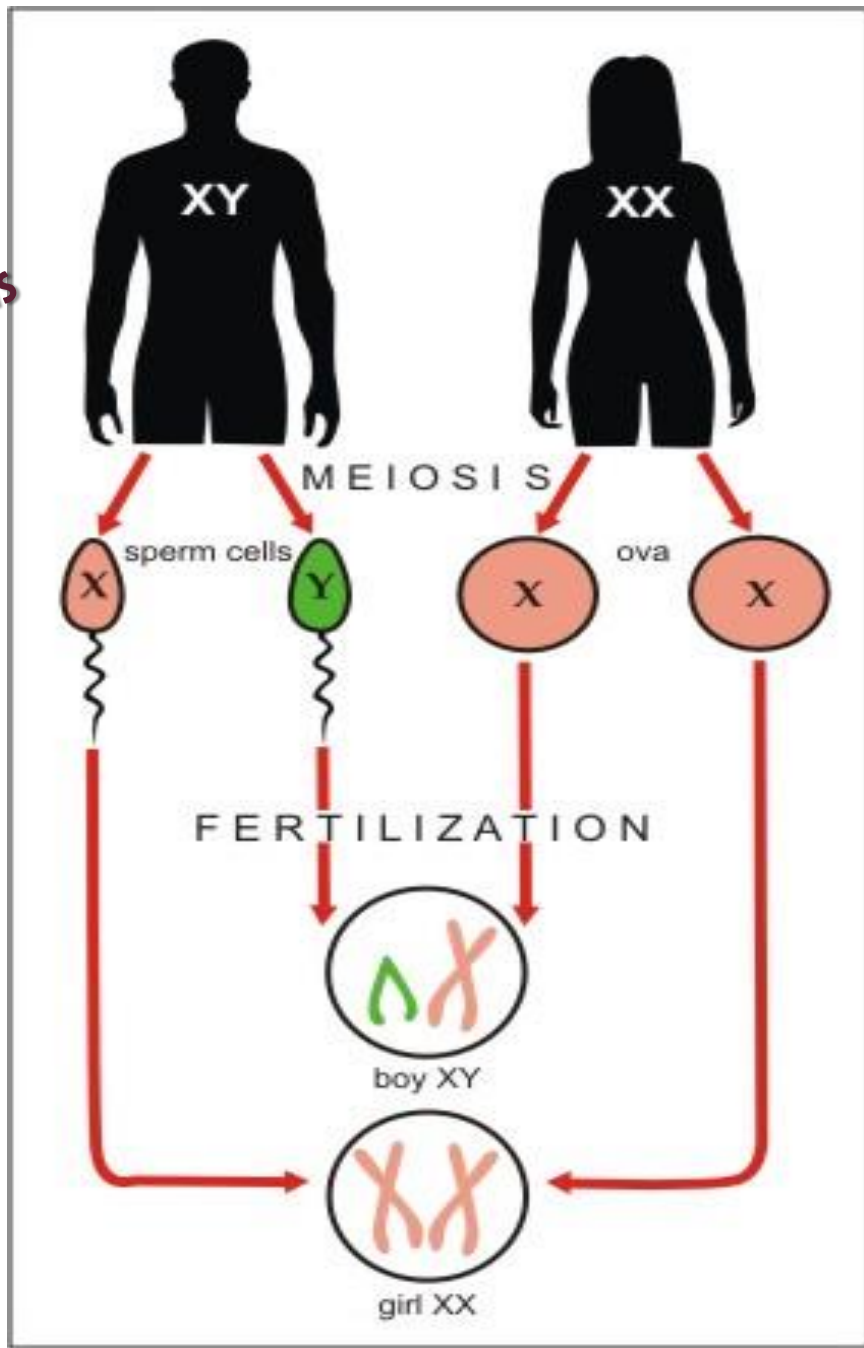
When does a woman find out she is pregnant?

How does she know?



Spermatogenesis

Oogenesis



23 chromosomes

23 chromosomes

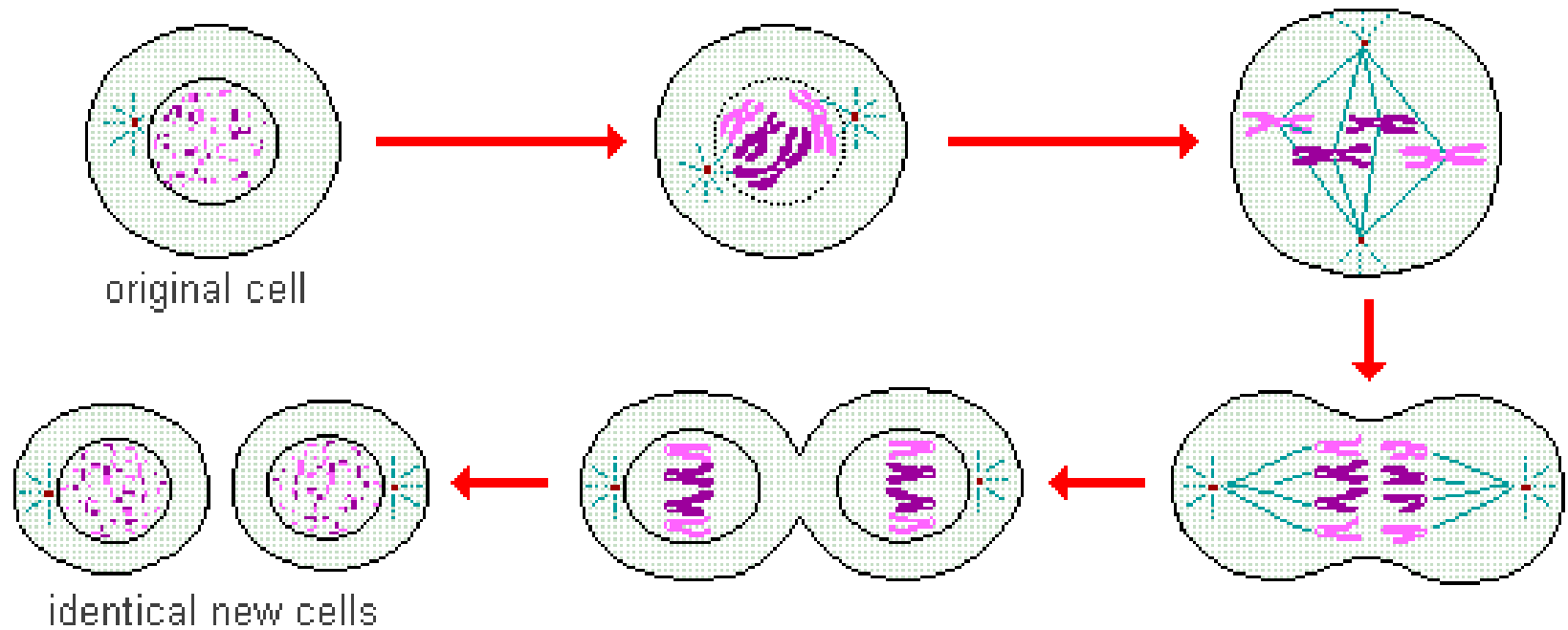
FERTILIZATION



boy XY

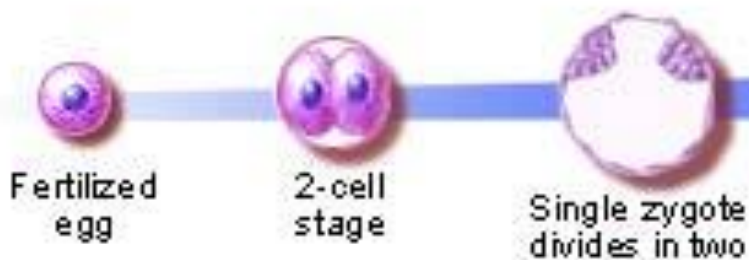


girl XX

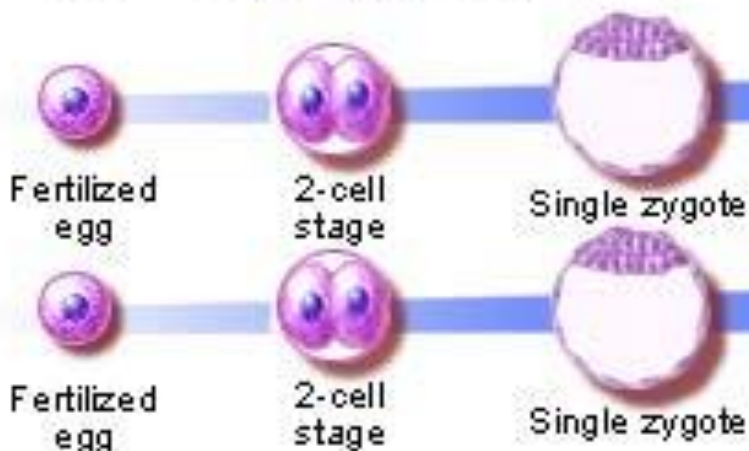


Cell Division: Mitosis

Identical (monozygotic) twins



Fraternal (dizygotic) twins

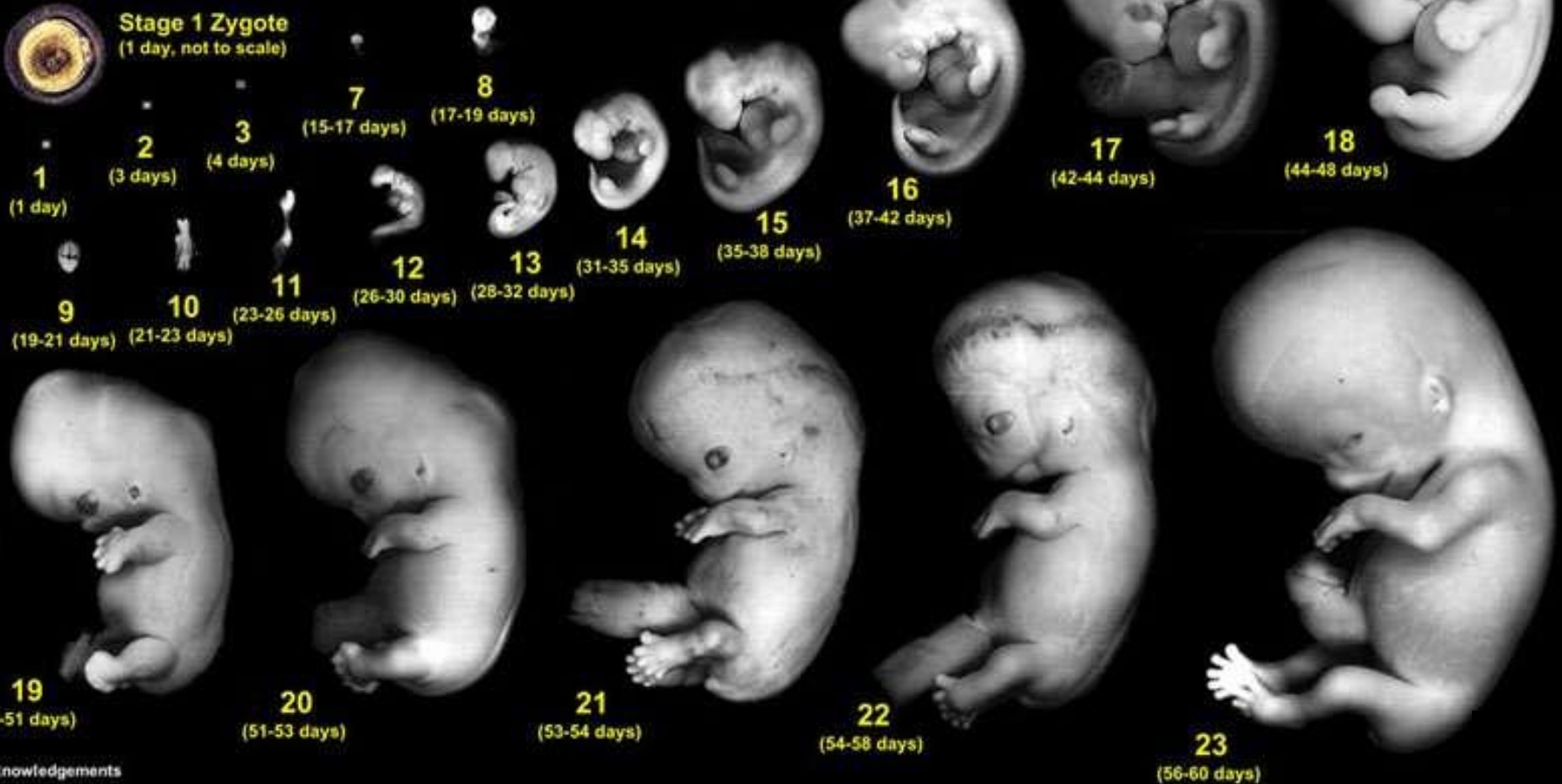


Carnegie Stages of Human Development

Dr Mark Hill, Cell Biology Lab, School of Medical Sciences (Anatomy), UNSW



Stage 1 Zygote
(1 day, not to scale)



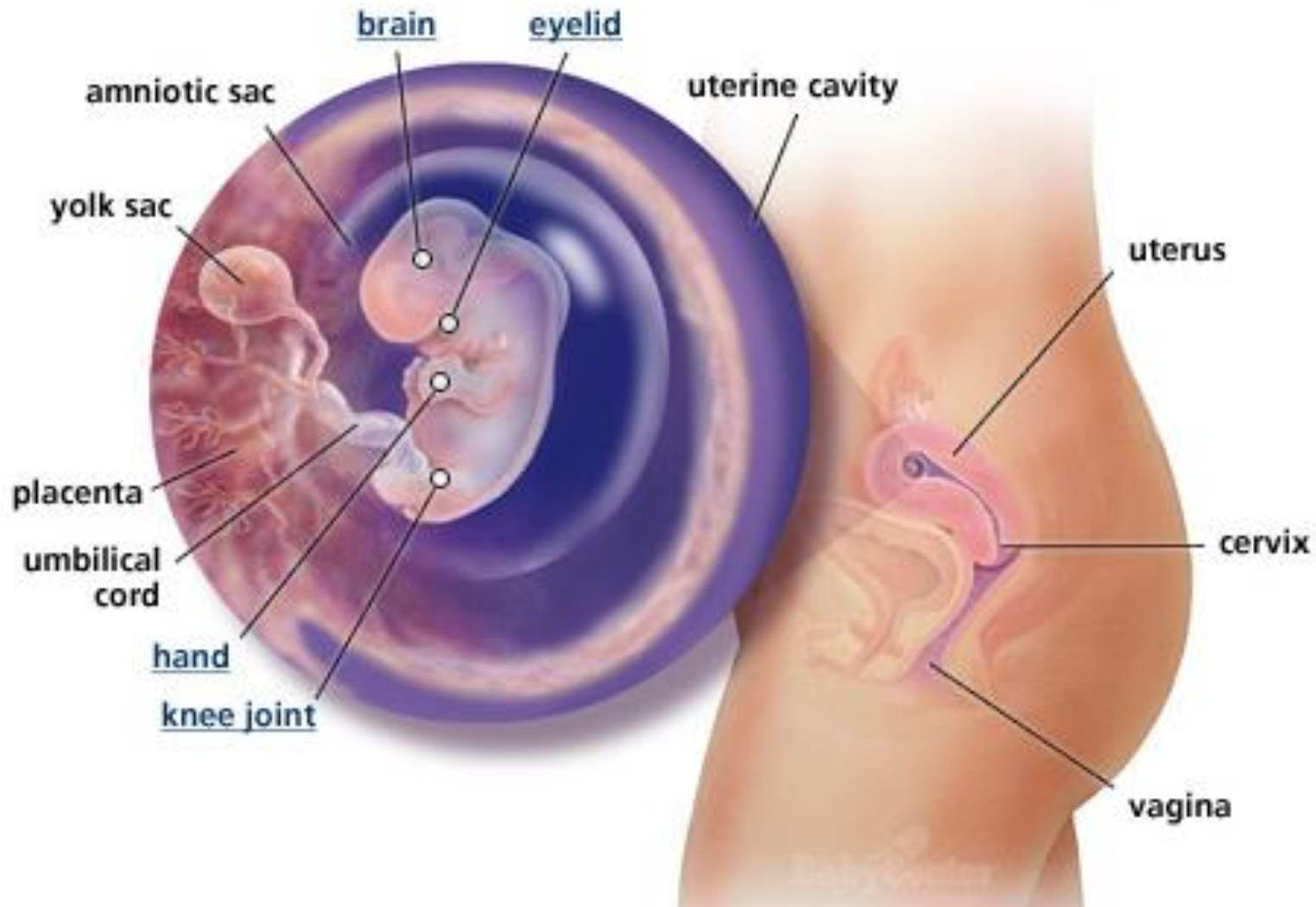
Acknowledgements

Special thanks to Dr S. J. DiMarzo and Prof. Kohel Shiota for allowing reproduction of their research images and material from the Kyoto Collection and Ms B. Hill for image preparation.

© M.A. Hill, 2004

8 WEEKS = FETUS

ORGANS FORMED
About 1.5" long



**WHAT IS
PRENATAL CARE?**

**WHY IS IT
IMPORTANT?**

EMBRYO 4 WEEKS



**About 6 mm.
in size.**

**Heart beating
and circulation
of blood
begins.**

Central Nervous System
Weeks 3 to Full Term

Ears
Weeks 4¼ to 20

Eyes
Weeks 4½ to Full Term

Teeth
Weeks 6¾ to Full Term

Heart
Weeks 3½ to 9

Palate
Weeks 6¾ to 16

Lower Limbs
Weeks 4½ to 9

Upper Limbs
Weeks 4½ to 9

External Genitalia
Weeks 7 to Full Term



SONOGRAM

(Ultrasound)

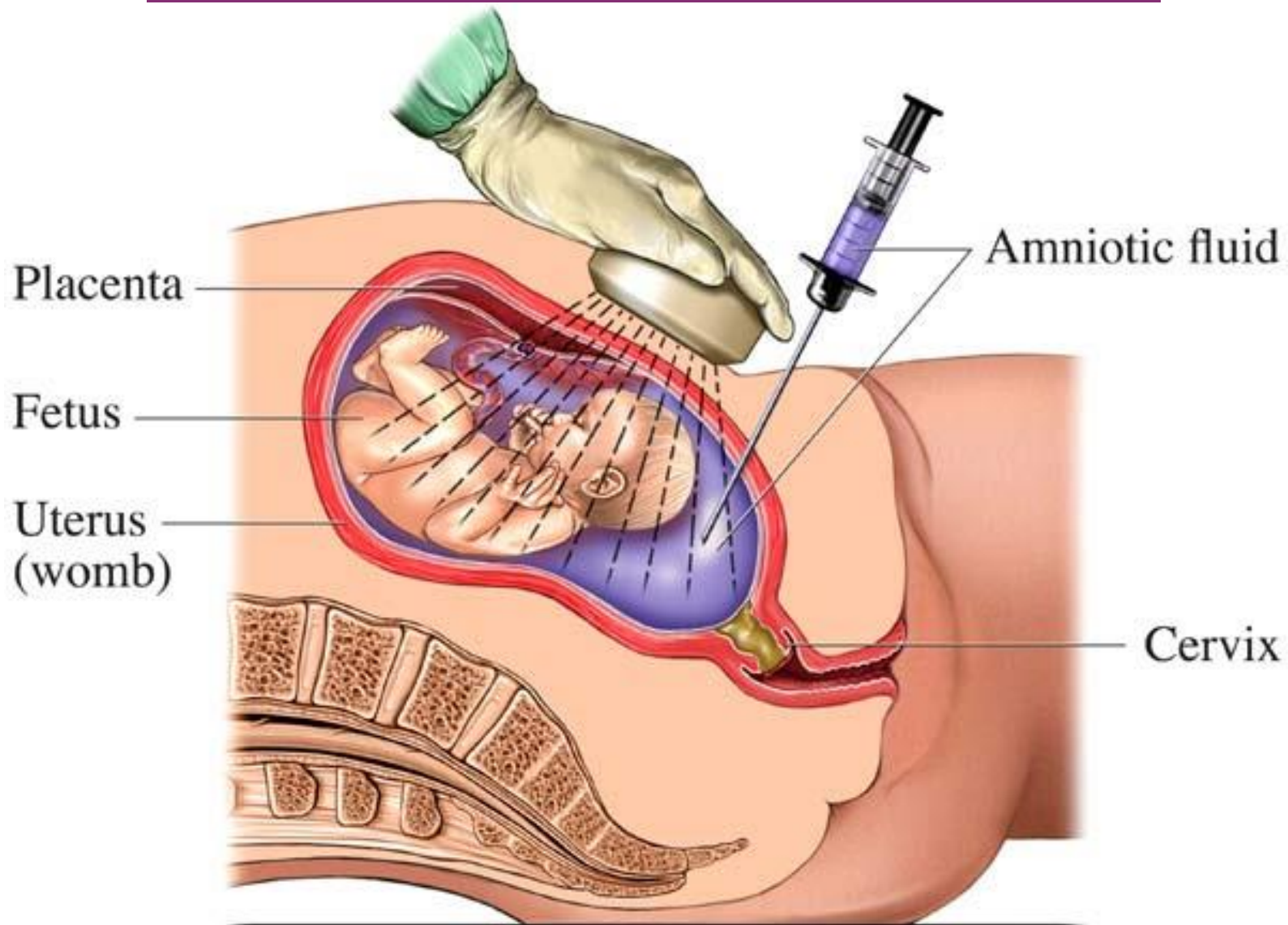
2 D image



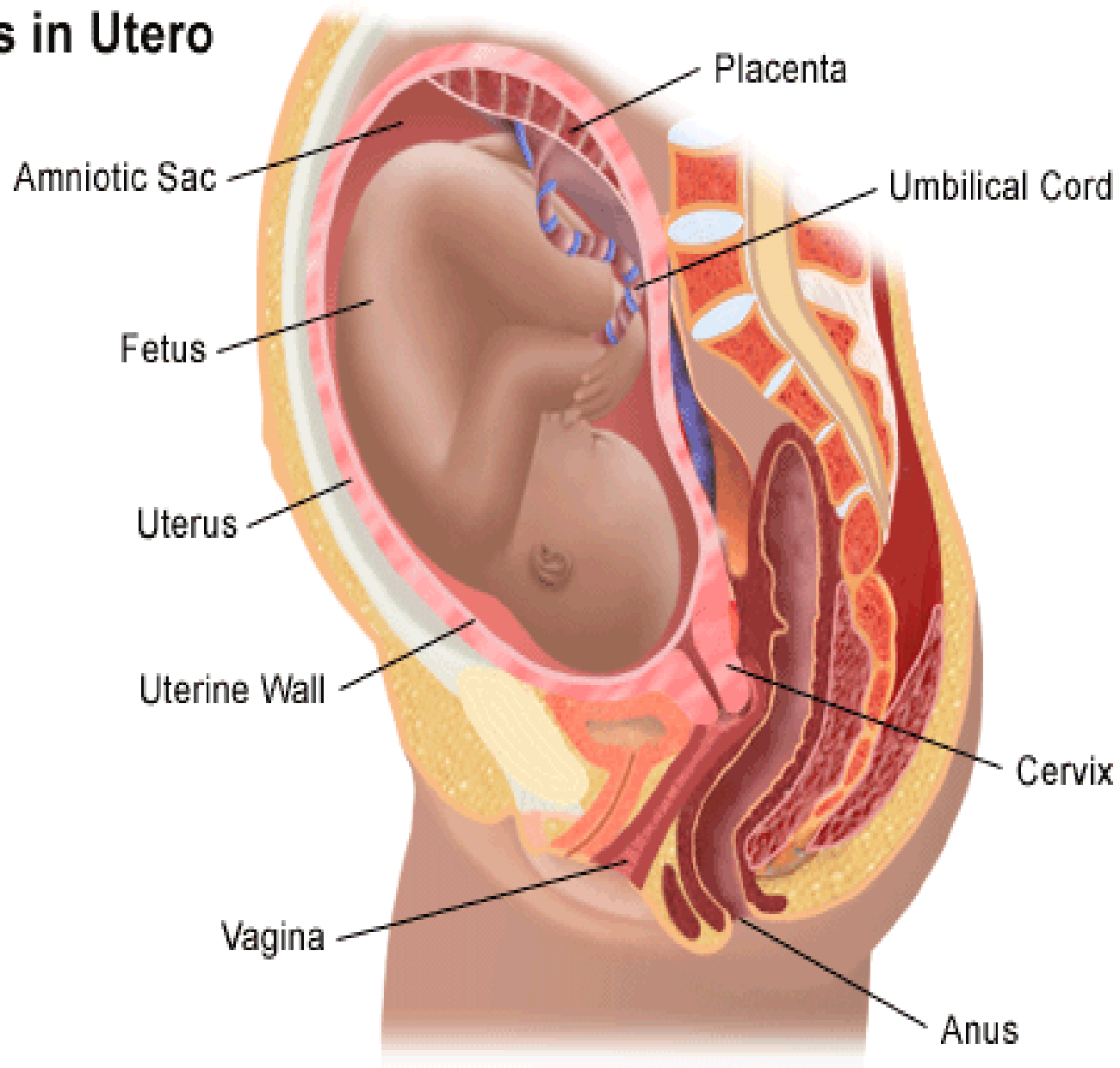
4 D image



AMNIOCENTESIS



Fetus in Utero



PHYSICAL CHANGES OF PREGNANCY

MISSED PERIODS

BREAST LARGER

NIPPLES AND AREA AROUND THEM DARKEN

HEART BEATS FASTER

FEET AND ANKLES SWELL

STRETCH MARKS

BELLY BUTTON STICKS OUT

MAY LOSE SENSE OF BALANCE

GAIN WEIGHT

25-35 POUND AVERAGE WEIGHT GAIN

4-6 POUNDS 1ST TRIMESTER

1 LB/WEEK 2ND AND 3RD TRIMESTERS

BLOOD-----3 POUNDS

BREAST-----2 POUNDS

UTERUS-----2 POUNDS

BABY-----7 POUNDS

PLACENTA-----1.5 POUNDS

AMNIOTIC FLUID-----2 POUNDS

FAT,PROTEIN,ETC.-----7 POUNDS

WATER-----4 POUNDS

SOME DISCOMFORTS OF PREGNANCY

SORE BREAST
MORNING SICKNESS
TIRED/FATIGUE
LEG CRAMPS
BACKACHE
CONTRACTIONS
DIZZY/LIGHT HEADED
PAIN DOWN SIDE OF ABDOMEN
PAIN IN GROIN
TROUBLE SLEEPING
INDIGESTION
CONSTIPATION
SHORTNESS OF BREATH
ITCHING
SWOLLEN FEET AND ANKLES
FREQUENT URINATION



TEEN PREGNANCY

TEEN PREGNANCY FACT SHEET

- In 2013, Polk County had its lowest rate in 10 years of births to girls under 18 (212).
- Polk County ranks 6 out of 67 counties in Florida for teen births under 18 years old.
- Every week in Polk County, around 4 teens under 18 years old give birth (212 in 2013) .
- Every year teen births cost Polk County taxpayers more than \$5.79 million dollars.

Births to teenage mothers continue to decline in Polk County, a trend that has fallen from a high of 81 per 1,000 girls in 1998 to 25 per 1,000 in 2017.

BARTOW — Births to teenage mothers continue to decline in Polk County, a trend that has fallen from a high of **81 per 1,000 girls in 1998** to **25 per 1,000 in 2017**.

The county of 666,149 people followed a statewide trend that showed the rate decline from 54 per 1,000 in 1998 to 19 in 2017 for girls ranging from 15 to 19 years old, according to a study by the Robert Wood Johnson Foundation.

“The perception that teen pregnancies are getting worse is absolutely false,” Dr. Joy Jackson, director of Polk and Hardee counties for the Florida Department of Health, told Polk County commissioners on Tuesday during a commission meeting.

Polk had 522 births in the 15 to 19-year-old group in 2017 compared to 560 in 2016 and 577 in 2015.

**WHAT KIND OF
PROBLEMS DO YOU
THINK A TEENAGER
MIGHT ENCOUNTER
AS THE RESULT OF
A PREGNANCY??**

Risks for the Teenage Mother:

- Earn approximately half the lifetime income
- More likely to live in poverty/on welfare
- More likely to have pregnancy complications
- More likely to have a repeat pregnancy within two years

Risks for the Teenage Father:

- Will earn on the average \$5,000 less per year than another male who did not father a child as a teen

Both

- Goals will be altered or delayed
- More likely to drop out of school
- Forced to assume more responsibility related to money & time
- Loss of athletic and/or academic scholarships
- Have their future jobs and careers limited

Other facts:

- One in five teens becomes pregnant within one month of the first time they have sex.
- Half of teen mothers who have had a baby before they are 18 will never earn a high school degree.
- Teen mothers are more likely to be single parents.
- Teen parents are 50% more likely to depend on welfare.
- 25% of teen mothers will have another child before adulthood.

RISKS FOR THE BABY

Babies born to teen mothers are more likely to be premature or low birth weight and at higher risk for health problems, which increases medical costs.

Health problems can create more financial problems and problems in school.

Infants of teen parents are at greater risk for neglect and abuse because teen parents may lack parenting skills and be under a lot of stress.

When the teen father stays involved with their pregnant partner during the pregnancy, the outcome for the teen mom and baby is more positive.



**BABY'S ARE
EXPENSIVE!!!**

NEWBORN EXPENSES (in Polk County)

Hospital Delivery (Mother's bill)	\$6,000.
Newborn Hospital Charges	3,000.
Pediatrician Well-Baby	875.
OB/GYN Doctor Delivery Charge	3,000.
Anesthesia/Epidural	1,600.
(paid in advance)	
Circumcision for male baby	
(additional charge)	
TOTAL	<u>\$14,750</u>

**** Average out of pocket cost after insurance \$3000-4000**

Average Parenting Supplies Costs
(Pricing from Walmart)

ITEM	PRICE
Car Seat	\$40-\$70
Booster Seat	\$15-\$20
Umbrella Stroller	\$15
Stroller	\$70-\$100
Swing	\$60-90
High Chair	\$25-\$70
Pack'n Play	\$90
Crib	\$100+
Crib Mattress	\$35-\$70
Bassinet	\$35+
Walker	\$39-\$50
Booster Chair	\$20
Bathtub	\$10-\$15
Dirty Diaper Container	\$20-\$25
Diaper Bag	\$15
<u>Disposable Diapers</u> As size increases, numbers of diapers decrease in pkg. but the price stays the same. -newborn size -larger sizes	40 for \$10 104 for \$21
Sleep and play suits	3 for \$8.50
Onsies	5 for \$9.98
T-Shirts	3 for \$7
Bibs	3 for \$4.50
Socks	6 pr. for \$4-\$5
Receiving blankets	4 for \$6.88
Thermal blanket	\$6.44
Fleece blanket	\$10-12
Crib pad	\$8
Crib sheets	2 for \$8.26
Bassinet sheets	2 for \$8.26
Bedding set (bumper, sheet & quilt)	\$40
<u>Formula</u> -Dry (makes 186 oz.-\$22.64) -Concentrated (makes 26 oz.-\$3.77) -Ready to Use (32 oz.-\$3.94)	\$22.64 for 186 oz. \$26.96 for 186 oz. \$22.90 for 186 oz.

MONTHLY EXPENSES

Living Expense

Rent (1 Bdrm Apt)	\$825
Utilities	\$150
Phone	\$50
Car insurance	\$100
Gasoline	\$100
Food	\$200
Diapers	\$50
Formula 0 – 6 months	\$250
Baby food 6 months – 1 year	<u>\$ 150</u>
	\$1,875

Additional Expenses

Doctor visits for sickness
Childcare/daycare \$100 per week
Supplies and equipment
Medical insurance

Can I support myself and a child?

WAGES/EARNINGS

(Federal Child Labor Laws)

Minors under age 16:

- may work up to **15 hours a week** when **school is in session**.
- may work up to **8 hours a day, 40 hours per week** during **non-school time**.

Minors Aged 16 and 17

- may work up to **30 hours a week** when **school is in session**.
- no restrictions on amount of hours they may work during non-school weeks.

MONTHLY EXPENSES

MINIMUM WAGE \$10.00 / HOUR

Living Expense
 Rent (1 BR apt)
 Utilities

\$825 \$150

\$10.00 X 30 hours = \$300.00

Phone
 Car insurance
 Gasoline
 Groceries
 Baby Items
 Other

\$50
 -Federal Withhold $\frac{\$100}{\$200}$ ~ \$20.00
 -Social Security $\frac{\$100}{\$200}$ ~ \$16.00
 -Medicare $\frac{\$250}{\$200}$ ~ \$4.00

TAKE HOME PAY
 \$1,040.00 a month

\$260.00 a week or
 ~ \$1040.00 per month!

\$1,875.00

www.paycheckcity.com/calculator/hourly/florida/result



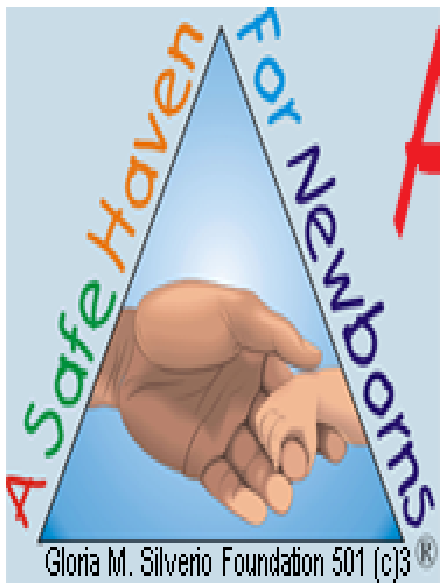
If you think you might be pregnant or know someone who is hiding a pregnancy:

Talk to your parent. If unable to talk with parent, talk with another trusted adult – guidance counselor, church, social worker, medical professional, etc.

Make a call –
Health Department 863-519-7900
A Safe Haven for Newborns
1-877-767-BABY(2229)

I'm pregnant
what now?





Gloria M. Silverio Foundation 501 (c)3

A Safe Haven For Newborns

...saving precious lives

SAFE HAVEN LAW: Hand over your unharmed baby up to 7 days old – anonymously – without fear of arrest.

Your Confidentiality Is Protected.

1-877-767-BABY (2229)

24-Hour Toll Free / Multi Lingual



www.asafehavenfornewborns.com



Hospital



Proveedor de
EMS



Fire Station
estación de
bomberos



Up to 7 days old
hasta 7 días

ESSENTIAL QUESTIONS:

@What are five physical changes that occur during pregnancy?

@What are three common discomforts of pregnancy?

@What are three risks involved in pregnancy and birth for women under the age of 18?

@What are two pregnancy related technologies?

@What are two factors that might influence the outcome of a pregnancy?