CONCEPTION TO BIRTH

**Conception**

During intercourse, 300 million sperm may enter the vagina, but only one will penetrate and fertilize the egg to create an embryo.

**1 week**

Within hours of fertilization, the resulting zygote starts the first of a lifetime of cell divisions. A week later, the tiny ball of cells attaches itself to the wall of the uterus.

**23 days**

The nervous system, the first to develop, starts as a depression that folds in on itself to form a tube along the back of the embryo.
THE FERTILIZED EGG

- This photo is a fertilized egg, only thirty hours after conception.
- Magnified here, it is no larger than the size of a pin.
- The cell structure is called a zygote at this stage, and it floats down from the fallopian tube and towards the uterus, where it implants itself.
TWO WEEKS LATER

• After the sperm and egg have joined, 46 chromosomes have combined making this an EMBRYO.

• These chromosomes will predetermine all of a person’s physical characteristics.
CONCEPTION TO BIRTH

No bigger than a ladybug, the embryo has formed a heart, eyes and blood vessels. The arms and legs begin to emerge.
FIVE WEEKS

- The placenta has formed, and it holds the embryo to the wall of the uterus.
- The unborn child is only 1/16 of an inch long.
- The backbone, spinal column, nervous system, liver and intestines are taking shape.
- The umbilical cord has developed between the embryo and mother, and it supplies oxygen and nutrients to the embryo.
SIX WEEKS

- The embryo is the size of a raisin.
- The heart has begun beating.
- The brain develops and becomes more complex.
- The embryo is enclosed in a bag of thin tissue called the amniotic sac, and the embryo floats in the amniotic fluid which maintains temperature and protects the embryo.
CONCEPTION TO BIRTH

42 days

The embryo is now developing a sense of smell. Clearly visible are cartoon-like hands, with rudely segmented fingers.

DEVELOPING NERVE ENDINGS
HEART
LIVER
HAND

HINDBRAIN
BRAIN BLOOD FLOW
MIDBRAIN

PIGMENTED EYE
FOREBRAIN
UMBILICAL CORD

FOOT PLATE

Actual size
SEVEN WEEKS

- Facial features are visible, including a mouth and tongue.
- The eyes have a retina and lens.
- The child can begin moving because the muscle system is developed.
- The child has its own blood type, distinct from the mother’s.
About the size of a grape, the fetus has nostrils and pigmented eyes. Eyes can’t see yet, but will be able to sense light soon.
EIGHT WEEKS

• The unborn child is now called a FETUS.
• The fetus is 1.2 inches long.
• The child swims and moves gracefully.
• The eyes, ears, hands, and feet can be seen.
CONCEPTION TO BIRTH

Still cocooned in the nutrient rich placenta, the fetus has a rib cage, eyes and ears. It can even suck its thumb.
TENTH – TWELFTH WEEK

• The heart is almost completely developed.
• Twenty tiny baby teeth are forming in the gums.
• Vocal cords are complete, and the child cries silently at times.
• The fetus can suck its thumb.
• The eyelids cover the eyes that remain closed until the seventh month.
FOURTEENTH WEEK

- Muscles lengthen, and the mother can feel the baby kicking and moving.
- The fetus weighs less than five ounces.
- The fetus has an adult’s taste buds and may be able to savor the mother’s meals.
EIGHTEENTH WEEK

5 ½ inches tall and only six ounces in weight.

Eyelashes, eyebrows, and fine hair appear.

The child can grasp with his hands, kick and even do somersaults.
TWENTIETH WEEK

• The child can hear and recognize the mother’s voice.
• The baby is fragile, but could possibly survive if born now.
• Fingernails and fingerprints appear.
• Sex organs are visible, and the doctor can identify a boy or girl.
left: 20 week old fetus in uterus
right: fetus born at 20 weeks
Twenty-fourth week

- The fetus is covered with a fine, downy hair called **lanugo**.
- The tender skin is protected by a waxy substance called **vernix**.
- The child practices breathing by inhaling amniotic fluid into the developing lungs.
THIRTY-SECOND WEEK

- The fetus sleeps 90 – 95% of the time, and sometimes experiences dreams.
- The child is fully developed at this point.
8 months

Stored fat insulates the fetus and provides it with an energy source. Dwindling space forces it into the classic fetal position, with arms and legs drawn into the chest.
CONCEPTION TO BIRTH

9 months

This series showing how a baby emerges from the birth canal began with an unusual delivery that required doctors to place the mother in a spiral CT scanner. The images were merged with CT and ultrasound data from other babies to create this re-enacted birth.
Thirty-sixth week

- The baby weighs about 7 ½ pounds, and is ready for life outside the womb.
- The umbilical cord will stop working, and the child takes its first breaths of air.
- The heart and arteries will force all blood to now travel through the lungs.
CONCEPTION TO BIRTH

3 Phases

1. **EFFACEMENT**—CONTRACTIONS OF THE UTERUS CAUSE THE “WATER TO BREAK” (AMNIOTIC SAC). THIS CAUSES THE CERVIX TO STRETCH. THE BABY’S HEAD ENTERS THE BIRTH CANAL. THIS STAGE CAN LAST 1 TO 20 HOURS. OFTEN CALLED “LABOR”.
Cervical Effacement and Dilatation During Labor

1. Cervix is not effaced or dilated.

2. Cervix is fully effaced and dilated to 1 cm.
Cervical Effacement and Dilatation During Labor

3. Cervix is dilated to 5 cm.

4. Cervix is fully dilated to 10 cm.
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CONCEPTION TO BIRTH

2. DELIVERY - BABY MOVES FROM UTERUS TO THE BIRTH CANAL. THE MOTHER HELPS TO PUSH THE BABY OUT OF THE BODY. THIS LAST 30 TO 90 MINUTES.
CONCEPTION TO BIRTH

2. DELIVERY - BABY MOVES FROM UTERUS TO THE BIRTH CANAL. THE MOTHER HELPS TO PUSH THE BABY OUT OF THE BODY. THIS LAST 30 TO 90 MINUTES. The baby is usually born head first as it pushes it’s way through the cervix and vagina. The umbilical cord is clamped and cut. The baby’s nose and mouth are suctioned to remove mucus and make breathing easier.
As the baby's head is delivered, support it with your hands. It will naturally turn to one side.
CONCEPTION TO BIRTH

3. Delivery of placenta-(afterbirth)
   • This stage lasts from 15 – 30 minutes.
CONCEPTION TO BIRTH

LABOR AND DELIVERY

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CONCEPTION TO BIRTH

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   - 97% of the time the baby is born Head first.
   - If the child is not in the head first position, they are in the breech position (feet first).
   - The child needs to be delivered CESAREAN SECTION, where the child is surgically removed from the uterus.
CONCEPTION TO BIRTH

HEALTHFUL BEHAVIORS DURING PREGNANCY
CONCEPTION TO BIRTH

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EAT A WELL BALANCED DIET
CONCEPTION TO BIRTH

HEALTHFUL BEHAVIORS DURING PREGNANCY

EAT A WELL BALANCED DIET
ONLY ABOUT 300 EXTRA CALORIES PER DAY
CONCEPTION TO BIRTH

HEALTHFUL BEHAVIORS DURING PREGNANCY

EAT A WELL BALANCED DIET
ONLY ABOUT 300 EXTRA CALORIES PER DAY
CONTROL WEIGHT GAIN—NO MORE THAN 22-26 LBS.
CONCEPTION TO BIRTH

HEALTHFUL BEHAVIORS DURING PREGNANCY

EAT A WELL BALANCED DIET
ONLY ABOUT 300 EXTRA CALORIES PER DAY
CONTROL WEIGHT GAIN—NO MORE THAN 22-26 LBS.
NO SMOKING, ALCOHOL, OR OTHER DRUGS
AVOID CAFFEINE
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CONTROL WEIGHT GAIN—NO MORE THAN 22-26 LBS.
NO SMOKING, ALCOHOL, OR OTHER DRUGS
AVOID CAFFEINE
AVOID RISKY PHYSICAL ACTIVITY
CONCEPTION TO BIRTH

PROBLEMS ASSOCIATED WITH PREGNANCY
CONCEPTION TO BIRTH

PROBLEMS ASSOCIATED WITH PREGNANCY

ECTOPIC PREGNANCY - THE FERTILIZED EGG BECOMES IMPLANTED IN THE FALLOPIAN TUBE. COULD BURST FALLOPIAN TUBE. CAUSES PAIN AND BLEEDING. SURGERY NEEDED TO END PREGNANCY. 1 OUT OF 100 PREGNANCIES.
Ectopic Pregnancy

Fertilized Egg Implants in Fallopian Tube.
Ectopic Pregnancy

Could burst Fallopian Tube.
CONCEPTION TO BIRTH

PROBLEMS ASSOCIATED WITH PREGNANCY

**MISCARRIAGE** - .1 OUT OF 10 PREGNANCIES. A NATURAL WAY FOR THE PREGNANCY TO END BEFORE THE FETUS IS OLD ENOUGH TO SURVIVE. USUALLY OCCURS BEFORE THE 12\(^{TH}\) WEEK OF PREGNANCY. HEALTH PROBLEMS WITH THE FETUS ARE THE MAIN REASONS IT OCCURS.
CONCEPTION TO BIRTH

PROBLEMS ASSOCIATED WITH PREGNANCY

PRE-MATURE BIRTH—IF BORN LESS THAN 36 WEEKS FROM THE TIME OF CONCEPTION. LOW BIRTH WEIGHT IS THE MAIN PROBLEM, WHICH REDUCES THE CHANCE FOR SURVIVAL.
CONCEPTION TO BIRTH

PROBLEMS ASSOCIATED WITH PREGNANCY

CAESAREAN SECTION - "C" SECTION. THIS IS SURGERY TO REMOVE THE BABY THROUGH AN INCISION IN THE MOTHER'S ABDOMEN AND UTERUS. HAPPENS WHEN THE BABY MIGHT BE IN THE WRONG POSITION FOR A NORMAL BIRTH. BABY MAY BE TOO LARGE OR MOTHER'S HIPS TOO SMALL.
CONCEPTION TO BIRTH

Caesarean section
CONCEPTION TO BIRTH

MISC. INFO

APGAR SCORE - THIS IS A HEALTH RATING GIVEN TO THE BABY IMMEDIATELY AFTER IT IS BORN. VITAL SIGNS ARE MEASURED (WEIGHT, HEART RATE, BREATHING, ETC.) AND A SCORE IS GIVEN. A SCORE OF 7-10 IS GOOD. LESS THAN 7 CAN INDICATE A HEALTH PROBLEM.
CONCEPTION TO BIRTH

MISC. INFO

PROLACTIN-THIS IS THE HORMONE THAT TELLS THE BODY TO PRODUCE BREAST MILK. THE PITUITARY GLAND MAKES THIS HORMONE. BREAST MILK CONTAINS ANTIBODIES WHICH CAN HELP THE IMMUNE SYSTEM. NO SMOKING, DRUGS OR ALCOHOL SHOULD BE USED DURING BREAST FEEDING.
CONCEPTION TO BIRTH

MISC. INFO

POST PARTUM PERIOD - THIS IS THE 6 TO 8 WEEK PERIOD OF TIME AFTER A CHILD IS BORN. THE MOTHERS BODY IS HEALING AND ADJUSTING TO BEING A MOTHER. IT CAN ALSO BE A TIME OF EMOTIONAL ADJUSTMENT. SOME WOMEN SUFFER POST PARTUM DEPRESSION DUE TO THE CHANGING HORMONE LEVELS IN THE BODY.
TEENAGE PREGNANCY
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- Often the father does not help out, or he has to work at a low paying job.
TEENAGE PREGNANCY

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- Babies born to teen mothers are often smaller and less healthy.
- Teen mothers are overwhelmed, and often have to quit school.
- Often the father does not help out, or he has to work at a low paying job.
- One in six teens that are sexually active will get pregnant!!!!
REASONS TO PRACTICE ABSTINENCE
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I WANT TO FOLLOW FAMILY GUIDELINES
REASONS TO PRACTICE ABSTINENCE

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I WANT TO RESPECT MYSELF
REASONS TO PRACTICE ABSTINENCE

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REASONS TO PRACTICE ABSTINENCE

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I AM NOT READY FOR MARRIAGE
REASONS TO PRACTICE ABSTINENCE

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I AM NOT READY FOR MARRIAGE

I AM NOT READY TO BE A PARENT
REASONS TO PRACTICE ABSTINENCE

I WANT TO FOLLOW FAMILY GUIDELINES

I WANT TO RESPECT MYSELF

I WANT TO RESPECT OTHERS

I AM NOT READY FOR MARRIAGE

I AM NOT READY TO BE A PARENT

I DO NOT WANT BE INFECTED WITH AN S.T.D.
REASONS TO PRACTICE ABSTINENCE

BABIES BORN TO TEEN PARENTS ARE AT RISK FOR:
REASONS TO PRACTICE ABSTINENCE

BABIES BORN TO TEEN PARENTS ARE AT RISK FOR:
BEING BORN PREMATURELY
REASONS TO PRACTICE ABSTINENCE

BABIES BORN TO TEEN PARENTS ARE AT RISK FOR:
BEING BORN PREMATURELY
BEING MENTALLY RETARDED
REASONS TO PRACTICE ABSTINENCE

BABIES BORN TO TEEN PARENTS ARE AT RISK FOR:

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HAVING LITTLE CONTACT WITH THEIR FATHERS
REASONS TO PRACTICE ABSTINENCE

BABIES BORN TO TEEN PARENTS ARE AT RISK FOR:
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- BEING ABUSED AND NEGLECTED
REASONS TO PRACTICE ABSTINENCE

BABIES BORN TO TEEN PARENTS ARE AT RISK FOR:
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  BEING ABUSED AND NEGLECTED
  GROWING UP IN POVERTY
REASONS TO PRACTICE ABSTINENCE

TEEN PARENTS ARE AT RISK FOR:
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TEEN PARENTS ARE AT RISK FOR:
DROPPING OUT OF SCHOOL
REASONS TO PRACTICE ABSTINENCE

TEEN PARENTS ARE AT RISK FOR:
- DROPPING OUT OF SCHOOL
- GIVING UP THEIR CAREER GOALS
REASONS TO PRACTICE ABSTINENCE

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- DROPPING OUT OF SCHOOL
- GIVING UP THEIR CAREER GOALS
- LIVING IN POVERTY
REASONS TO PRACTICE ABSTINENCE

TEEN PARENTS ARE AT RISK FOR:
DROPPING OUT OF SCHOOL
GIVING UP THEIR CAREER GOALS
LIVING IN POVERTY
GETTING DIVORCED, IF THEY MARRY
REASONS TO PRACTICE ABSTINENCE

TEEN PARENTS ARE AT RISK FOR:
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- GIVING UP THEIR CAREER GOALS
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- GETTING DIVORCED, IF THEY MARRY
- ABUSING THEIR CHILDREN
REASONS TO PRACTICE ABSTINENCE

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- GIVING UP THEIR CAREER GOALS
- LIVING IN POVERTY
- GETTING DIVORCED, IF THEY MARRY
- ABUSING THEIR CHILDREN
- HAVING A LIMITED SOCIAL LIFE
REASONS TO PRACTICE ABSTINENCE

TEEN PARENTS ARE AT RISK FOR:
- Dropping out of school
- Giving up their career goals
- Living in poverty
- Getting divorced, if they marry
- Abusing their children
- Having a limited social life
- Health problems
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- Lacking contact with their child
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- Living in poverty
- Getting divorced, if they marry
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- Having a limited social life
- Health problems
- Lacking contact with their child
- Making child support payments