**#8 Classwork:**

**Directions:** Watch the Video: Pregnancy Guide for Dummies: <https://www.youtube.com/watch?v=rnKHtkI2kt0> and answer the following questions:

1. Why should parents be honest about their health or family health background in the 1st prenatal appointment?
2. Why does the Dr. ask about the parent’s ethnicity?
3. Which “old wives tale/s” got your attention?
4. Which supplement is important for women to take during pregnancy that can prevent neural tube defects?
5. What suggestions were given that can relieve nausea and discomfort during pregnancy?
6. Can a pregnant mom do the following

|  |  |  |  |
| --- | --- | --- | --- |
|  | yes | no | Suggestions/ additional information |
| Hair dye |  |  |  |
| Hair perm |  |  |  |
| Wax |  |  |  |
| Manicure/pedicure |  |  |  |
| Massage |  |  |  |
|  | yes | no | Suggestions/ additional information |
| Travel |  |  |  |
| Metal detectors |  |  |  |
| Seat belts |  |  |  |
| Foods |  |  |  |
| Coffee |  |  |  |
| Prescription meds |  |  |  |
| Hot tub |  |  |  |
| Alcohol |  |  |  |
| smoking |  |  |  |

1. During pregnancy when should a woman call the doctor?
2. How was this video helpful?