Stages of Pregnancy and Birth Guided Worksheet

Station 1: Prenatal Care
1. What is prenatal care?

2. Pregnancy is divided into three stages called what?

3. How often should you see your doctor for the first 28 weeks of pregnancy?

4. Why does your doctor want you to start taking prenatal vitamins?

Station 2: Taking Care of Yourself during Pregnancy
5. True or False. Pregnancy is a great time to cut calories and go on a diet.

6. How many calories should you add to your diet to help nourish the developing fetus?

7. How much weight should you gain during pregnancy?

8. What are two types of food you should avoid during pregnancy?

9. What types of sports should be avoided during pregnancy?

10. Should you sleep on your side or your back during pregnancy? Why?

Station 3: The First Trimester. Weeks 1-12.
11. List 3 things you learned about the first trimester of pregnancy?
   a.

   b.

   c.
   11. List 3 things you learned about the second trimester of pregnancy?
      a.
      b.
      c.

   12. List 3 things you learned about the third trimester of pregnancy?
      a.
      b.
      c.

Station 6: The First Stage of Labor
   13. The first stage of labor is divided into four smaller phases. List them and then provide a brief definition of each phase.
      a.
      b.
      c.
      d.

Stage 7: The Second Stage of Labor
   14. When does this stage begin and when does it end?

Stage 8: The Third Stage of Labor
   15. What happens in the third stage of labor?

   16. How long does it usually take to deliver the placenta?