

# Pregnancy & Childbirth

- **Journey of the Sperm**
- **Journey of the Ovum**
- **Stages of Pregnancy**
  - > **Fertilization**
  - > **Gestation**
  - > **Childbirth**



# The Journey of the Sperm

## 1) Develops

> 65 - 75 Days

## 2) Ejaculation

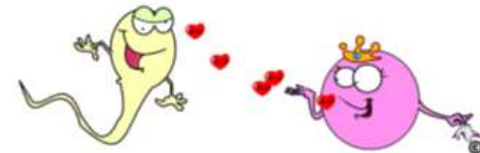
> approx. 280 million/per

## 3) Moves Towards Ovum

> drawn by hormones; speed of 8 inches/hour

## 4) Fertilization

> only one will fertilize



# The Journey of the Ovum - The Menstrual Cycle

## 1) Menstruation (Days 1 - 5)

> lining of uterus is shed

> menstrual fluid contains blood & endometrial tissue

## 2) New Lining Forms & Thickens (Days 6 - 10)

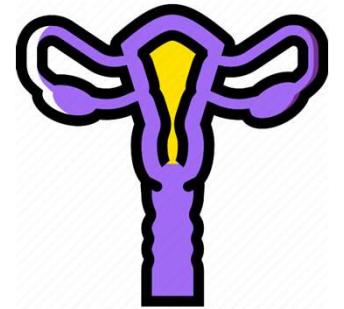
> filled with nutrients

## 3) Ovulation (Days 11 - 18; usually Day 14)

> release from ovaries

## 4) Lining Continues to Thicken (Days 19 - 28)

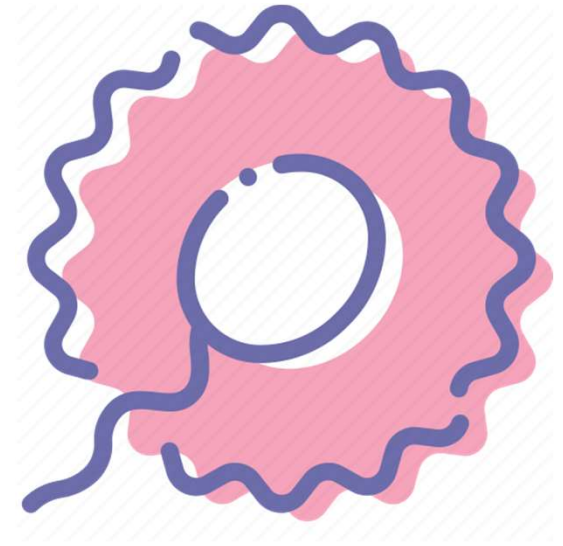
If the ovum is not fertilized, it dissolves, and the cycle begins anew



# Pregnancy - Fertilization

**Fertilization occurs when a sperm cell meets an ovum and their chromosomes merge (each has 23) to form the DNA of a new person.**

**A fertilized ovum  
is called a zygote**



# Pregnancy - Gestation

- **Placenta** - filters the mother's blood and sends nutrients to the fetus
- **Umbilical Cord** - carries oxygen, nutrient and waste between mother and child
- **Amniotic Sac** - filled with fluid to protect the fetus



# Pregnancy - Gestation

## 1<sup>st</sup> Trimester - Weeks 1 - 12

- **Mother: morning sickness, fatigue;**
- **Fetus:**
  - > **first organs (heart, brain, spinal cord, digestive system);**
  - > **body begins to form;**
  - > **gender determined at conception;**
  - > **3" after 12 weeks**



1 MONTH



2 MONTH



3 MONTH



# Pregnancy - Gestation

## 2<sup>nd</sup> Trimester - Weeks 13 - 24

- **Mother: will notice movement (weeks 15-18)**

- **Fetus:**

> **will begin sucking & swallowing, moving (weeks 12 - 14), & hearing sounds (week 20)**

> **lanugo (hair) & vernix protect developing skin**

> **meconium fills intestinal tract**

> **10-11" and 1 lbs by 24 weeks**



4 MONTHS



5 MONTHS



6 MONTHS



# Pregnancy - Gestation

## 3<sup>rd</sup> Trimester - Weeks 25 - 39

- **Mother: weight-gain; trouble sleeping; heartburn**

- **Fetus:**

> **all organs developed after 25 weeks**

> **lungs developed after 28 weeks**

> **more frequent movement**

> **able to recognize distinct sounds & see bright lights**

> **head down position (weeks 31 - 34)**

> **rapid growth**



7 MONTH



8 MONTH



9 MONTH



# Pregnancy - Childbirth

**A C-Section is the surgical removal of a baby from the uterus**

- 1) Baby Enters the Birth Canal**
- 2) Head Emerges**
- 3) Body and Umbilical Cord Emerges**
- 4) Placenta Emerges**

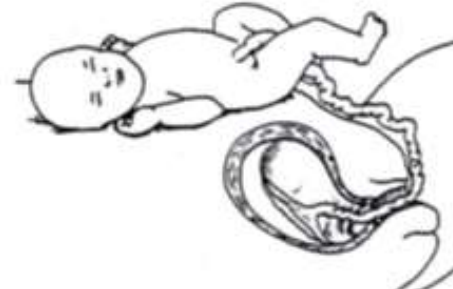
**1.**



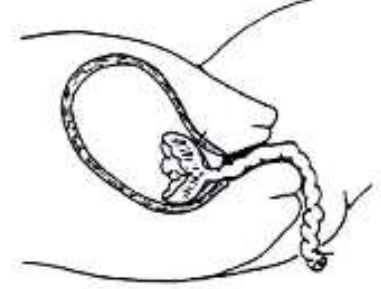
**2.**



**3.**



**4.**



# Pregnancy - Facts

- The longest pregnancy: a year and 10 days.
- Strong flavors can be tasted in utero (ex; garlic).
- The “glow”
  - > production of more oil (so the face looks shinier)
  - > increased blood flow (causing face to appear brighter)
- Abortion
  - > termination of a pregnancy no later than 20 weeks
  - > there is no specific law in Canada specifying an end date to an abortion procedure, but most are performed during the first trimester
  - > several types depending on how far along the pregnancy is: medical (prescription), aspiration, dilation & evacuation

