

COUPLES TRIVIA: ARE YOU READY DAD?

Circle the correct answer to each question.

Congratulations!

Lightening refers to:

- a. burst of energy just prior to delivery
- b. moodiness occurring the last trimester
- c. dropping of the baby down into the pelvis
- d. Mom's skin lightening at 36 weeks

For good health, Mom should consume:

- a. 20 servings of whole grains a day
- b. 1 serving of vegetables a day
- c. 4 - 6 servings of milk products a day
- d. 5 cups of coffee a day

Water breaking:

- a. can be just a slow trickle
- b. is a rupture of the membrane
- c. can be a gush of fluid
- d. all of the above

Braxton-Hicks are:

- a. one of the top baby formula producers
- b. false labor contractions
- c. the first doctors to perform cesareans
- d. none of the above

How many centimeters must Mom's cervix be dilated in order to push?

- a. 8
- b. 10
- c. 12
- d. 6

Doctor you see during pregnancy:

- a. Periodontist
- b. Ophthalmologist
- c. Obstetrician
- d. Pediatrician

During the third trimester:

- a. Mom gains roughly 10 lbs. a week
- b. baby gains roughly 1/2 lb a week
- c. all of the above
- d. none of the above

What causes morning sickness?

- a. exact cause is unknown
- b. drinking too much water
- c. watching too much TV
- d. too much weight gain

Effacement is:

- a. the thinning out of the cervix
- b. the opening of the cervix
- c. the position of the baby at 30 weeks
- d. none of the above

Causes of back pain during pregnancy:

- a. extra weight
- b. change in center of gravity
- c. hormonal changes
- d. all of the above

Mom should do the following within the first two weeks after giving birth:

- a. take care of the housework
- b. sleep when the baby sleeps
- c. go on a diet to lose weight
- d. all of the above

Mom's due date:

- a. gives a 95% chance baby is born that day
- b. helps the Doctor schedule his golf dates
- c. determines when prenatal tests are performed
- d. really doesn't mean anything