

A Healthy Pregnancy

Pre-reading

Questions:

- What is prenatal care?
- What do you already know about prenatal care?

Definitions:

- Prenatal – taking place before birth
- Checkup – a medical examination given by a doctor
- Regularly – happening over and over at the same time, or in the same way



Reading

15 Kim and Ben wanted to have a baby. They are very happy because Kim is
29 pregnant. They want to have a healthy baby. Seeing a doctor regularly is an
42 important part of prenatal care. Kim sees the doctor every month for checkups.

56 At the clinic the nurse weighs Kim. Then she takes Kim's blood pressure and
72 gets a blood sample. The doctor listens to the baby's heart. She also lets Kim and
88 Ben listen. It is very exciting for them to hear the "thump, thump, thump" of their
little one's heart!

91 After the checkup, the doctor talks with Kim and Ben. She reminds Kim to
105 eat healthy foods and drink lots of water. Kim also needs to take a daily vitamin.
121 Good foods, water and vitamins keep baby and mom healthy.

131 The doctor explains the harmful effects of smoking, drinking alcohol and
142 using drugs during pregnancy. These activities could harm the baby's health. The
154 doctor also tells Kim and Ben what to expect as the baby grows.

167 Kim and Ben will visit the hospital soon. They want to tour the place where
182 their baby will be born. They will see the birthing rooms. They will also visit the
198 nursery where nurses care for the babies while moms rest.

208 At the hospital, Kim and Ben will **receive** information about prenatal classes.
220 These classes are a good way to meet other parents and learn more about their baby.
236 Teachers will talk about the birthing process. They will also discuss feeding,
248 dressing, diapering, and bathing babies.

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Level 5.0

Understanding

1. Why is Kim receiving prenatal care? _____
2. Do you think it's a good idea? Why or why not? _____

3. At the prenatal checkup, what does the nurse do first? _____
4. How often does Kim go to the doctor for checkups? _____

5. What can Kim do to keep herself and her baby healthy? _____

6. What does the word **receive** mean in this reading? _____
7. Do you think Kim and Ben should take prenatal classes? Why or why not? _____

Writing

Choice A: Write about your own experience of prenatal care and prenatal classes. What was it like for you? What did you learn? How was your experience similar to or different than Kim and Ben's experiences?

Choice B: In your own words, write about prenatal care. What happens during prenatal care? What kinds of things should parents learn before their baby is born?
