

Watch the Video and fill in the blanks:

The Ultimate Guide to Pregnancy (49:58)

<https://www.youtube.com/watch?v=Pgh7--1MVbo>

**Fill in the Blank:**

1. This video states that our chromosome and genes are almost **identical**.
2. The video states that reproduction is both **exquisite** and **exquisitely common**
3. The entrance to the woman's reproductive system is the **cervix**.
4. Many sperm perish in the **acidic** climate of the vagina.
5. The sperm must swim an equivalent of **9** miles to reach the egg.
6. A sperm reaches the egg by **whipping** its tail.
7. Only **one** sperm can fertilize the egg.
8. The instant one sperm penetrates the "egg shell", the race is over and the exterior **closes**.
9. The nucleus of the egg and sperm join together inside the **egg** almost a day later.
10. Together the egg and sperm create the very **blueprint** from which a new person will be made.
11. You have **23** chromosomes from your father and you have **23** chromosomes from your mother.
12. Inside the nucleus of the egg and sperm is a **pronucleus**, a capsule containing the 23 chromosomes on which the DNA code is written.
13. The video states, "Only two cells and the future baby's **sex, looks** and even potential **health problems** are already determined."
14. The tiny clump of cells is pushed by finger-like **cilia** through the fallopian tubes toward the uterus.
15. At **32** cells the cell clusters begins its transformation.
16. The neural tube will become the **brain** and the **spine**.
17. By the end of the **third** week, the head and the tail portion of the tube fuse completely and a **brain** starts to form.

18. Until the placenta develops, a **yolk sac** provides nourishment for the first weeks.
19. The embryo sends **chemical** signals and mother's body prepares to nurture.
20. A critical point during embryogenesis is the point when all of the **organs** are signaled to begin developing.
21. The **heart** is the organ that develops first.
22. Not long after the heart begins to develop, the **liver** starts growing.
23. Each **system** takes its cue from nature's strict and graceful choreography.
24. The yolk sac, no longer needed for nourishment, becomes the baby's **blood** cell factory.
25. The **placenta** keeps the mother's and baby's blood streams apart.
26. The **umbilical cord** links the embryo to the placenta.
27. At **six** weeks, tiny limb buds emerge.
28. Increases of **progesterone** and **estrogen** hormones cause morning sickness.
29. Some of the changes in the breast that change in the beginning and continue during the rest of the pregnancy are increased **growth** of the actual cells of the breast.
30. The individual uterine **muscle** cells increase in size and number during pregnancy.
31. The uterus, between **9 and 12** weeks goes from a pelvic organ to an abdominal organ.
32. Between **8 and 10** weeks after conception the eyelids close.
33. **100,000** new nerve cells are created every minute.
34. The fetus depends on the mother's **diet** to supply the raw materials for healthy growth.
35. The mother will require about **300 to 500** extra calories a day during pregnancy.
36. What **harms** the mother, doubly **harms** the fetus.
37. A pregnant mother never **drinks** alone. She shares any alcohol she consumes with her fetus.
38. **Mothering** begins long before birth as the mother-to-be creates a healthy environment.

39. **Sex** is determined at the moment of conception but it takes nearly 20 weeks before it can be recognized.
40. By the 24<sup>th</sup> week virtually all of the mother's organs have been **rearranged to make room for a new living being**.
41. At 24 weeks, the fetus is covered in a furry coating, called **lanugo**.
42. The skin bears a waxy coating called **vernix caseosa**. It protects the fragile fetal skin from the amniotic fluid and infection.
43. **Braxton-Hicks** contractions are irregular and are not as intense as those of true labor.
44. At 26 weeks, the growing fetus is starting to learn the sound of the mother's **voice**.
45. The brain busily twists and folds miles of **neural pathways** into a wriggly maze.
46. Pregnancy hormones make the mother's **lungs** more efficient, bringing in **40%** more air, oxygenating more blood.
47. To prepare for life outside the womb, the cells lining the air sacs of the lungs begin to produce a substance called **surfactant**. It keeps the air sacs inflated.
48. The mother at 36 weeks in the video states, "The last couple of weeks of pregnancy are an **eternity**."
49. Some of the signs that you will know that you are in labor are **regular** contractions.
50. There are **3** stages of labor.
51. The first stage of labor is from when the initial strong contractions start until when the cervix is dilated **fully**.
52. The second stage of labor is the **pushing** stage.
53. The third stage of labor is from the delivery of the baby to **expulsion** of the **placenta**.
54. Each time the uterus contracts, the baby's world shrinks and the **placenta** and **umbilical cord** compress.
55. To pass through the narrowest part of the pelvis, the baby, guided by the muscles of the birth canal turns its head **sideways** to align with the pelvic inlet.
56. The **vaginal** opening gets larger as the baby approaches.

57. For nine months, mother and child share an incredible **transformation**.