

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 1 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 3d cells the cell clusters begins its transformation.
16. The neural tube will become the brain and the spine.
17. By the end of the 3rd 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 6 weeks 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 9-12 weeks goes from a pelvic organ to an abdominal organ.
32. Between 8-10 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.
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 vagina opening gets larger as the baby approaches.

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