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Reflection#3-

Relevant environmental effects on prenatal development:

The child will be shaped and influenced by the family environment in which he or she will be born into. There are several environmental effects that will affect or influence the growing fetus before birth.

Maternal age is one of the environmental effects during prenatal development, older mothers have an increased risk for illness and pregnancy complications. One complication is the incidence of chromosomal abnormalities. Teenage mothers have also a high risk for pregnancy problems such as a risk of infant death and infant cognitive deficits. One of the contributing issues for teenage mothers is the lack of prenatal care, teenage girls maybe less likely to obtain prenatal care than an older woman.

Multiple gestations can cause prenatal problems as well. A Pregnancy involving more than one fetus increases the risk of complications. Also, women who have several closely spaced pregnancies have also increased problems with fetal and child health. And incomplete healing of uterine scar from previous cesarean delivery among other causes may cause problems.

Maternal nutrition- a woman needs an extra 300 calories a day of high quality food for good nutrition. Poor nutrition can result in Intrauterine growth retardation and low birth weight.

Also lack of some vitamins as folic acid can cause birth defects. In general malnutrition increases the risk of congenital defects.

Maternal illness like sexually transmitted diseases can cause serious birth defects. Some of these STD can be passed to the fetus through the placenta. Some other serious illness can be diabetes which increases the risk of pregnancy and birth complication. Uncontrolled diabetic can result in miscarriage or fetal death.

Maternal drug use, maternal alcohol abuse and maternal smoking are environmental effects that will cause serious risk pregnancy and cause birth defects.

Maternal depression and Anxiety might also have serious consequences in the fetus if not treated. Untreated depression and anxiety may result in risks to the newborn: premature births or low birth weight babies and poor adaptation outside the womb. They show less organized sleep, lower dopamine, and serotonin.

Sensitive period for developing mother-infant bonding:

As per pediatricians Kennell and Klaus mothers who received extra contact with their infants immediately after birth exhibit better mothering skills than did mothers who received hospital mother-infant contact. They concluded that human mothers experienced a sensitive period just after birth for bonding with their infants. Even though these findings have been changing hospitals birthing practice and face-to face contact and breastfeeding are encouraged immediately after delivery, these ideas of early contact may be setting unrealistic expectations.

Not every woman may be ready for this early bonding like the woman who had an emergency C-section or mothers of premature babies. I don't agree with these findings that women who have this bonding with their infant have better mothering skills.