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Human Behavior in the social environment 2

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Reflection #3

1-Describe relevant environmental effects on prenatal development. The age of the person giving birth plays a significant role in the development of the fetus. For example, a teenage mother would most likely have less prenatal care than a mother that is in her mid 20's. The statistics in <https://www.ncbi.nlm.nih.gov/pmc/articles> shows that teen pregnancy from low socioeconomic status has much more poor pregnancy than pregnancies in the 20 to 35 years age group with a higher socioeconomic status. Another factor that can affect the development of the prenatal stage is maternal nutrition. During the prenatal period, the mother is required to gain 25-30 pounds which should include an extra 300 calories a day of high-quality food for good nutrition. The matter of maternal nutrition is so important that even the U.S. government had to develop a supplemental food program for low-income women during pregnancy (WIC). This program provides food vouchers to pregnant women and new mothers with children to age 5 for high iron protein. Lastly, Maternal Drug abuse is known to affect prenatal development. Because of pharmaceutical drugs that were sold over the counter, which are now known to cause birth defects (*teratogens*) and complications in the body form of the baby, a pregnant woman should always be advised to not take any medication without consulting her physician. Similar to unprescribed medication, illegal street drugs do tremendous damage to the environment of the Fetus. It is known that a mother on drugs like crack/cocaine can transmit the addiction to the child. The addiction is so strong that an infant can experience withdrawal problems like vomiting, seizures, and tremors. Not to mention, the increase in miscarriages and defects that occurs when the mother is using illicit drugs while pregnant.

2-Evaluate the significance of the concept of a sensitive period for developing mother–infant bonding. One of the most sensitive periods of the developing mother-infant relationship is right after the labor. Allowing the infant to lay skin-to-skin with the mother. The kangaroo care concept helps promote the care of the infant with the involvement of the mother right after the delivery took place. Also, it is very important for each infant to hear and experience the touch of the mother. This would allow the new born to develop a sense of comfort and familiarity that can help in the child’s development. Many women experience postpartum depression, anxiety disorder and perinatal mood and for this reason the mother’s well-being and emotional support is significant during the sensitive period developing mother-infant bonding. Allowing the men to go through the kangaroo care which means that the infant connects with the father’s body by laying on his chest skin to skin can help ease the mother’s load.