

	<p>Diet and lifestyle during pregnancy (cont.)</p> <p>Birth</p> <p>The newborn baby</p>	<p>Students should be able to:</p> <ul style="list-style-type: none"> • explain how the following diseases affect the unborn baby: <ul style="list-style-type: none"> – rubella; – chicken pox; – listeriosis; and – toxoplasmosis; • discuss the three stages of labour; • evaluate the following birth options: <ul style="list-style-type: none"> – home birth; and – hospital birth; • evaluate the types of pain relief available during labour, including medical and complementary; • describe the following types of delivery: <ul style="list-style-type: none"> – induction; – breech; – forceps; – caesarean; and – ventouse extraction; • analyse the role of the birthing partner; • describe the appearance and physical condition of a newborn baby, including: <ul style="list-style-type: none"> – average weight; – length and head circumference; – skin and birthmarks; – fontanelle; and – Apgar score; and • identify and describe the following reflexes of a newborn baby: <ul style="list-style-type: none"> – sucking and swallowing; – rooting; – grasping; – Moro and startle; and – stepping. 	
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