The workbook, one in a series on survival skills for adults learning English as a Second Language, focuses on development of communication skills, knowledge, and attitudes relating to pregnancy, prenatal care, and childbirth. An introductory section outlines the language functions taught and specific performance objectives within each function category. A series of 53 illustrated classroom exercises follows. Topics include visits to the doctor, physical examinations, body parts, giving a personal medical history, due dates, common problems, expressing concerns, colds, communicating with doctors and nurses, following a doctor's orders, eating well, items needed for mother and baby, care of the baby, breastfeeding, diapers, labor, delivery, and cesarean birth. A list of other workbooks in the series is appended. (MSE) (Adjunct ERIC Clearinghouse on Literacy Education)
HAVING A BABY

An English as a Second Language Workbook for Beginners

Written by Helen Cunningham
Foreword

The Community Survival Skills Booklets were developed for adults learning English as a Second Language in the English Language Training Division at Vancouver Community College. Since many of the programs are community-based, this booklet has been prepared in response to expressed needs by learners for the language skills required to cope or survive better in the community.

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<th>COMPONENTS:</th>
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<tbody>
<tr>
<td>Vocabulary Development</td>
<td>Vocabulary items directly related to the topic are presented in pictorial and written form.</td>
</tr>
<tr>
<td>Picture Stories</td>
<td>Stories for some topic areas are presented in both pictorial and written form.</td>
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<tr>
<td>Dialogue Practice</td>
<td>Dialogues needed in designated situations are given in the written form.</td>
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<tr>
<td>Reading Comprehension</td>
<td>Informative reading selections relating directly to the topic area are presented with accompanying exercises.</td>
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## HAVING A BABY

An English as a Second Language Workbook for Beginners

### OVERALL OBJECTIVE
The pregnant woman will be able to talk to and understand professionals in the health field.

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<td>Identify parts of the body.</td>
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<td>Identify things for the baby and mother</td>
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<tr>
<td>Reporting</td>
<td>Describe what people are doing.</td>
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<td></td>
<td>State what various people want.</td>
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<td></td>
<td>State necessary facts regarding menstrual periods, birth control, previous pregnancies and urine sample.</td>
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<td>Describe various health problems related to pregnancy.</td>
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<td></td>
<td>State what to eat for a healthy pregnancy and a healthy baby.</td>
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<td>FUNCTIONS</td>
<td>OBJECTIVES</td>
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</tr>
<tr>
<td>Reporting</td>
<td>Describe some important facts regarding breast-feeding, the pelvic tilt and a caesarean birth.</td>
</tr>
<tr>
<td>Requesting</td>
<td>Ask for confirmation of pregnancy. Request help from nurses.</td>
</tr>
<tr>
<td>Expressing</td>
<td>State plans regarding feeding the baby and type of diapers.</td>
</tr>
<tr>
<td>Receiving</td>
<td>Understand instructions for a healthy pregnancy and a healthy baby.</td>
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<tr>
<td>Offering</td>
<td>Offer advice for a healthy pregnancy and a healthy baby.</td>
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Exercise 1  Practise the conversation.

Dr. Smith:  Hello Mrs. Black.  How are you?
Mrs. Black:  Hello Dr. Smith.  I think I’m *pregnant.  I’ve missed *a period.
Dr. Smith:  Well, let’s find out.  I’ll do a pregnancy test.

*I’m pregnant - I’m going to have a baby.
*a period - bleeding every month.
Exercise 2 Practise the conversation.

Mrs. Black: Hello doctor.
Dr. Smith: Hello Mrs. Black. You're right. You're pregnant. Is this your first pregnancy?
Mrs. Black: No, it's my second. I have two little girls. They are *twins. They're three years old.
Dr. Smith: That's very nice. When did you have your last period? What day did it start?
Mrs. Black: June 4.
Dr. Smith: Well, the baby is due March 10.
Mrs. Black: That's very nice.
Dr. Smith: Now I'll examine you.

*twins - Two babies are born at the same time.
*examine - check to see that everything is okay.
Exercise 3  Practise the questions and answers.

1. What is the nurse doing?
   She’s weighing her.

2. What is the nurse doing?
   She’s taking a blood sample.

3. What is the doctor doing?
   He’s taking her blood pressure.
4. What is the doctor doing?  
He’s listening to her heart.

5. What is the doctor doing?  
He’s examining her breasts.

6. What is the doctor doing?  
He’s examining her internally.

7. What is Mrs. Black doing?  
She’s collecting her urine for the doctor.

*internally - inside
Exercise 4 Write the answers.

1. What is the nurse doing?

2. What is the nurse doing?

3. What is the doctor doing?
4. What is the doctor doing?

________________________________________

________________________________________

5. What is the doctor doing?

________________________________________

________________________________________

6. What is the doctor doing?

________________________________________

________________________________________

7. What is Mrs. Black doing?

________________________________________

________________________________________
Exercise 5  Practise the words.

1 stomach
2 muscle
3 heart
4 blood (in the veins)

5 mouth
6 nose
7 head
8 arm
9 breast
10 nipple
11 knee
12 leg
13 finger
14 hand
13 ankle
16 foot
17 2 feet
18 chest
19 pelvis
PARTS OF THE BODY

Exercise 6  Name the parts of the body.

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16
A VISIT TO THE DOCTOR

Exercise 7   Practise these sentences.

What did the nurse or doctor tell Mrs. Black to do?

1. Take your shoes off and step on the scale.

2. Roll up your sleeve.

3. Hold out your arm.
4. Undress and put on this gown.

5. Sit on the table.


7. Put your knees up.
8. Open your legs.

9. Lie on your side.

10. Get dressed.
Exercise 8  Listen to the questions. Practise the answers.

When did you have your last period?
What date did it start?
Were your periods usually regular?
Did they come about every 28 days?
Were you on *the pill?
What kind of *birth control were you using?
Is this the first time you have been pregnant?
Is this your first pregnancy?

How many times have you been pregnant?
Have you ever had a miscarriage?
Were any of your babies born early?
Were any of your babies born late?
Have you ever had a *caesarean?
How much did your babies weigh?

*birth control - something you use when you don't want to start a baby.
*the pill - a birth control pill.
*caesarean - The doctor cuts the mother's stomach and takes the baby out.
**DUE DATES**

**Exercise 9**

Read the chart.

<table>
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<th><em>Due Date</em></th>
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<td>September 5 10 15 20 25 30</td>
</tr>
<tr>
<td></td>
<td>October 5</td>
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</table>
Exercise 10 Read the story and answer the questions.

Mrs. Wong is from Hong Kong but she lives in Vancouver now. She has one child. He was born in Hong Kong. He weighed 5 pounds 6 ounces (2.4 kg.) when he was born. It was a *normal delivery. He is four years old now.

Mrs. Wong had a *miscarriage last year. She and her husband were very sad when she lost the baby.

Mrs. Wong is expecting again. This is her third pregnancy. Her last period started August 6. She has missed two periods. Her periods are very regular. The baby is due May 12.

*normal delivery - When the baby is born, the mother doesn't have any trouble pushing the baby out.

*miscarriage - The mother loses the baby when she is 2, 3 or 4 months pregnant. The baby comes out too soon.
MRS. WONG'S STORY

Exercise 11  Read the questions and answers.

1. How many children does Mrs. Wong have?
   She has one child.

2. How much did her first child weigh?
   He weighed 5 pounds 6 ounces (2.4 kg.)

3. Did she have any trouble during the delivery?
   No, it was a normal delivery.

4. Did she have a miscarriage?
   Yes; she had a miscarriage last year.

5. Is Mrs. Wong pregnant now?
   Yes she is. She is expecting a baby.

6. Is this her first pregnancy?
   No, this is her third pregnancy.

7. When is the baby due?
   The baby is due May 12.
AN APPOINTMENT WITH THE DOCTOR

Exercise 12 Read these sentences.

1. Mrs. Wong goes to the doctor every month. Every visit the nurse says, "Step on the scale, please. I want to weigh you."

2. Every visit the doctor says, "Roll up your sleeve. I want to take your blood pressure."

3. Every visit the nurse says, "Hold out your finger. I want to take a blood sample."
4. Every visit the doctor says,
"Undress and put on this gown. I want to listen to your heart and the baby's heartbeat."

5. Every visit the doctor says,
"You can get dressed now. Make another appointment. I want to see you next month."
AN APPOINTMENT WITH THE DOCTOR

Exercise 13  Practise the questions and answers.

1. What does the nurse want?
   She wants to weigh her.

2. What does the doctor want?
   He wants to take her blood pressure.

3. What does the nurse want?
   She wants to take a blood sample.
4. What does the doctor want? He wants to listen to her heart and the baby's heartbeat.

5. What does the doctor want? He wants her to make another appointment.

6. Why? What does he want? He wants to see her next month.
Exercise 14  Write the answers.

1. What does the nurse want?

2. What does the doctor want?

3. What does the nurse want?
4. What does the doctor want?

5. What does the doctor want?

6. Why? What does he want?
Exercise 15   Practise these sentences.

When Mrs. Black visits Dr. Smith he always says, "How are you feeling?" Mrs. Black is speaking to Dr. Smith.

1. I'm constipated.

2. My legs ache. I have varicose veins.

3. I'm sick to my stomach in the morning. I throw up every morning.
4. My ankles and feet are *swollen.

5. I'm dizzy. I stand up very slowly.

6. I'm very tired. Sometimes I go to bed at 8 o'clock. Sometimes I sleep in the afternoon.

7. My back aches.

*swollen - getting bigger.
Exercise 16. Practise these sentences.

Mrs. Wong is speaking to Dr. Smith.

1. My hands are swollen.

2. I feel nauseous. I can’t eat.

3. I have a pain in my chest after I eat. I think it’s heartburn.
4. I have some *spotting. I'm bleeding a little.

5. It hurts when I go to the bathroom. It burns.

6. I have *cramps in my legs.

*spotting - bleeding
*cramps - A muscle tightens. It hurts.
HOW IS SHE FEELING?

Exercise 17. Answer the question.
HOW IS SHE FEELING?

Exercise 18 Answer the question.
Exercise 19  Practise the conversation.

Dr. Smith: Good morning Mrs. Wong. How are you?

Mrs. Wong: Not too bad but I have a cold.

Dr. Smith: Yes, I see. Steam every day but don’t take any nasal sprays. Don’t take any *over-the-counter medicine.

Mrs. Wong: Sometimes my head aches. Can I take an aspirin?

Dr. Smith: No. Aspirins aren’t good for the baby. Don’t take any *drugs when you are pregnant.

Mrs. Wong: Fine. I’ll steam every day and I won’t take any drugs. I want a healthy baby.

*over-the-counter medicine - medicine you can buy without a doctor's prescription.

*drugs - medicine.
A COLD

Exercise 20  Fill in the blanks.

Dr. Smith: Good morning Mrs. Wong. How _______ you?

Mrs. Wong: Not too bad but I have a ________.

Dr. Smith: Yes, I see. ________ every day but ________ take any over-the-counter ________.

Mrs. Wong: Sometimes my head aches. ________ I ________ an aspirin?

Dr. Smith: No ________ aren’t good for the baby. Don’t take any aspirins when you are ________.

Mrs. Wong: Fine. I’ll ________ every day and I ________ take any drugs. I want a ________ baby.
MRS. BLACK AND DR. SMITH

Exercise 21 Practice the conversation.

Dr. Smith: Hello Mrs. Black. How are you today?
Mrs. Black: I'm fine but I'm really tired.

Dr. Smith: Are you taking your iron pills?
Mrs. Black: Yes, I am.

Dr. Smith: Good. You must take them every day. Are you taking your vitamin pills?
Mrs. Black: Yes, I am.

Dr. Smith: Good. You need more rest when you are pregnant. Sit down and put your feet up for an hour twice a day.

Mrs. Black: I'll try but I can't rest very much because I have twins.
Exercise 22  Fill in the blanks.

Dr. Smith:  Hello Mrs. Black.  How are you today?

Mrs. Black:  I'm fine but I'm really __________

Dr. Smith:  Are you taking your iron ______________?

Mrs. Black:  Yes, I am.

Dr. Smith:  Good.  You must take _______ _______ every day.  Are you taking your ______________ pills?

Mrs. Black:  Yes, I am.

Dr. Smith:  Good.  You need more ______________ when you are ______________.  Sit _______ and put your feet up for an ______________ twice a day.

Mrs. Black:  ______________ try but I ______________ rest very much because I have ______________.
Mrs. Black is expecting a baby. She is 3 months pregnant. The doctor gave her a list of orders. What should or shouldn’t she do?

**Don’t drink alcohol.**  
She shouldn't drink alcohol.

**Get lots of rest.**  
She should get lots of rest.

**Don’t smoke.**

**Take vitamin pills.**

**Drink lots of milk.**

**Eat lots of fruit.**

**Don’t take any aspirins.**

**Eat lots of vegetables.**

**Don’t take any over-the-counter medicine.**

**Take iron pills.**

**Don’t eat much sugar.**

**Don’t drink much coffee or tea.**
Exercise 24  Practise the conversation.

Mrs. Black: Hello. I have an appointment with Dr. Smith.
Nurse: Fine. Do you have your urine sample?
Mrs. Black: Yes, here it is. I put my name on the bottle.
Nurse: Good. When did you take this?
Mrs. Black: In the morning before breakfast.
Nurse: Good. Is the baby moving?
Mrs. Black: Yes, he’s kicking a lot. I think it’s a boy.
Nurse: That’s nice. Please go right in. The doctor is waiting for you.
A CONVERSATION WITH THE NURSE

Exercise 25  Write the answers.

Mrs. Black: ____________________________

Nurse: Fine. Do you have your urine sample?

Mrs. Black: ____________________________

Nurse: Good. When did you take this?

Mrs. Black: ____________________________

Nurse: Good. Is the baby moving?

Mrs. Black: ____________________________

Nurse: That's nice. Please go right in. The doctor is waiting for you.
EATING WELL

Exercise 26  Read the story.

You need to eat well when you are pregnant. Every day, choose several different foods from each of the 4 food groups. You need 6 to 8 glasses of milk, juice, water or soup every day. You need 4 glasses of milk every day. Calcium is in milk. Calcium builds strong bones and teeth. Calcium is also in cheese, yogurt, canned sardines and salmon with bones. Soybean milk is good too. It has calcium. The baby needs lots of calcium.

Don’t eat much fat or sugar. Fried food, potato chips, cookies, cakes and candy will make you fat and they won’t help the baby. Avoid caffeine. Caffeine is in tea, coffee and soft drinks. Caffeine is not good for you or the baby. Eat more during the last 5 months of your pregnancy.
You need to _______ well when you are pregnant. Every day, choose several different foods from each of the 4 food groups. You need 6 to 8 glasses of ________, ________, ________ or ________ every ________. You need 4 glasses of milk every day. _______ is in milk. Calcium builds strong ________ and ________. Calcium is also in cheese, yogurt, canned sardines and salmon with bones. Soybean milk is good too. It _______ calcium. The baby _______ lots of calcium.

Don’t eat much _______ or _______. Fried food, potato chips, cookies, cakes and candy _______ make you fat and they _______ help the baby. Avoid caffeine. Caffeine is in ________, ________, and soft _______. Caffeine is not _______ for you or the baby. Eat _______ during the last 5 _______ of your pregnancy.

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<td>bones</td>
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<td>Calcium</td>
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CANADA'S FOOD GUIDE

Exercise 28  Study these pages.

Group 1  Milk and Milk Products

Choose 4 *servings

milk  1 c.  250 ml.
buttermilk  1 c.  250 ml.
cheese  1 1/2 oz.  .45 g.
yogurt  3/4 c.  180 ml.

*serving - how much food you eat at one time.
CANADA'S FOOD GUIDE

Group 2  Meat and *Alternatives

Choose 2 servings

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<td>60-90 g</td>
</tr>
<tr>
<td>fish</td>
<td>2-3 oz.</td>
<td>60-90 g</td>
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<td>*poultry</td>
<td>2-3 oz.</td>
<td>60-90 g</td>
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<td>2 eggs</td>
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<tr>
<td>cooked or dried peas</td>
<td>1 c.</td>
<td>250 ml</td>
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<tr>
<td>beans</td>
<td>1 c.</td>
<td>250 ml</td>
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<tr>
<td>lentils</td>
<td>1 c.</td>
<td>250 ml</td>
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*alternatives - other things you can eat if you don't want meat.

*poultry - birds we eat - chicken, duck, goose, turkey.
CANADA'S FOOD GUIDE

Group 3  Bread and Cereals

Choose 3-5 servings

bread  1 slice
cooked or ready  1/2 to 1 c.  125-250 ml.
to eat cereal
1 roll or muffin
rice  1/2 to 3/4 c.  125-200 ml.
macaroni  1/2 to 3/4 c.  125-200 ml.
spaghetti  1/2 to 3/4 c.  125-200 ml.
Group 4  Fruits and Vegetables

Choose 4-5 servings

1 medium sized fruit or vegetable

vegetable  1/2 c.
fruit       1/2 c.
juice       1/2 c.
EATING

Exercise 29  Write the answers.

1. How often do you eat fish?

2. How often do you eat rice or potatoes?

3. How often do you drink tea?

4. How often do you eat bananas?

5. How often do you drink orange juice or apple juice?

6. How often do you eat chicken?

7. How often do you eat vegetables?

8. How often do you eat yogurt?

9. How often do you eat eggs?
A VISIT TO A DIETICIAN

Exercise 30 Practise the conversation.

Helen Black: Hi Mary. How are you feeling?

Mary Wong: Much better. My *morning sickness is gone.

Helen Black: Oh, that's good.

Mary Wong: And Dr. Smith sent me to a *dietician last week.

Helen Black: Oh. What did you learn? My sister is a dietician. I eat well because she helps me.

Mary Wong: I'm always tired. I need more iron. Iron is in meat, fish, chicken and duck. I'm going to eat more of these things.

Helen Black: Good. If you don't get enough iron, you feel tired all day. Do you like vegetables? Peas and spinach have a lot of iron.

Mary Wong: Yes, I love vegetables. I'll eat more peas and spinach.

*morning sickness - throwing up in the morning.
*dietician - a person who teaches others what to eat for good health.
A VISIT TO A DIETICIAN

Exercise 31 Write the answers.

Helen Black: Hi Mary. How are you feeling?

Mary Wong: ____________________________

Helen Black: Oh, that’s good.

Mary Wong: ____________________________

Helen Black: Oh. What did you learn? My sister is a dietician. I eat well because she helps me.

Mary Wong: ____________________________

Helen Black: Good. If you don’t get enough iron, you feel tired all day. Do you like vegetables? Peas and spinach have a lot of iron.

Mary Wong: ____________________________
THINGS FOR THE BABY

Exercise 32  Practise the words.

1 crib
2 mattress
3 bumper pad
4 disposable diapers
5 safety pins
6 stroller
7 car seat
8 bottle
9 nipple
10 cap
11 crib sheet
12 blanket
13 sleeper
14 overalls
15 T-shirt
16 sweater
17 hat
18 high chair
THINGS FOR THE BABY

Exercise 33 Write the answers.

1 ____________
2 ____________
3 ____________
4 ____________
5 ____________
6 ____________
7 ____________
8 ____________
9 ____________
10 ____________
11 ____________
12 ____________
13 ____________
14 ____________
15 ____________
16 ____________
17 ____________
18 ____________
Exercise 34  Practise the questions and answers.

What are they?
They’re maternity clothes.

What is it?
It’s a nursing bra.

What is it?
It’s a nursing pad.

What is it?
It’s a changing table.

What is it?
It’s a pad for a changing table.
FEEDING THE BABY

Exercise 35  Practise the questions and answers.

1. What is she doing?

   She’s feeding the baby.
   She’s nursing the baby.
   She’s breast-feeding her baby.

2. What is she doing?

   She’s feeding her baby.
   She’s giving her baby a bottle.

3. What are they doing?

   They’re feeding their babies.
FEEDING THE BABY

Exercise 36  Write the answers.

1. What is she doing?

2. What is she doing?

3. What are they doing?
TAKING CARE OF THE BABY

Exercise 37  Practise the conversation.

Mary Wong:  Hi Helen. Is your baby due soon?
Helen Black:  Yes, March 10. I'm going to buy a nursing bra and some nursing pads tomorrow. I want to be ready. Are you going to nurse your baby?
Mary Wong:  No. I'm going to use bottles. I have a part-time job and my husband wants to help. He can give the baby a bottle in the middle of the night sometimes.
Helen Black:  Oh, that's very nice. I'm going to buy some disposable diapers too. Are you going to use them?
Mary Wong:  No, I don't think so. I'm going to use cloth diapers. I have a good washing machine and it's cheaper.
Helen Black:  Yes, it is.
Exercise 38 Write the answers.

Mary Wong: Hi Helen. Is your baby due soon?

Helen Black: __________________________

Mary Wong: No. I’m going to use bottles. I have a part-time job and my husband wants to help. He can give the baby a bottle in the middle of the night sometimes.

Helen Black: __________________________

Mary Wong: No, I don’t think so. I’m going to use cloth diapers. I have a good washing machine and it’s cheaper.

Helen Black: Yes, it is.
Exercise 39  Read the story.

Many mothers breast-feed their babies. It is called nursing. Some mothers nurse for 6 weeks and some mothers nurse for 9 months or longer.

Breast milk is good for the baby. Breast milk keeps the baby healthy. If you breast-feed the baby, the baby probably won’t get sick. The baby will be *immune to many illnesses.

Nursing is very good for the mother too. Nursing helps the mother’s uterus go back to its proper size quickly.

Nursing is very easy. The milk is always ready and it is always *the right temperature. It is cheap too.

A nursing mother needs to eat well and drink a lot of liquids. The mother will have a lot of milk for the baby if she drinks a lot of liquids. A nursing mother should sit down and rest before she nurses the baby.

*immune to - protected from
*illnesses - sicknesses.
*uterus - a part inside the body. The baby grows inside the uterus.
*the right temperature - not too hot, not too cold.
*liquids - milk, juice, water.
BREAST-FEEDING

Exercise 40  Fill in the blanks.

Many mothers breast-feed their babies. It is called __________. Some mothers __________ for 6 weeks and some mothers nurse for 9 months or longer.

Breast milk is __________ for the baby. Breast milk keeps the baby __________. If you breast-feed the baby, the baby probably won’t get __________. The baby will be immune to many illnesses.

Nursing is very good for the __________ too. Nursing helps the mother’s uterus go back to its proper size quickly.

Nursing is very easy. The __________ is always ready and it is always the right __________. It is __________ too.

A nursing mother needs to __________ well and _______ a lot of liquids. The mother will have a lot of milk for the baby if she drinks a lot of _______. A nursing mother should sit down and _______ before she nurses the baby.

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Exercise 41  Practise the questions and answers.

What is she doing?
She’s folding the diapers.

What are they?
They’re cloth diapers.

What is she doing?
She’s changing the baby’s diaper.

Is she using disposable diapers?
Yes, she is.
Exercise 42  Write the answers.

What is she doing?

________________________________________

What are they?

________________________________________

What is she doing?

________________________________________

Is she using disposable diapers?

________________________________________
Exercise 43  Read the story.

Mrs. Black and Mrs. Wong are going to prenatal classes. Sometimes they do exercises. They are learning the pelvic tilt. Mrs. Wong does the pelvic tilt when her back aches. Mrs. Wong and Mrs. Black are going to do the pelvic tilt a lot after they have their babies. It will make their muscles strong again.
Exercise 44  Read the story.

It’s 6 o’clock in the morning. Mrs. Wong can’t sleep. She is getting up to go to the bathroom.

The waters have broken. She has started *labour.

Her husband is phoning the hospital and the doctor. Mrs. Wong isn’t going to eat or drink anything.

*labour – the time just before the baby is born.
They are going to the hospital. The contractions are coming every 8 minutes. Each one is 1 minute long. (They last 1 minute)

Mrs. Wong tries to relax during a contraction. She knows she will feel more pain if she doesn’t relax. She tries to breath slowly during a contraction. She breathes in through her nose and out through her mouth.

Now they are in the birthing room in the hospital. The nurse is examining her internally. She wants to know how much the cervix has dilated.

*contractions - labour pains in your stomach and back. The uterus is pushing the baby out.
*relax - rest
*dilated - opened
It's 8 o'clock. The nurse is giving Mrs. Wong a *painkiller.

It's 9 o'clock now. A fetal heart monitor is on Mrs. Wong's stomach. The doctor is checking the baby's heartbeat. Everything is fine.

* painkiller - medicine to help with the pain.
Exercise 45  Answer the questions.

1. When did her waters break?

2. How often are the contractions?

3. How long do the contractions last?

4. Why does she want to relax during a contraction?

5. Why is the nurse examining her internally?

6. Why is the fetal heart monitor on Mrs. Wong's stomach?
Exercise 46  Read the story.

Mrs. Wong is fully dilated.
She is pushing very hard.

The baby's head is almost out. Mrs. Wong is panting now.
She is breathing in and out very quickly. She wants the
baby's head to come out slowly. She doesn't want an
episiotomy.

Mrs. Wong has another contraction
and she is pushing very hard. Dr. Smith is delivering the baby.
It's a boy. The doctor is cutting
the cord. The baby weighs
7 pounds 8 ounces (3.4 kilograms).
He was born at 11:05 a.m.
THE DELIVERY

Exercise 47  Read the sentences.

In the bottom picture, the cervix is fully dilated.

An episiotomy is a cut. The doctor will *stitch it up.

*stitch - sew
THE DELIVERY

Exercise 48  Fill in the blanks.

Mrs. Wong is fully __________. She ________ __________ very hard.

The baby's __________ is almost out. Mrs. Wong ________ ________ now. She is breathing in and out very __________. She wants the baby's head to come out slowly. She ________ ________ an episiotomy.

Mrs. Wong has another __________ and she is pushing very hard. Dr. Smith ________ ________ the baby. It's a __________. The doctor is cutting the __________. The baby weighs 7 pounds 8 ounces (3.4 kilograms). He ________ born at 11:05 a.m.

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THE BIRTH OF JENNIFER ANN BLACK

Exercise 49  Read the story.

Last month Mrs. Black went to the hospital for a *tour. She wanted to see the *maternity ward. Her husband went too. After the tour, Mrs. Black registered. She told them her name, address, phone number and medical insurance number. She told them about her health. The hospital knows she is coming about March 10. The baby is due March 10. The hospital knows her husband wants to watch.

Thursday afternoon, Mrs. Black saw some blood on her panties. Soon she felt some contractions. She and her husband went to the hospital. Her husband stayed with her. He rubbed her back a lot.

*a tour - a visit to look around

*maternity ward - the rooms in the hospital for the mothers and their babies.
Mrs. Black had an *epidural. After that, she didn’t feel anything from her waist down. She didn’t feel the pain. The doctor told her when to push. She didn’t feel the baby come out but she saw it. She looked in the mirror. Her husband was in the room and he saw the baby being born.

It was a girl. She was born at 10:35 p.m. She weighed 8 pounds 4 ounces (3.7 kg.). Mr. and Mrs. Black *called her Jennifer Ann Black.

*epidural - an injection in the back
*called - named
THE BIRTH OF JENNIFER ANN BLACK

Exercise 50    Write the answers.

1. Where did Mr. and Mrs. Black go last month?

2. What did they see?

3. What did Mrs. Black do after the tour?

4. When is the baby due?

5. Is her husband going to watch?

6. Why did Mrs. Black go to the hospital?

7. How did her husband help her?

8. Why didn’t she feel the baby come out?

9. What did they call the baby?
THE BIRTH OF JENNIFER ANN BLACK

Exercise 51  Fill in the blanks.

Last month Mrs. Black went to the hospital for a ______________. She wanted to see the ____________ ward. Her husband ____________ too. After the tour, Mrs. Black ________________. She told them her name, address, phone number and ____________ insurance number. She told them about her ____________. The hospital knows she is coming about March 10. The baby is ____________ March 10. The hospital knows her husband wants ____________ watch.

Thursday afternoon, Mrs. Black saw some ________ on her panties. Soon she ____________ some contractions. She and her husband went to the ________________. Her husband ____________ with her. He ____________ her back a lot.

Mrs. Black had an ________________. After that, she didn’t feel anything from her ____________ down. She didn’t feel the ________________. The doctor told her when to push. She didn’t feel the baby come out but she ____________ it. She looked in the ________________. Her husband was in the room and he saw the baby being ________.

It was a girl. She ____________ born at 10:35 p.m. She ____________ 8 pounds 4 ounces (3.7 kg.) Mr. and Mrs. Black ____________ her Jennifer Ann Black.

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A CAESAREAN BIRTH

Exercise 52   Read the story.

Some mothers have a Caesarean. The doctor cuts the mother’s stomach and takes the baby out. Some mothers have a general anaesthetic. A general anaesthetic makes the mother go to sleep. Some mothers have an epidural. Then, they are awake and can see the baby as soon as it is born. The nurse usually takes the baby to *Intensive Care for a few hours after a Caesarean.

*Intensive Care – a special room where the nurses watch the babies very carefully.
Exercise 53  
Practise the questions and answers.

My nipples *are sore.
Can I have something for them?

My stitches hurt.
Can I have a sunlamp?

I’m bleeding a lot.
Can I have some more pads?

I’m thirsty.
Can I have a drink?

I’m constipated.
Can I have something?

I have a lot of pain.
Can I have something for it?

*are sore — hurt.
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