**Your Birth Story Due:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The purpose of this assignment is to relate what you have learned in class regarding pregnancy to how your actual birth was. Once at home you will need to interview your mom (if available), or someone else who was present at your birth – either by phone or in person. If you were adopted, you can do this on someone in your family that has had a pregnancy. First, Interview your mom (or alternate) with questions below. Then, once all questions are answered and you have a “timeline” of how it was played out – write “your birth story”. Story should be in “story form” – with a title, author, beginning, middle, and end. Focus on terminology you have learned in class and have fun with this!

Pregnancy Information

How old was your mom?

Was this her first, second, third, fourth, etc… pregnancy?

Was she healthy before pregnancy?

How did she find out? (At home test, at the doctor with urine/blood..etc..)

Did she find out it was a boy or a girl?

How did the pregnancy go? (Easy, any complications?, have to be on bed rest?, gestational diabetic? Etc…)

Did she have a lot of family support?

Did she attend prenatal classes of any kind?

Labor Information

How many weeks gestation was she when she delivered?

How did she go into labor? (Induction, natural, scheduled C-section, water broke, etc..)

How long was labor?

Did she deliver at a hospital or at home?

Did she use a doctor or a midwife?

How was her labor experience?

How long did she labor before she had you? (If she didn’t have a c/section)

If C-section – what happened after the surgery?

What time were you born?

What were your measurements?

Postpartum Information

How long did she stay in the hospital before being d/c?

Any complications post-delivery?

Any postpartum depression or baby blues?

How were the first few weeks at home?

If c/section – how was her recovery in the hospital and at home

**Birth Story Rubric**

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| --- | --- | --- |
| **Section** | **Student Total** | **Best Total** |
| **Project organization**  -Neat  -On Time  -Easy to read/follow  -Cover Page  -Overall impression | **/10** | **/10** |
| **Section 1: Pregnancy** | **Section Total: /30** | **Section Total: /30** |
| -Use of medical terminology | 10 | /10 |
| -Details include maternal health and demographics, overall medical and pregnancy history, OB care (including tests and ultrasounds), overall health during pregnancy etc… | /20 | /20 |
| **Section 2: Labor & Delivery** | **Section Total /30** | **Section Total: /30** |
| -Use of medical terminology | /8 | /8 |
| -Details should start with how labor began and end with delivery. | /5.5 | /5.5 |
| -Includes where delivery happened, how long it took, how it went (tests, etc…) | /5.5 | /5.5 |
| -Type of delivery (if c/s why) and how long it took. Any complications? | /5.5 | /5.5 |
| -Details of the birth to include measurements and details. | /5.5 | /5.5 |
| **Section 3: Post-Partum** | **Section Total: /30** | **Section Total: /30** |
| -Use of medical terminology | /8 | /8 |
| -Details after delivery to include how long she stayed (if extended period: why?), did the baby room with her why/why not, circumcision (if a boy), etc… | /11 | /11 |
| -How was she once she returned home? Any help? Any baby blues and how that was handled? If c/s how recovery was. | /11 | /11 |
| **Anything extra?** | +\_\_\_\_\_\_ | +\_\_\_\_\_\_ |
| **Project Total** | /100 | /100 |