



# Maternity Crossword Fun

## Across

1. The foetus's life line
2. Another name for a sonar
3. Abbreviation for postnatal depression
4. Most effective natural method for pain relief during labour
5. Where should a new baby be placed immediately after birth
7. The number of blood vessels in the umbilical cord
8. The birth through the abdomen
9. The bony structure through which the baby has to pass during labour
10. The water that surrounds the foetus
11. When a mom neither has an episiotomy or a tear during the birth, her perineum is ...
12. The test on a baby at 1 minute and again at 5 minutes after birth
13. The love hormone
14. A moms last period is denoted as
15. The normal natural way to give birth
16. A double breastpump expresses how many breasts at a time
17. A way to keep track of the foetus's movement
18. If your baby can't suck at birth the mom needs to ... her breasts
19. A cut given to mom to enlarge her vaginal outlet at birth
20. A bloody mucousy discharge mom has just before labour
21. A baby between 39 and 40 weeks gestation
22. A good way to stay calm in labour
23. A baby has 26 of these from mom and 26 from dad
24. The event of being born
25. What you should do to get through contractions
26. The hardest, most painful stage of labour
27. The fine downy hair a baby is covered with
28. An involuntary movement made by the baby

## Down

1. The correct name for the womb
29. Mom should do this between contractions
30. The muscular movements that occur in the uterus
31. The creamy substance that covers the baby's skin in utero
32. The physical hard work of having a baby
33. What you can do with extra expressed breast milk
34. The stage between first and second stage of labour
35. The normal natural way to feed a baby
36. The structure providing the foetus with oxygen and nutrients
37. Commonly called the day a baby is due
38. When you are pregnant, you shouldn't lie in that position
39. Natural ways to assist with the pain of labour
40. Person qualified and specialised in natural birth
41. These happen when skin expands quickly past its limit
42. When the baby's head drops into the pelvis
46. When mom feels the first foetal movements, it is known as
42. Baby fills his nappy with this
43. Labour ends in this
44. First type of breast milk
45. A device that transmits electrical impulses to the skin of mom's lower back in labour
46. Labour ends with this
47. Dad can help mom in labour by doing this particularly if she has back pain
48. For labour to start, baby must have moved ... the pelvis
49. It is better to have a ... than an episiotomy
50. This gas can be used during labour
51. Hard bony structure protecting your foetus
52. Mom should do this during labour and not just lie in bed
53. A baby's first stool
54. The part of mom that has to dilate during labour

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 under competitions

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