

## Class 4 – Quiz

Name \_\_\_\_\_

1) **The primary goal of the Bradley Method is...**

- a. **A healthy mother & baby**
- b. A natural birth
- c. Finding one's true self

2) **The foundation of a healthy pregnancy and baby is...**

- a. Meditating every day
- b. Exercising extra hard
- c. **Nutrition**
- d. Indulging in lots of sweets

3) **The Bradley Method teaches that natural child-birth is usually the safest birth for both mother and baby.**

- a. **True**
- b. False

4) **The Kegel exercise helps to maintain proper tone in**

- a. The stomach muscles
- b. The thighs
- c. The uterus
- d. **The pelvic floor**

5) **Name the three types of relaxation:**

**Physical**

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**Mental**

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**Emotional**

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6) **According to Dr. Brewer's Pregnancy Diet, pregnant women should consume how many grams of protein a day?**

- a) 50 – 65 grams
- b) **80 – 100 grams**
- c) 60 – 80 grams

7) **What type of breathing does the Bradley Method recommend for labor?**

**Regular/Abdominal/Normal**

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8) **A balanced and healthy pregnancy diet includes:**

- a. Adequate protein
- b. Adequate calories (@2500)
- c. Variety of food groups
- d. Salt to taste
- e. Adequate fluids
- f. **All of above**

9) **Type of device used to monitor baby's heartbeat that does *not* use ultrasound...**

- a. Doptone
- b. Electric Fetal Monitor
- c. **Fetoscope**

10) **Drugs administered during labor do not affect the baby.**

- a. True
- b. **False**

11) **In the Bradley Method the key to handling your labor is**

**Relaxation**

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12) **List two ways that focusing on relaxation (or abdominal breathing) can help you in labor**

- avoid unnecessary pain
- break fear/tension/pain cycle
- reduces stress
- conducive to relaxation
- create a positive environment
- optimal oxygen levels

14) **One way to avoid unnecessary pain in labor is for the mother to lie on her back.**

- a. True
- b. **False**

15) **The average length of human gestation is...**

**41 and 1/7 weeks**

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16) **Toxins and drugs ingested during pregnancy can negatively affect the baby's development.**

- a. **True**
- b. False

17) **Usually the best person to support the laboring mother is...**

**The Father/Coach**

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18) **Part of taking responsibility as a parent is...**

- a. Doing whatever your medical caregiver suggests
- b. Doing what others do
- c. **Being informed and making choices**

19) **Healthy and low-risk mothers have more choices for birthing.**

- a. **True**
- b. False

20) **The prenatal exercise that helps with many pregnancy discomforts (such as back-ache) and helps the baby get into a good position for labor is ...**

- a. Kegels
- b. **Pelvic rocking**
- c. Side-lying

21) **List 3 benefits of breast-feeding:** **Variety of answers**

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