PENANG SANGAM HIGH SCHOOL
YEAR 12D HOME ECONOMICS
Week 5

The Family- Post Natal Care

1. Define the following terms:
   i. Postnatal care
   ii. Perineum care
   iii. Episiotomy
   iv. Postpartum blues
   v. Meconium

2. State two activities new mothers should avoid during heavy bleeding.

3. If there is some form of tearing in the perineum area, write down two recommendations the new mother must do in order to help in the healing process.

4. Write down what the new mother must do to avoid strain in the perineum, back and tummy.

5. Give a reason for a new mother to return to a general fitness program after having her baby.

6. Discuss four causes of baby blues.

7. Describe four common signs and symptoms of baby blues or postnatal depression.

8. List three areas where new mothers can sought help for postnatal depression.

9. Describe four factors to consider before and during nappy changing. Give a reason for each.

10. Define "wetness indictor" in disposable nappies.

11. Describe the bowel motion colour change in infants after few days of feeding.

12. What does breast milk contains and state its importance?

13. Which feeding method is prone to constipation?

14. How to safely wrap your baby.

1. Write down the description of wrapping babies for each diagram.

No	Diagram	Description
1		
2		
3		
4		
5		
6		