

PENANG SANGAM HIGH SCHOOL
HOME ECONOMICS DEPARTMENT
BATCH 8 – WEEK 1 WORKSHEET
YEAR 12D

STRAND: HOME MANAGEMENT

SUB-STRAND: THE FAMILY

LEARNING OUTCOMES:

1. Describe the post natal care to the infants.
2. Identify the qualities of good parenting and discuss its influence on the family.
3. Discuss how social changes affect the family structure and its effects on the family.

Short Answer Questions

1. Define the following terms
 - i. Postnatal Care:
 - ii. Postnatal Period
 - iii. Perineum Care
 - iv. Episiotomy
 - v. Baby blues/Postpartum blue
 - vi. Meconium
2. List down three dangers that can occur due to lack of post natal care.

Care of the New Mother

Normal bleeding

1. Discuss the bleeding in new mothers and its colour change.
2. State **two** activities new mothers should avoid during heavy bleeding

Perineum Care

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

Exercise

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

Rest and Activity

2. Which three strenuous activities must be carefully and drawing in the pelvic floor.
3. As muscles recover and get stronger what must the new mother do at home?
4. Give a reason for a new mother to return to a general fitness program after having her baby.
5. List the 6 activities that are recommended for her.

Postpartum blues and depression

1. What percentage of women experience baby blues and when is this usually experienced?
2. Discuss four causes of baby blues.
3. Describe four common signs and symptoms of baby blues or postnatal depression.
4. List three areas where new mothers can sought help for postnatal depression.

Post Natal Care to the Infants

Nappy changing

1. Describe **four** factors to consider before and during nappy changing. Give **a reason** for each.
2. Explain the nappy changing procedure for:
 - i. Boys:
 - ii. Girls