

**Igor Charkovsky** ran pioneering 'birth camps' in the Black Sea from the 1960s. He believes that humans' ancestors lived mainly in water, and that it is unnatural and harmful to be born out of water. What do you think?



In the UK, **98%** of births take place in hospital. Is the situation similar in your country?

## Signs and symptoms

### Pregnancy and labour

- 1 A pattern of signs often alerts a woman that she may be pregnant. A different pattern of signs occurs when labour begins at the end of the pregnancy. Work in pairs to complete the list of signs using the words below.



bloating	morning	pelvis
contractions	mucus	rupture
discharge	need	strength
fatigue	nipple	temperature
mood	period	trembling

- 1 You will miss a menstrual period. P
- 2 False, 'Braxton Hicks' \_\_\_\_\_ occur. \_\_\_\_\_
- 3 \_\_\_\_\_ and sleepiness are common. \_\_\_\_\_
- 4 Contractions become more rhythmic and increase in \_\_\_\_\_. \_\_\_\_\_
- 5 Some women feel abdominal \_\_\_\_\_. \_\_\_\_\_
- 6 \_\_\_\_\_ swings and stress are often reported. \_\_\_\_\_
- 7 You notice an increase in pink or white \_\_\_\_\_. \_\_\_\_\_
- 8 You may experience \_\_\_\_\_ sickness. \_\_\_\_\_
- 9 Your basal body \_\_\_\_\_ will be elevated. \_\_\_\_\_
- 10 There may be a 'show', which is the release of a \_\_\_\_\_ plug from the cervix. \_\_\_\_\_
- 11 You may feel the \_\_\_\_\_ to urinate frequently. \_\_\_\_\_
- 12 The baby's head engages – that is, it lowers into the \_\_\_\_\_. \_\_\_\_\_
- 13 It is common for the area around the \_\_\_\_\_ to darken. \_\_\_\_\_
- 14 Shivering or \_\_\_\_\_ without reason is common. \_\_\_\_\_
- 15 Your waters break, which is the \_\_\_\_\_ of the amniotic sac. \_\_\_\_\_

- 2 Decide if each sign in 1 indicates pregnancy or labour. Write *P* (pregnancy) or *L* (labour).

## Speaking

### Discussion for and against

- 1 Work in two groups. Read the sentences below. Group A, think of arguments *in favour* of the statements. Group B, think of arguments *against* the statements. Then join with the other group to discuss the statements.
  - Couples should have the right to know the sex of their baby.
  - There should be an age limit for fertility treatment for women.
  - The best age to have children is 20–25.
  - Schools should teach baby care.
- 2 Now read these sentences. Group B, think of arguments *in favour*. Group A, think of arguments *against*.
  - Mothers should be allowed to choose whether or not to have a Caesarean.
  - All foetuses should be tested for conditions such as Down syndrome and spina bifida.
  - Women should be left to decide for themselves whether to breastfeed or bottle-feed.
  - Abortions should be allowed up to twenty weeks.

## Writing

### Discursive essay

- 1 Read the essay on the advantages and disadvantages of water birth. Write the letter of the paragraph where the writer makes each point below. Put a cross (X) if the point is not included in the essay.
  - 1 Nurses have a greater risk of infection with water births. C
  - 2 Water birth is becoming more widely available. \_\_\_\_\_
  - 3 The mother's anxiety is reduced in water. \_\_\_\_\_
  - 4 Water births cause delays if emergency treatment is needed. \_\_\_\_\_
  - 5 Women who have given birth in water often choose to again. \_\_\_\_\_
  - 6 There is a risk of the baby breathing water into its lungs. \_\_\_\_\_
  - 7 Bleeding is difficult to monitor. \_\_\_\_\_
  - 8 The mother can change position more easily in water. \_\_\_\_\_