



15 Write the number of syllables in each word. Then underline the stressed syllable. Then listen and check your answers. An example has been done for you.

- a 3 exciting
- b pregnant
- c wonderful
- d Thursday
- e November
- f morning
- g sickness
- h careful
- i bassinet
- j arrange

Practise your skills

Prepare a conversation. Use these questions to help you.

- How will you start the conversation?
- What topics will you talk about?
- What questions will you ask to keep the conversation going?
- How will you give feedback?
- How will you close the conversation with pre-closing and closing steps?

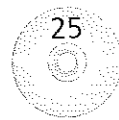
When you are ready, practise your conversation with a neighbour or someone else you know.

Unit 2 Getting ready

Options for antenatal care

Before you start

At her first visit at the antenatal clinic, the midwife gave Rebecca some information about antenatal care. There are different options (or choices) for care during your pregnancy. Not all hospitals in Australia have all the options – ask your midwife or doctor what options there are at your local hospital.



1. Read and listen to the fact sheet. Use the glossary and your dictionary to look up new words.

FACT SHEET 1

Options for antenatal care

Midwives clinic

The same midwife will look after you during your pregnancy. You will book in at the midwives clinic and you may also see a hospital doctor. Then you will go to the midwives clinic for regular checkups. A midwife from the labour ward or your own midwife will care for you during the birth of your baby. A doctor will also care for you in labour if needed.

Doctors clinic

A hospital doctor will look after you during your pregnancy. The hospital midwives will care for you during the birth of your baby. A doctor will also care for you in labour if needed.

Shared care: Your GP and the doctors clinic

You can ask your general practitioner to look after you during your pregnancy AND the midwives will support you during the birth of your baby. A doctor will also care for you in labour if needed.

Private obstetrician

You can choose a private obstetrician to look after you during your pregnancy in the obstetrician's own private practice. Midwives from the labour ward and your obstetrician will support you during the birth of your baby. This usually happens in a private hospital.

Birth centre

You can have pregnancy care and a natural childbirth in the birth centre at a public hospital. Midwives will look after you in a home-like environment. The midwives will consult with a doctor if needed.

NOTE:
Labour ward, delivery ward, delivery suite, birth suite and birth unit are all names of the place where babies are born.

NOTE:
There may be other options where you live.

2 Match the words on the left with the meanings on the right. The first has been done for you.

- | | |
|-----------------------------|---|
| a option | a homely place where mothers have a natural birth |
| b antenatal care | a person trained to care for pregnant women and assist in and after childbirth |
| c check up | a doctor trained in everyday, non-specialist health care |
| d midwife | a doctor trained to care for pregnant women and assist in and after childbirth |
| e midwives clinic | the place where midwives give regular care to pregnant women |
| f labour ward | a place which is like your own home |
| g general practitioner (GP) | something you can choose |
| h obstetrician | giving birth without drugs or medical procedures |
| i private practice | the care you get from the time you become pregnant until the birth of your baby |
| j natural birth | a visit to your doctor or midwife to make sure everything is going well |
| k birth centre | medical service for patients who pay their own costs |
| l home-like environment | the place in the hospital where babies are born |

3 Put the words in the box in the correct group.

private practice	midwife	birth centre	GP (general practitioner)
hospital doctor	midwives clinic	labour ward	obstetrician

People who look after you

Places that you go to

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

An appointment with the hospital doctor

Before you start

Rebecca goes to the hospital for her appointment with the hospital doctor. Before you listen, look again at the diagram of your pregnant body on page 7. Now look at the list of words below. You will hear these words in the first part of the conversation. Use your dictionary or the glossary at the back of the book to check the meaning of words you do not know.

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1 Listen to the conversation. Tick the words when you hear them.

- blood tests
- blood group
- blood count
- anaemia
- urine test
- blood pressure
- due date
- pap smear
- cells
- cervix
- speculum
- vagina



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2 Read the sentences. Listen again. Tick Yes or No.

- | | Yes | No |
|---|--------------------------|--------------------------|
| a Rebecca went to the midwives clinic two weeks ago. | <input type="checkbox"/> | <input type="checkbox"/> |
| b Rebecca's blood group is A positive. | <input type="checkbox"/> | <input type="checkbox"/> |
| c Rebecca has anaemia. | <input type="checkbox"/> | <input type="checkbox"/> |
| d Rebecca's urine test was normal. | <input type="checkbox"/> | <input type="checkbox"/> |
| e Rebecca has high blood pressure. | <input type="checkbox"/> | <input type="checkbox"/> |
| f Rebecca's due date is November the 14 th . | <input type="checkbox"/> | <input type="checkbox"/> |
| g Rebecca is 18 weeks pregnant. | <input type="checkbox"/> | <input type="checkbox"/> |
| h Rebecca needs a pap smear today. | <input type="checkbox"/> | <input type="checkbox"/> |

3 Complete the sentences. Use a word from the box.

'll	can	Have	can't	'll	have
-----	-----	------	-------	-----	------

- a I _____ see anything here in the notes that we need to worry about.
- b We _____ the results of your blood tests.
- c I _____ have a good look at you today.
- d We _____ talk about your care for the rest of your pregnancy.
- e I _____ just check your blood pressure.
- f _____ you had a pap smear in the last two years?

27

4 Look at the list of words below. You will hear these words in the last part of the conversation. Check the meaning of words you do not know. Listen to the conversation. Tick the words when you hear them.

- antenatal care
- birth
- bleeding
- vagina
- pain
- abdomen
- ultrasound

27

5 Read the sentences. Listen again. Tick Yes or No.

- | | Yes | No |
|--|--------------------------|--------------------------|
| a This is Rebecca's first pregnancy. | <input type="checkbox"/> | <input type="checkbox"/> |
| b Rebecca is 28 years old. | <input type="checkbox"/> | <input type="checkbox"/> |
| c Rebecca will visit her GP for antenatal care. | <input type="checkbox"/> | <input type="checkbox"/> |
| d Rebecca will have an ultrasound now. | <input type="checkbox"/> | <input type="checkbox"/> |
| e The ultrasound will tell her if her baby is a boy or a girl. | <input type="checkbox"/> | <input type="checkbox"/> |

27

6 Listen again. Complete the information for Rebecca's antenatal care. Circle the correct answers.

- a For the first 28 weeks she must visit the clinic (every week / every fortnight / every month).
- b After 28 weeks until she is 36 weeks she must visit the clinic (every week / every fortnight / every month).
- c After 36 weeks she must visit the clinic (every week / every fortnight / every month).
- d If she has any bleeding from her vagina or any pain she must come to the hospital (immediately / straight away).

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7 Listen to the doctor's questions. Tick the questions you hear.

- a Is this your first visit?
- This is your first visit. Is that right?
- b Now did the midwife work out your due date?
- Now did the midwife tell you your due date?
- c Have you had a pap smear in the last two years?
- When did you last have a pap smear?
- d And this is your first pregnancy, right?
- Is this your first pregnancy?
- e Now, do you want to ask me anything?
- Now, do you have any questions?

Having an ultrasound



1 Read and listen to the fact sheet. Tick the correct sentences.

- Your doctor will do your ultrasound scan.
- Most women have an ultrasound when they are 18 – 22 weeks pregnant.
- You will find out if your baby is a boy or a girl.

FACT SHEET 2

Having an ultrasound

An ultrasound scan is a way of seeing your baby. It is called an ultrasound because it uses sound waves to make an image of the baby. A radiologist does the ultrasound scan. Women usually have the scan when they are 18 – 20 weeks pregnant. It does not harm you or your baby.

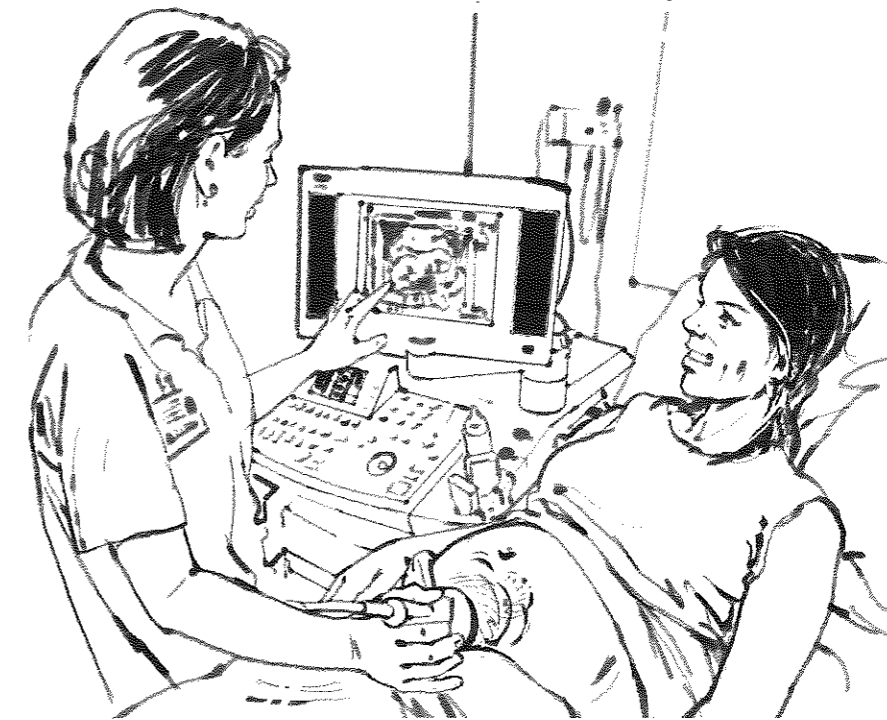
An ultrasound can give your doctor and your midwife a lot of information about your pregnancy and your baby:

- the size of your baby
- a check of your due date
- the position of the placenta
- any problems the baby has
- sometimes the sex of your baby.

You will be asked to drink 3–4 glasses of water before the ultrasound. This is important because the best pictures are obtained when your bladder is full. The radiologist will rub a jelly on your abdomen to make a good contact. Then the radiologist will use an instrument like a microphone to pick up the sound waves. The sound waves are shown on a video screen as a black-and-white picture of the baby.

2 Label the diagram with the words in the box.

video screen jelly microphone radiologist abdomen



3 Match the item on the left with its purpose on the right. The first one has been done for you.

- | | | |
|---|----------------------------------|--|
| a | The ultrasound | gives a good contact for the microphone. |
| b | The 3–4 glasses of water | picks up the sound waves. |
| c | The video screen | gives a lot of information. |
| d | The jelly | fill the bladder and gives a better picture. |
| e | The instrument like a microphone | shows the image of the baby. |

4 Read about guessing the meaning of new words.

When you read or hear a new word, you can try to guess the meaning. For example:

An ultrasound scan is done by a *radiologist*.

Can you guess what *radiologist* means?

We can tell from the sentence that it is a noun that names a person and that the person does the ultrasound.

5 Look at the words in bold. What do they mean? Tick the correct answer.

- a It does not **harm** you or your baby. *Harm* means:
- move.
 - hurt.
 - touch.
- b This is important because the best pictures are obtained when your **bladder** is full. *Bladder* means:
- you want to go to the toilet.
 - the part of your body that stores liquid waste before it leaves the body.
 - your stomach.
- c The radiologist will rub a **jelly** on your abdomen to make a good contact. *Jelly* means:
- something to eat.
 - a soft clear substance.
 - medicine.
- d Then the radiologist will use an instrument like a **microphone** to pick up the sound waves. A *microphone* is something you use to make sounds:
- softer.
 - louder.
 - longer.
- e The picture of the baby is seen on a video **screen**. *Screen* means:
- a flat surface where you can see images.
 - a machine that tests the health of the baby.
 - a loud noise.

Attending parent education classes

1 Rebecca and Simon want to go to antenatal classes. Rebecca calls the number of the Parent Education Centre at the hospital.

Listen to the recorded message. Use the words from the box to complete the message she hears.

name	due date	antenatal
exercise	number	hospital



Welcome to the Parent Education Centre at Greendale Hospital for Women. We offer _____ classes, _____ tours and _____ groups. Please leave your _____, contact _____ and _____ and we will return your call as soon as possible. Thank you for calling the Parent Education Centre. We look forward to talking to you soon.

2 Listen to the message Rebecca leaves. Write the missing words.

Hello. My _____ Rebecca Majok. _____ about an antenatal class for me and my husband. My baby is due on the _____ of November. We'd like to join a _____ class. Could you please call me on _____? Thank you very much.

3 Write what you would say to leave a message.

Hello. My _____

4 What information about your pregnancy is important for you? Tick the topics you are interested in.

- tests during pregnancy
- sex during pregnancy
- the complaints of pregnancy
- feeling depressed
- what to take to hospital
- pain relief during the birth
- breastfeeding
- contraception after the birth

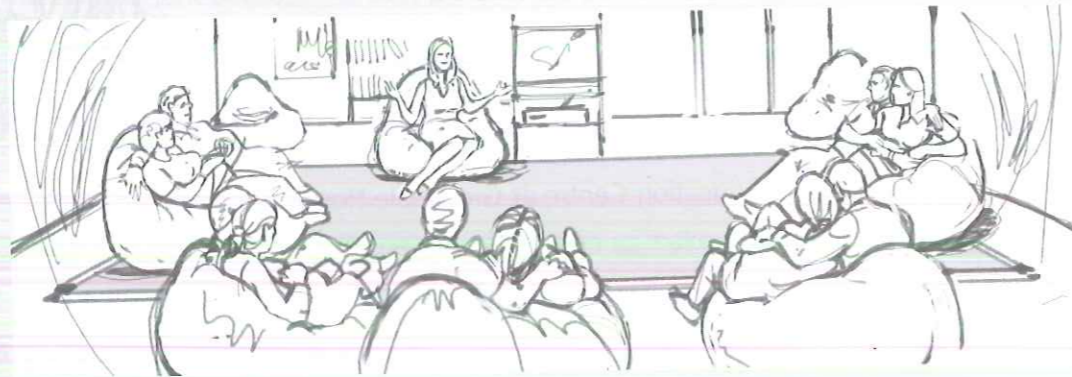
Other topics: _____

5 Read the brochure about some of the antenatal classes for parents at Greendale Hospital.



GREENDALE HOSPITAL FOR WOMEN

Helping you prepare



For women 24 weeks pregnant or more and their support people. Six sessions including a tour of the hospital. Topics include:

Preparing for the birth

- The final weeks of pregnancy
- Relaxation, breathing and massage
- Hospital procedures
- Your support person
- Stages of labour and pain relief
- Positions for labour
- The birth

Parenting

- Breastfeeding
- Looking after your new baby
- Infant behaviour
- Relationships
- Contraception and family planning after the birth
- Having support

Day:	Wednesday	1:30 pm – 3:30 pm
	Thursday	10:00 am – 12:00 noon
	<i>Free classes • Bookings essential</i>	
Evening:	Tuesday or Wednesday	7:00 pm – 9:00 pm
		<i>Fee paying • Bookings essential</i>
Full day:	Saturday	9:00 am – 5:00 pm
		<i>Fee paying • Bookings essential</i>

For dates and bookings please contact:
Sheila Kenilworth • Phone: 9660 3474

6 Match the words from the brochure on the left with the meanings on the right. The first one has been done for you.

- | | |
|-----------------------|--|
| a labour | you must make a booking |
| b sessions | methods to use to stop becoming pregnant |
| c breathing | feeding a baby with mother's breast milk |
| d massage | how you behave with other people |
| e pain relief | classes |
| f hospital procedures | baby |
| g breastfeeding | the time when you are having contractions and the baby is born |
| h infant | taking air into your lungs and sending it out |
| i relationships | something to stop pain |
| j contraception | ways of doing things in the hospital |
| k bookings essential | pressing and rubbing the body with hands |

7 Read the topics. Tick the things you can learn about at the antenatal classes at Greendale Hospital for Women.

- | | |
|---|--|
| <input type="checkbox"/> tests during pregnancy | <input type="checkbox"/> contraception after the birth |
| <input type="checkbox"/> your stay in hospital | <input type="checkbox"/> getting help at home |
| <input type="checkbox"/> breastfeeding | <input type="checkbox"/> what to buy for your baby |
| <input type="checkbox"/> eating the right food | <input type="checkbox"/> pain relief during the birth |
| <input type="checkbox"/> your support person during the birth | <input type="checkbox"/> caring for your baby at home |

8 Answer the questions about the antenatal course information.

- How many weeks pregnant must you be to attend these classes?
- Can your partner or support person go to a class with you?
- How many times will you go to the class if you choose morning or afternoon?
- How long is the Saturday class?
- Which class is free?
- Do you need to book your class?
- How can you find out the dates of classes?

A healthy diet

- 1 The food pyramid will help you choose the right foods to eat. It will also tell you how much of these foods to eat. Look at the pyramid and study the food groups. Use your dictionary to find the names of any food you do not know.



2 Listen and read.

When you are pregnant you need:

- protein to build your baby's muscles and tissues



lean meat



chicken



milk



yoghurt



legumes

- folate for your baby's brain and spine



green leafy vegetables



breakfast cereal

- iron for extra blood cells for your baby and you



red meat



legumes



nuts

- calcium for you and your baby's bones and teeth and for breastfeeding



milk



yoghurt



cheese

- fibre to prevent constipation (exercise is also important!)



lentils



beans



fruit and vegetables

- vitamin D from the sun



in the sun with sunscreen

What's bad for you and your baby:

- smoking
- drinking alcohol
- drinking more than two cups of coffee or tea a day
- eating too much junk food – chips, crisps, biscuits, lollies, ice cream, soft drinks
- eating for two.

3 Keep a record of the food you eat for one day. Write what you eat and how much.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

4 Look at your list. Write the food you ate that contains:

protein _____

folate _____

iron _____

calcium _____

fibre _____

Is there anything you should eat less of? _____

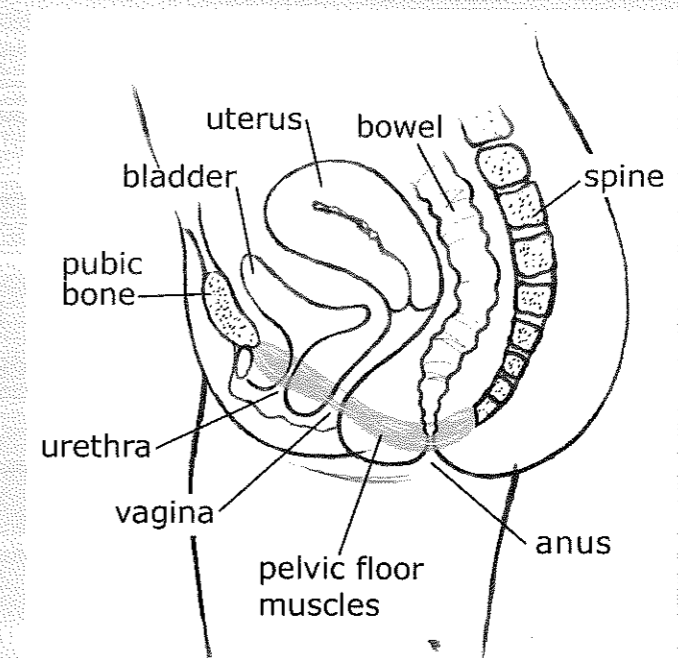
Is there anything you should cut out? _____

Pelvic floor exercises

- 1 Listen and read about your pelvic floor. Use your dictionary or the glossary at the back of the book to check the meaning of the words you do not know.

Pelvic floor exercises

Many pregnant women wet themselves when they cough or sneeze. Pregnancy and childbirth make the pelvic floor muscles weak. You can help this problem by exercising your pelvic floor muscles.



What are your pelvic floor muscles?

Your pelvic floor muscles are a group of muscles between your tailbone and your pubic bone. Your urethra, vagina and anus pass through them.

What are they for? What do they do?

Your pelvic floor muscles are very important because they support your uterus, bladder and bowel and help you to control urine and wind.

You use your pelvic floor muscles when you stop the flow of urine when you sit on the toilet.

Instructions are written to tell us how to do something. They are written in the order we must do them. Listen and read the instructions.

How to exercise your pelvic floor muscles

Step 1 Lie comfortably with your knees wide apart.

Step 2 Close your eyes and imagine you want to stop yourself from passing wind or urine.

Step 3 Pull your pelvic floor muscles in and squeeze tight. If you do it correctly, you will feel your muscles lift.

Step 4 Hold the muscles tight for as long as you can (up to ten seconds).

Don't hold your breath.

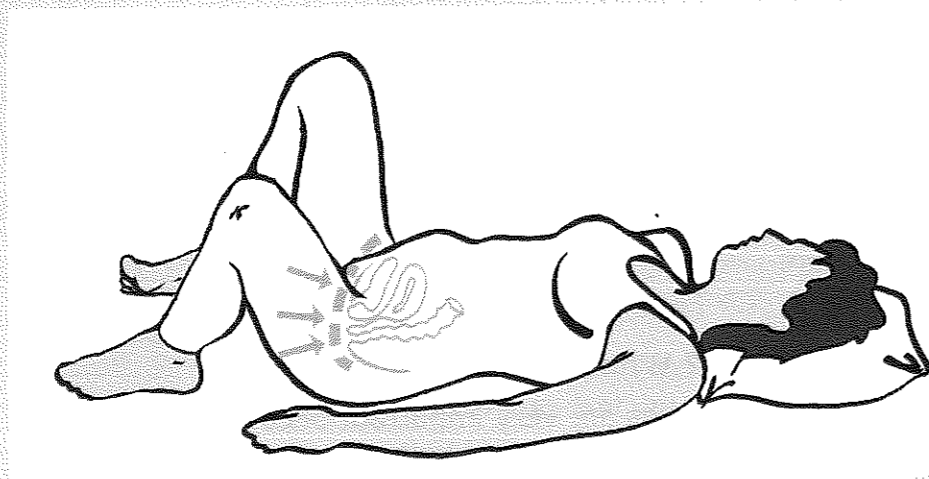
Make sure you are breathing slowly and regularly.

Step 5 Rest and relax for ten seconds.

Step 6 Repeat this action — pull your muscles in, squeeze tight and lift your pelvic floor.

Continue until your muscles feel tired.

Try to do this six times every day.



When you can do this exercise easily, do it in different positions. You can stand, sit or lie on your stomach. Do the exercise quickly. Don't hold, just squeeze and relax. Repeat up to ten times. When your muscles feel tired, rest and relax.

3 Read the instructions again. Match the question on the left with the answer on the right. The first one has been done for you.

- | | | |
|---|---|--|
| a | How should you lie to do the exercise? | as long as you can |
| b | When you close your eyes, what should you imagine? | when your muscles feel tired |
| c | If you do the exercise correctly, what will you feel? | comfortably |
| d | How long should you hold your muscles tight? | ten seconds |
| e | How should you breathe? | your muscles lifting |
| f | How long should you relax? | six times |
| g | When should you stop the exercise? | you want to stop yourself from passing wind or urine |
| h | How often should you do the exercise every day? | slowly and regularly |

4 Read about action verbs.

Action verbs tell us what action we should do. The action verbs usually come first in instructions.

Repeat ten times.

Do the exercise quickly.

Sometimes the action verb comes in the middle of the sentence.

When you can do this exercise easily, **do** it in different positions.

5 Underline the action verbs in these instructions. The first one has been done for you.

- Take this form to the pathology department.
- Make an appointment for your next visit.
- Go upstairs to the 2nd floor.
- Now sit down, please.
- Don't eat for two.
- If you have a question, ask the midwife.

6 Read about the imperative form.

Most instructions take the imperative form of the verb. This is the base verb without *you*. We use *don't* for the negative form. In the imperative form the action verb comes first in the clause.

Sit here.

Don't sit there. (negative)

7 Read the instructions again. Write the imperative form to complete these instructions. Use the words in the box.

Pull	Hold	relax	Close	hold	lie	Rest	squeeze
------	------	-------	-------	------	----------------	------	---------

- a Lie comfortably with your knees wide apart.
- b _____ your eyes and imagine you want to stop yourself from passing wind.
- c _____ your pelvic floor muscles in and _____ tight.
- d _____ the muscles tight for as long as you can.
- e Don't _____ your breath.
- f _____ and _____ for ten seconds.

Practise your skills
Do some pelvic floor exercises.

Learning to rest and relax

Before you start

Rest and relaxation are important during pregnancy and the birth of your baby. During pregnancy, you can learn to *understand* your body better. You can use this time to use your mind and your breathing to help you to rest and relax.

1 How do you like to relax? Tick the boxes.

- | | |
|---|---|
| <input type="checkbox"/> watching television or a DVD | <input type="checkbox"/> walking |
| <input type="checkbox"/> talking with friends | <input type="checkbox"/> listening to music |
| <input type="checkbox"/> meditating | <input type="checkbox"/> dancing |
| <input type="checkbox"/> doing yoga | <input type="checkbox"/> swimming |

Other ways to relax:

- _____
- _____
- _____

2 Label the parts of the body. Use the words in the box.

thighs	knees	shoulders	baby	right arm
left arm	elbow	left hand	head	neck
face	feet	tummy	chest	



3 Listen to the instructions for relaxing. Number the pictures in the correct order. An example has been done for you.

a b c



d e f 7



g h i



4 Listen to the beginning of the relaxation class. Write the instruction words you hear. The first one has been done for you.

- a Bend your knees and bring them up a little.
- b _____ you feel comfortable.
- c Now _____ your eyes.
- d _____ three deep breaths in and out.
- e _____ after each breath out.
- f _____ your body getting heavier.
- g _____ to the sounds around you.

5 Complete the instructions. Circle the correct prepositions.

- a Lie (at / on) your left side.
- b Put a pillow (under / next to) your head.
- c Breathe (up / in), breathe (in / out) and wait.
- d Wait (for / after) each breath out.
- e Stay like this (during / for) five or ten minutes.

6 Read about conditional clauses.

Instructions tell you what to do in different possible situations. They do this by using conditional or *if* clauses. The *if* clause can come before or after the main clause without changing the meaning.

Lie on your right side if you like.

If you like, lie on your right side.

If you are ready, get up slowly.

Get up slowly if you are ready.

7 Match the main clauses with the *if* clauses. Underline the *if* clause.

- a If you have a DVD player
 - b Try this relaxation exercise
 - c Sit in a comfortable armchair
 - d If you enjoy music
 - e Don't get up
- if you are uncomfortable on the floor.
 - if you are not ready.
 - borrow some relaxation DVDs from the library.
 - if you are stressed or having trouble sleeping.
 - choose a CD to help you relax.

Practise your skills

Listen and do the relaxation exercise.

The labour ward tour

Before you start

Discuss these questions with someone or think about them.

- Where do women have their babies in the country you come from? At home? In a general hospital? In a special place for giving birth?
- Who is with the woman giving birth? A midwife? A doctor? A specialist doctor? Her husband or partner? Another family member?
- Is there special equipment to help the woman giving birth?

37

- 1 During antenatal classes, Rebecca goes on a tour of the labour ward. Listen to the information and look at the picture of the labour room.



37 2

Listen again. Use the words in the box to label the drawing.

bathroom	shower	bath	pinnards	delivery bed	bean bag	gas
birthing stool	fetal monitor	fetal Doppler	mouthpiece	call bell		

37 3

Listen again. Match the things in the delivery room with their purpose.

- | | |
|---|--|
| a the shower and the bath | to make local phone calls |
| b the bean bag | to be comfortable on the floor |
| c pinnards, fetal monitor and fetal Doppler | to breathe in during a painful contraction |
| d gas | to listen to the baby's heartbeat |
| e a telephone | to call a midwife |
| f call bell | to help with pain |

37 4

Listen again. Circle the correct answers.

- The midwife will bring you to the labour room (before / after) admitting you.
- You will stay in the labour room (with / without) your support person until after your baby is born.
- The bathroom is for (you only / you and other mothers).
- It's better to (stay active / lie down) in labour.
- It's a (good / bad) idea to have someone at home to phone your family and friends.

38 5

Listen to the midwife. Complete the instructions for using the gas. Use the words in the box.

mouthpiece	finishes	breath	slowly	contraction
------------	----------	--------	--------	-------------

Here's the gas. It might help you with pain when you're having a _____. This is the _____. When you feel a contraction starting, you put it into your mouth and take a big _____. You keep breathing nice and _____. Keep breathing in the gas until the contraction _____.

Practise your skills

Book a hospital tour at your hospital.

What to take to hospital

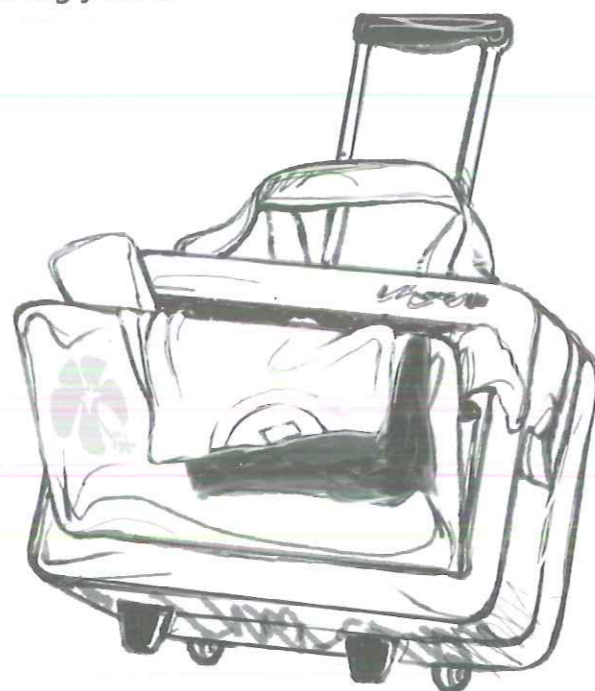
For labour:



1 Listen and look at the things you need during your labour.



a big T-shirt or short nightie (or you can use a hospital gown)



a dressing gown and slippers, socks or thongs



a toilet bag with toothpaste, soap, comb, face cloths, etc

NOTE: Your Medicare card and yellow antenatal card are the most important things to take to hospital.



your Medicare card and your yellow antenatal card

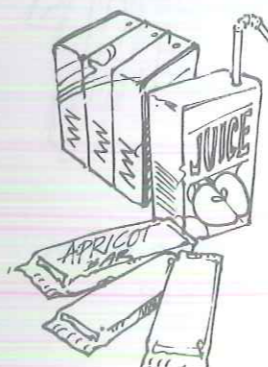


some pants and sanitary pads

For your partner or support person:



2 Listen and look at the things for your partner or support person during your labour.



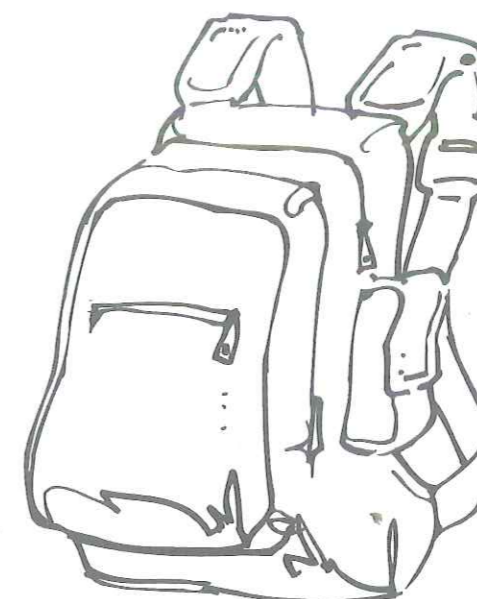
some food and drinks for energy



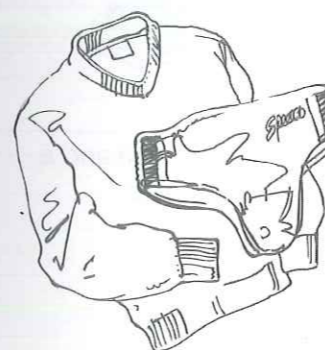
a watch



something to read



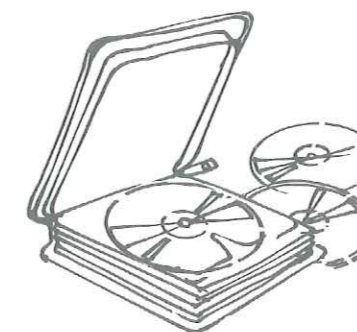
a list of telephone numbers for your family and friends



a jumper and a swimming costume



some small change for parking and telephone calls



music CDs



your camera



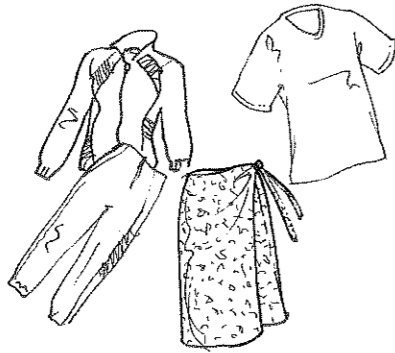
oil (for massage)

NOTE: Although these items are recommended to make you more comfortable, they are not compulsory.

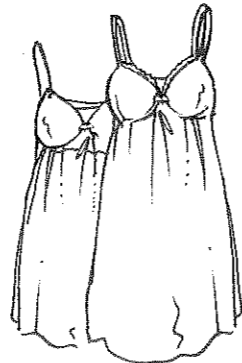
After the birth:

41

3 Listen and look at the things you need after the birth in the postnatal ward.



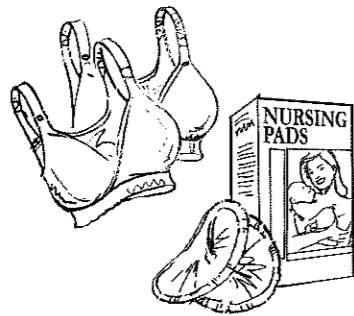
comfortable casual clothes
- a tracksuit or sarong
and T-shirt



some nighties



a dressing gown, slippers
or thongs



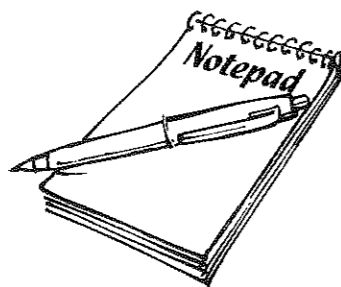
some maternity bras and
nursing breast pads



some sanitary pads

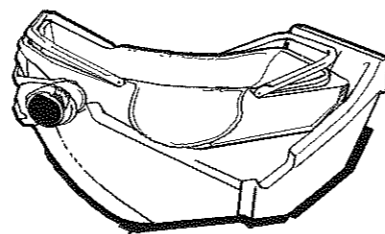


some small change and a
phone card



a pen and paper

NOTE:
You will not need anything for your
baby in hospital. However when it is
time to go home, you need some baby
clothes and a nappy. You also need a
car restraint and baby capsule if you
are taking your baby home by car.

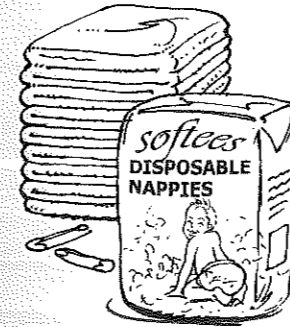


baby capsule

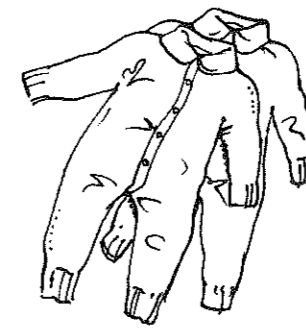
At home for your baby:

42

4 Look and listen to the things you will need at home for your baby.



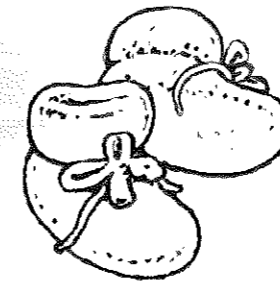
some nappies



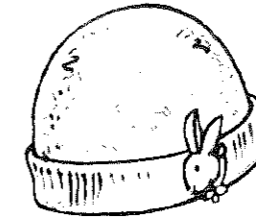
some jumpsuits



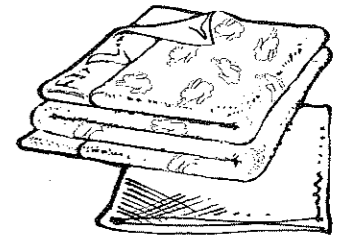
some singlets



some booties or socks



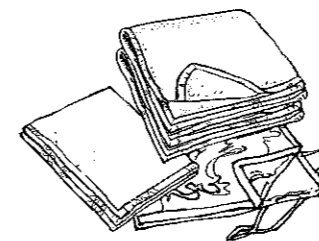
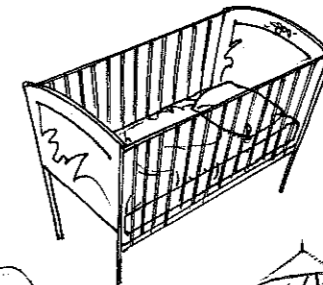
a bonnet for outdoors



a bunny rug or wrap



a bassinet or cot with mattress, waterproof sheet,
cotton sheets, baby blankets and a mosquito net



NOTE:
You must buy a
new mattress for
a second-hand
bassinet or cot.

5 Make lists of things you will take to hospital. Then list the things you need to get for when you bring your baby home.

For hospital:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

For my baby:

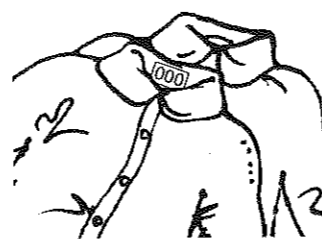
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Buying clothes for your baby

43

1 If you are buying clothes for your baby, what is important for you?

- | | |
|---|----------------------------------|
| <input type="checkbox"/> sizes | <input type="checkbox"/> price |
| <input type="checkbox"/> type of material - eg cotton, wool | <input type="checkbox"/> fashion |
| <input type="checkbox"/> easy to put on | <input type="checkbox"/> quality |
| <input type="checkbox"/> washing instructions | <input type="checkbox"/> colours |



2 Rebecca is in the children's wear department. Listen to the conversation. What does she want to buy? Tick the correct answer.

- a bunny rug
- a bonnet
- some nappies
- some jumpsuits



43

3 Listen again. Tick the things they talk about.

- | | |
|---|----------------------------------|
| <input type="checkbox"/> sizes | <input type="checkbox"/> price |
| <input type="checkbox"/> type of material | <input type="checkbox"/> fashion |
| <input type="checkbox"/> easy to put on | <input type="checkbox"/> quality |
| <input type="checkbox"/> washing instructions | <input type="checkbox"/> colours |

43

4 Read the sentences. Listen again. Tick Yes or No.

- a The triple zero size is very small.
- b Triple zero is the best size for a newborn baby.
- c Babies grow quickly.
- d Jumpsuits that open up are easier to put on.
- e White and blue are good colours when you don't know the baby's sex.
- f The cheaper jumpsuit is \$19.99.

- | Yes | No |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

43

5 Listen again. Complete the questions that Rebecca asks the store assistant.

- a Can you _____ me about the sizes?
- b Which one _____ you recommend?
- c How _____ is this one?
- d _____ you got anything cheaper?
- e _____ it made of the same material?

NOTE:
You can:

- cut the feet out of the jumpsuit when the baby gets bigger
- buy a jumpsuit with cuffs and close them over the baby's hands to keep warm.

43

6 How does Rebecca open the conversation? Write what she says.

Shop assistant: Can I help you?

Rebecca: Yes, _____ for my baby.

43

7 Listen and repeat other ways to ask for help in a department store.

- I'm looking for a bunny rug for my baby.
- I'm after some booties for a newborn baby.
- Can you help me with some baby clothes please?
- Could you show me the bassinets you have?
- I want to buy a sunhat for a baby.
- Have you got a mosquito net for a bassinet?

Practise your skills

Visit a department store and find out about a stroller or bassinet for your baby.

Remember to:

- open the conversation with the right language
- ask questions to get the information you want
- ask for clarification to make sure you understand
- close the conversation with the right language.

Discomforts of pregnancy



1 Listen and read about the discomforts of pregnancy.



morning sickness or nausea



constipation



haemorrhoids or piles



tiredness



swelling



backache



heartburn or indigestion



varicose veins



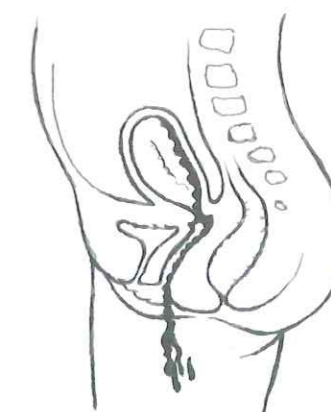
cramps



needing to urinate often



faintness and dizziness



vaginal discharge



food cravings



sleeplessness



contractions

2 Listen to Rebecca and Luba. Tick the correct answers.

- a Where are Rebecca and Luba?
- at the bus stop
 - at work
 - at the midwives clinic
- b What is their relationship?
- friends
 - sisters
 - classmates

3 Which topics do they discuss?

- their due dates
- their husbands
- complaints of pregnancy
- work
- cooking



47

4 Read the sentences. Listen again. Tick Yes or No.

- | | Yes | No |
|--|--------------------------|--------------------------|
| a Rebecca is 32 weeks pregnant. | <input type="checkbox"/> | <input type="checkbox"/> |
| b Luba's baby is due at the end of January. | <input type="checkbox"/> | <input type="checkbox"/> |
| c Luba's morning sickness has stopped. | <input type="checkbox"/> | <input type="checkbox"/> |
| d Luba has constipation. | <input type="checkbox"/> | <input type="checkbox"/> |
| e Rebecca says that gentle exercise helps backache. | <input type="checkbox"/> | <input type="checkbox"/> |
| f It's better to eat a little and often to help indigestion. | <input type="checkbox"/> | <input type="checkbox"/> |
| g Luba and Rebecca agree that having a baby is expensive. | <input type="checkbox"/> | <input type="checkbox"/> |
| h Rebecca offers to drive Luba home. | <input type="checkbox"/> | <input type="checkbox"/> |

48

5 Listen and write Luba's questions.

Luba: Hello Rebecca. It's nice to see you. _____? You look great.

Rebecca: Thanks. Yes I feel really well.

Luba: So, how much _____ have you got? _____ your baby _____?

Rebecca: Well I'm 36 weeks. Not long now. I'm due on November the 14th.

6 Read about keeping the conversation going.

There are many ways to keep a conversation going.

- We can ask questions, eg:
What's happening with you? When did you do that? What will you do next?
- We can give feedback, eg:
Mm. Uh huh. I see.
- We can react to what is said, eg:
Fantastic! Great! You're kidding.

49

7 Listen again. Tick what they say to keep the conversation going.

- a Rebecca: Well I'm 36 weeks. Not long now. I'm due on November the 14th.
Luba: You're kidding! Is that right? No kidding!
- b Rebecca: When is your baby due?
Luba: Not until next year – the end of January.
Rebecca: When exactly? Uh huh! I see.
- c Rebecca: You can help backache if you do exercises.
Luba: How is that? Tell me how. Tell me about it.

Information for your stay in hospital

1 Read the brochure that Rebecca gets from the midwives clinic about the hospital.



WELCOME TO THE MATERNITY UNIT AT GREENDALE HOSPITAL FOR WOMEN

General information

Contact numbers

For general enquiries: 9876 4000
Labour ward: 9876 4140
Postnatal wards: 9876 4145

Parking

Access to the car park is via Belmont Road. \$4 is required on exit.

Transport

There is a bus service from Sandgate Station to the stop at the front of the hospital. A bus timetable is displayed at the front entrance. A free taxi phone is located next to the enquiries counter in the front entrance.

Telephone

Public telephones are located on every floor. A telephone for local calls is available in each delivery unit.

Valuables

The hospital cannot be responsible for personal property. We advise you to leave valuables at home.

Visiting hours

10 am – 8 pm. All visitors must check in with the ward staff on arrival.

Photographs

A photographer is available in the postnatal ward for professional photographs. The staff on your ward can provide details.

Coffee shop

The coffee shop is located on the ground floor in the main foyer.

Monday to Friday	7:30 am – 7:30 pm	Sandwich bar
	5:30 pm – 7:30 pm	Hot food
Saturday and Sunday	9:00 am – 5:30 pm	Sandwich bar

Television hire

The staff on your ward can organise television hire.

Smoking

Greendale Hospital observes public health regulations. Smoking is not permitted in the hospital, on balconies or inside hospital grounds.

Official forms

Birth registration and Centrelink forms are available from the ward clerk at the midwives' station.

Hospital discharge time

You should make arrangements to leave hospital at 10:00 am on the day of discharge.

2 Match the words on the left with their meanings on the right. The first one has been done for you.

- | | |
|----------------------------|--|
| a enquiries | photos that you pay an expert to take |
| b postnatal wards | to borrow after paying money |
| c access | the midwives and other workers |
| d located | the open area at the entrance to a building |
| e valuables | the rules of the Department of Health |
| f staff | the form you complete about the birth of your baby |
| g professional photographs | rooms where mothers stay with their babies |
| h foyer | the time you can leave the hospital to go home |
| i hire | questions |
| j health regulations | placed |
| k birth registration | things you own, such as your watch or a camera |
| l discharge time | the way to get in |

3 Write the section heading where you can read about the following. The first one has been done for you.

- | | |
|---|----------------|
| a where your visitors can leave their car | <u>Parking</u> |
| b how to rent a television during your stay in hospital | _____ |
| c you want some pictures of your newborn baby | _____ |
| d what time you can leave the hospital | _____ |
| e how to register the birth of your baby | _____ |
| f telephone numbers | _____ |
| g meals for visitors | _____ |

4 Read the sentences. Tick Yes or No.

- | | Yes | No |
|--|--------------------------|--------------------------|
| a If you want to speak to a midwife in the maternity unit, call 9876 4145. | <input type="checkbox"/> | <input type="checkbox"/> |
| b You have to pay for parking. | <input type="checkbox"/> | <input type="checkbox"/> |
| c You can get to the hospital by train. | <input type="checkbox"/> | <input type="checkbox"/> |
| d The hospital will look after your valuables. | <input type="checkbox"/> | <input type="checkbox"/> |
| e The coffee shop is inside the front entrance. | <input type="checkbox"/> | <input type="checkbox"/> |
| f You can buy hot food in the coffee shop at the weekends. | <input type="checkbox"/> | <input type="checkbox"/> |
| g You cannot smoke anywhere at Greendale Hospital. | <input type="checkbox"/> | <input type="checkbox"/> |
| h Someone must pick you up at 10:00 am on the day you are going home. | <input type="checkbox"/> | <input type="checkbox"/> |

A visit to the midwives clinic

1 Rebecca is visiting the midwives clinic. During the visit the midwife:



takes Rebecca's blood pressure



listens to Rebecca's baby with the pinnards or the fetal Doppler



feels Rebecca's abdomen to check the size and position of the baby

2 Rebecca is talking to the midwife. Listen to the first part of the conversation. Tick the correct answer.

Rebecca is worried about:

- the baby not moving.
- backache.
- bleeding.

3 Read the sentences. Listen again. Tick Yes or No.

- | | Yes | No |
|--|--------------------------|--------------------------|
| a Rebecca is feeling bad. | <input type="checkbox"/> | <input type="checkbox"/> |
| b Rebecca is worried. | <input type="checkbox"/> | <input type="checkbox"/> |
| c The baby isn't moving very much. | <input type="checkbox"/> | <input type="checkbox"/> |
| d The baby is moving a lot in the evening. | <input type="checkbox"/> | <input type="checkbox"/> |
| e The midwife will ask Rebecca more questions. | <input type="checkbox"/> | <input type="checkbox"/> |



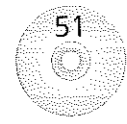
4 In the next part of the conversation the midwife will ask Rebecca about her symptoms and explain what is happening to her body. Put the words in the box into the correct group.

pain	hands	tightness	uterus	discharge	feet
ankles	bleeding	swelling	blood pressure	pelvis	

Symptoms

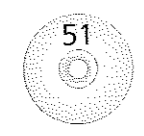
Parts of the body

_____	_____
_____	_____
_____	_____
_____	_____



5 Listen to the questions the midwife asks. Write the missing words.

- a _____ you feel unwell or any pain when the baby moves?
- b _____ it feel uncomfortable when the baby moves?
- c _____ that tightness happen very often?
- d _____ you had any discharge from your vagina?
- e _____ bleeding?
- f _____ you have any questions?



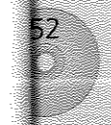
6 Match the midwife's questions on the left with Rebecca's answers on the right.

- | | |
|--|--|
| a Do you feel unwell or any pain when the baby moves? | A couple of times a day. |
| b Does it feel uncomfortable when the baby moves? | Oh yes. But in the morning my hands are still swollen. |
| c Does that tightness happen very often? | A little uncomfortable. My uterus feels a bit tight. |
| d Have you had any discharge from your vagina? | No, I don't have any pain. |
| e And does the swelling go away after a night's sleep? | No. |



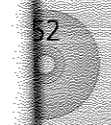
7 Listen again. Answer the question. Complete what the midwife says.

Why does Rebecca's uterus feel tight?
 You're _____ weeks pregnant so there isn't much _____ for your baby.
 Maybe the tightness is because your body is getting _____ for labour.



8 The midwife checks the baby. Listen to the midwife. Tick when you hear these statements.

- I want to feel your abdomen.
- I'm feeling the baby.
- I'm going to listen to the baby with the pinnards.
- Now, I'm going to listen to the baby with the Doppler.



9 Listen to the midwife's explanations. Answer the questions. Complete what the midwife says.

- a What is the position of Rebecca's baby?
 In the next couple of _____ the baby's head will move down into your pelvis.
 Then you'll have more _____.
- b What is the baby's heartbeat like?
 That sounds _____ and regular. Your baby must be _____.
- c What should Rebecca do if she is worried?
 _____ the labour ward. They might ask you to come in to _____ to the baby.