

3 Match the complications of pregnancy on the left with the description on the right.

- | | |
|-----------------------|---|
| a induction | when the baby is born with the help of a cap that is put on the baby's head by sucking out air |
| b caesarean | when the baby is helped out using metal instruments like two spoons |
| c episiotomy | when the mother's labour is started by the doctor or midwife |
| d forceps | when the baby is delivered by a doctor who makes a cut to the abdomen and the uterus which the mother does not feel |
| e ventouse extraction | when the mother's perineum is cut to make a larger opening for the baby to be born |

4 Read the fact sheet carefully. Read the sentences. Tick Yes or No.

- | | Yes | No |
|---|--------------------------|--------------------------|
| a If your waters have broken but your labour does not begin, you may be given an induction. | <input type="checkbox"/> | <input type="checkbox"/> |
| b If you have serious medical problems, you may have a caesarean. | <input type="checkbox"/> | <input type="checkbox"/> |
| c A caesarean is always done by a doctor in a hospital. | <input type="checkbox"/> | <input type="checkbox"/> |
| d If you have an episiotomy, the doctor or midwife will stitch the cut after the birth. | <input type="checkbox"/> | <input type="checkbox"/> |
| e If you have a forceps delivery, you cannot help to push out your baby. | <input type="checkbox"/> | <input type="checkbox"/> |
| f Your baby's head is delivered by ventouse extraction. Then you push the baby out. | <input type="checkbox"/> | <input type="checkbox"/> |

Unit 5

You and your baby

Your stay in hospital

1 Discuss these questions with your classmates or your teacher.
In the country that you come from, if a woman has her baby in hospital:

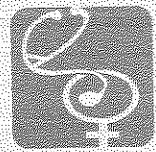
- How long will she stay in hospital?
- Will she share a room?
- Will the baby room-in with the mother or will it sleep in a nursery?
- Will she go to classes to learn how to look after her baby before she leaves the hospital?
- Will she have a lot of visitors? Will the visitors bring food or gifts?

2 After the birth of your baby, you can choose how long you want to stay in hospital. Read the information about hospital stay at Greendale Hospital. Then answer the question. Tick the correct answer.

Who needs to read this information?

- mothers who have been discharged and have gone home
- visitors to the maternity unit
- mothers who have already given birth

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



GREENDALE HOSPITAL FOR WOMEN MATERNITY UNIT

INFORMATION ABOUT YOUR HOSPITAL STAY

Option 1

You can go home a few hours after your baby is born in the labour ward or birth centre, if both you and your baby are well. A midwife will visit you at home.

Option 2

You will move to the postnatal ward after your baby is born in the labour ward or birth centre. You may stay in hospital for up to 48 hours. Then you can go home and a midwife will visit you at home.

Option 3

You stay in hospital until day 4 after your baby is born. Then you will go home by 10:00 am. A midwife will not visit you at home.

Before you leave hospital you need to organise:

- your transport home
- a capsule and car restraint to take your baby home safely
- clothes for yourself and your baby.

If you are a private patient, you should discuss with your doctor how long you will stay.

3 Read the information again carefully and complete the table. Option 1 has been done for you.

	Length of stay in hospital	Where are mother and baby?	Midwife visits
Option 1	A few hours	At home	Yes / No
Option 2	_____	_____ ward	Yes / No
Option 3	Until day _____ Discharge time: _____	_____ ward	Yes / No

4 Look at the information again and answer the questions.

a What three things must all mothers do, before they go home?

b If you are a private patient, who must you talk to about your stay in hospital?

5 Around Australia different hospitals have different policies so some of them only offer options 1 and 2. Find out what options are offered by the hospital you plan to go to.

After the birth

1 The midwife visits Rebecca in the postnatal ward. You will hear their conversation. First match the words the midwife uses on the left with the meanings on the right. The first one has been done for you.

- | | |
|--------------|---|
| a colostrum | when the doctor or midwife uses a needle and thread to sew a tear or episiotomy |
| b antibodies | pieces of thick blood |
| c infections | the area between your anus and vagina |
| d bleeding | a sore part where the skin is rubbed or scratched |
| e clots | you wear a sanitary pad when you bleed |
| f pad | losing blood |
| g stitches | substances in breast milk that fight disease |
| h graze | the first breast milk a mother makes a few days after the birth; thick and yellow in colour |
| i perineum | illnesses caused when bacteria or viruses enter the body |

24 2 Listen to Rebecca and the midwife. Tick the topics they discuss when you hear them.

- why the baby is sleeping so much
- why the baby does not feed much
- why colostrum is important
- how to tell the baby is getting enough milk
- how much Rebecca is bleeding
- how to look after the perineum



24 3 Listen again. Number the parts of the conversation. The first one has been done for you.

- The midwife asks Rebecca about caring for her perineum.
- Rebecca asks about the baby sleeping.
- 1 The midwife greets Rebecca.
- Rebecca asks about the baby feeding.
- The midwife asks if Rebecca has any more questions.
- The midwife closes the conversation.
- The midwife asks Rebecca about bleeding.

25 4 Listen to this part of the conversation. Complete Rebecca's questions.

- a But why _____ she want to sleep all the time?
- b And why _____ she want to feed?
- c So when _____ I feed her?
- d What _____ you mean?
- e After my milk comes in, how _____ I know if she's getting enough?

26 5 Listen again. Write what Rebecca says to clarify the midwife's information.

Rebecca: So when should I feed her?

Midwife: Feed her when she wakes up and she's hungry. She's only eighteen hours old. Your milk hasn't come in yet.

Rebecca: What _____ ?

Midwife: At the moment you have colostrum.

Rebecca: _____ ?

Midwife: Yes, it's the first milk – it's thick and yellow and it's really good for your baby. It's got a lot of your antibodies.

Rebecca: _____ antibodies?

Midwife: Yes, antibodies protect your baby from infections.

27 6 Listen to the next part of the conversation. Complete the midwife's questions.

- a First of all, can you tell me _____ you are bleeding?
- b Yes, _____ do you need to change your pad?
- c Are _____ any clots on the pad?
- d You got a small graze on your perineum when you gave birth. _____ is that feeling?

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|--------------|---|
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Rebecca: _____?

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7 Read about direct and indirect questions.

We usually use both direct and indirect questions during a conversation.

When we ask for information:

- we can ask direct questions:
Why is my baby crying a lot?
- we can ask indirect questions:
Can you tell me why my baby is crying a lot?

When we ask for information, we usually start with a polite indirect question and then change to direct questions when we need more information.

8 Write Rebecca's and the midwife's questions as direct questions.

a Well, can you tell me why she's so sleepy?

b First of all, can you tell me how much you're bleeding?

28

9 Listen and repeat other questions you can ask after the birth of your baby.

Could you show me how to bath her?
wrap her?
change him?

Would you tell me how to take care of my perineum?
help me to express milk?
breastfeed?
fill out this form?

Can I have another pillow, please?
an extra blanket, please?
a nappy, please?
a breast pump, please?

I'd like to see an interpreter, please.
the social worker, please.

I'd like to talk to the midwifery manager, please.
the midwife, please.
the doctor, please.
the photographer, please.

29

10 Listen and repeat more questions you can ask after the birth of your baby.

Where questions:

Can you tell me where the telephone is?
nursery is?
bathroom is?
breastfeeding class is?

When questions:

Can you tell me when I should feed her?
bath him?
settle her?

When will my baby's cord come off?

When can I go home?

Why questions:

Why is breast milk good for my baby?

Why are my nipples sore?

Why do I feel like crying?

Why is my baby crying a lot?

Why is my baby's skin yellow?

Why does my baby need this test?
an injection?

How questions:

How do I know if she's getting enough milk?
he's getting enough sleep?
she's on the breast correctly?

Practise your skills

Practise the questions from Exercises 9 and 10 again.

Settling your baby

Before you start

Parents settle their babies to sleep in many ways. They include:

- carrying the baby in a papoose
- rocking the baby in a cradle
- giving the baby a dummy to suck
- singing to the baby.



1 Discuss this question with your classmates or teacher.

What ways are popular for settling a baby in the country you come from?

List some of the things that you discussed.

2 Read the instructions and look at the pictures.

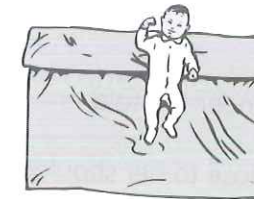
Wrapping your baby 0 – 4 months

Why wrap your baby:

Wrapping your baby will help her settle because she will feel secure.

The wrap: Use light cotton, 1.5 x 1.0 metres. Use light material because it is important not to overheat your baby. She will be covered by a sheet and blanket in bed.

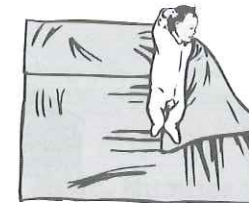
1 Fold down the long edge about 20 centimetres. Place your baby in the middle with the fold under the neck.



2 Place your baby's left hand under the fold.



3 Keep your baby's left hand close to her shoulder. Take the top of the fold and tuck it under the baby's legs.



4 Take the left edge of the fold and wrap it over your baby's body. Then tuck it under the right side of the baby's body.



5 Place your baby's right hand under the fold.



6 Keep your baby's right hand close to her shoulder. Take the top of the fold and tuck it under the baby's legs.



7 Take the right edge of the new fold and wrap it over your baby's body. Then tuck it under the left side of the baby's body.



8 Fold any extra material under your baby's legs.



When to stop wrapping your baby:

Start loosening the wrap gradually. Once your baby starts rolling over you do not need to use it at all.

NOTE:
Important information about safety and sleeping:

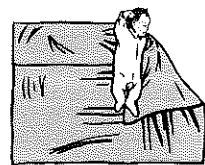
- Keep your baby in a smoke-free place. ☹
- Always put your baby on his or her back to sleep.
- Sleep baby with the face and head uncovered.

* Reproduced and adapted with the permission of Karitane, NSW.

3 Read the instructions again. Number the pictures below from 1 to 8. An example has been done for you.

- 1 Fold down the long edge of the wrap about 20 centimetres. Place your baby in the middle with the fold under the neck
- 2 Place your baby's left hand under the fold.
- 3 Keep your baby's left hand close to her shoulder. Take the top of the fold and tuck it under the baby's legs.
- 4 Take the left edge of the fold and wrap it over your baby's body. Then tuck it under the right side of the baby's body.
- 5 Place your baby's right hand under the fold.
- 6 Keep your baby's right hand close to her shoulder. Take the top of the fold and tuck it under the baby's legs.
- 7 Take the right edge of the new fold and wrap it over your baby's body. Then tuck it under the left side of the baby's body.
- 8 Fold any extra material under your baby's legs.

a _____ b _____ c _____ d _____



e 1 f _____ g _____ h _____



4 Read the statements. Tick Yes or No.

- a Some parents wrap their babies to help them go to sleep.
- b You can use a woollen blanket to wrap your baby.
- c The baby's arms are tucked inside the wrap.

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

5 Complete this important information about safety and sleeping. Then underline all the instruction words.

- a Keep your baby in a _____ place.
- b Always put your baby on his or her _____ to sleep.
- c Sleep baby with the face and head _____.

What happens to my baby?

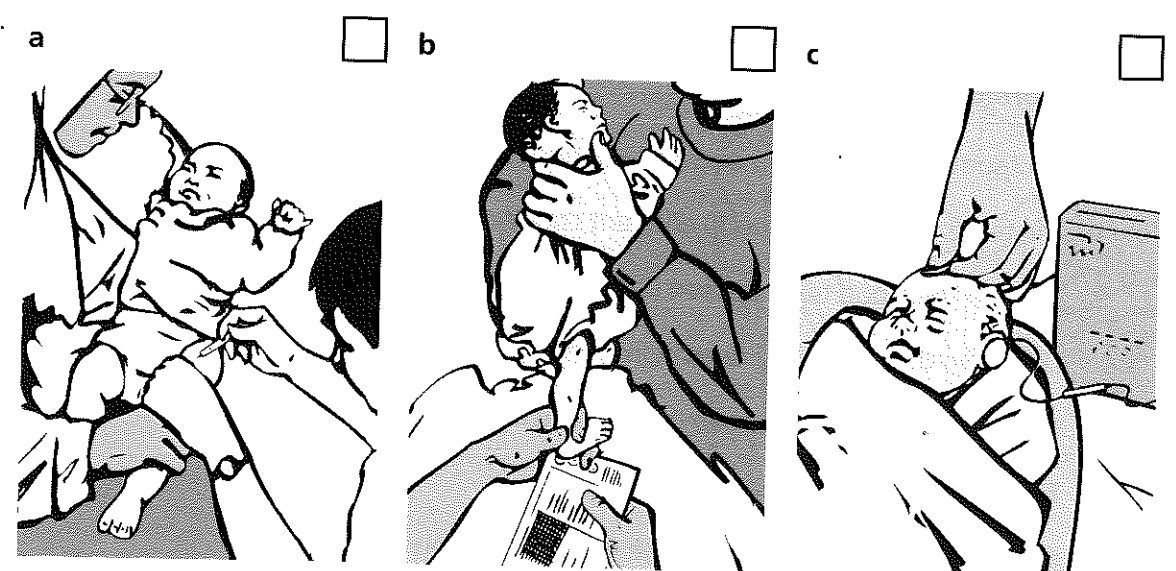
1 Listen to the conversation. Tick the correct answer.

Rebecca asks the midwife about:

- postnatal depression.
- breastfeeding.
- tests and vaccinations for her baby.
- registering her baby.
- wrapping her baby.



2 Listen again. Number the pictures in the order Rebecca asks about them.



3 Listen again. Complete Rebecca's questions:

- a about the blood screening test
Someone told me my baby _____.
- b about the hearing test
And _____ exactly?
- c about vaccinations
_____ there anything else?

4 Match the word on the left with the meaning on the right. The first one has been done for you.

- | | |
|------------------|---|
| a screening test | a small piece of material to stick on the skin |
| b conditions | straight up |
| c upright | a substance that is given to you to stop a disease |
| d heel | an infection that affects the liver |
| e bandaid | a test that tells if the baby has an illness or not |
| f microphone | the back part of the foot |
| g sensors | equipment for hearing sound |
| h vaccination | small piece of equipment that tells you the baby can hear a sound |
| i hepatitis B | illnesses or diseases |

5 Listen to the midwife talking about the blood test. Read the statements. Underline the correct answers.

- a (All / some) babies have a blood screening test.
- b The test is to (correct / check) different conditions.
- c They do the blood test between (24 / 48) and (36 / 72) hours after the birth.
- d The baby (doesn't mind / doesn't like) the test.
- e They take blood from the baby's (hand / heel).
- f They send the (blood / bandaid) for testing.
- g If there are any problems someone will contact (you / your doctor).

6 Listen to the midwife talking about the hearing test. Use the words in the box to complete the sentences.

pads	problems	soft	tests	small	quick	sounds
------	----------	------	-------	-------	-------	--------

Well, it's _____ and simple. We just put some small _____ on your baby's head. Then we put a very _____, _____ microphone into the baby's ear. We play some soft _____ and sensors in the pads tell us if the baby can hear them. Again, if there are any _____, you can have some more _____.

7 Listen to the midwife talking about vaccinations. Complete the information. Circle the correct words.

We can (start / begin) your baby's vaccinations today if you like. We can give her one for hepatitis (A / B / C). The next one will be when she is (two / three / four) months old.

Chatting to other parents

1 After the birth, Rebecca and another mother chat about the birth of their babies.

Write some questions they might ask each other.





2 Listen to the conversation. Tick the correct answers.

- a Rebecca and Lin have met before.
 Rebecca and Lin meet for the first time.
- b Rebecca tells her story first.
 Lin tells her story first.



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

- | | Yes | No |
|---|--------------------------|--------------------------|
| a Rebecca is surprised to see Lin. | <input type="checkbox"/> | <input type="checkbox"/> |
| b Lin's baby was born this morning. | <input type="checkbox"/> | <input type="checkbox"/> |
| c Rebecca's baby was born in the birth centre. | <input type="checkbox"/> | <input type="checkbox"/> |
| d Lin had a big baby. | <input type="checkbox"/> | <input type="checkbox"/> |
| e Rebecca's baby weighed 4.3 kilos. | <input type="checkbox"/> | <input type="checkbox"/> |
| f Rebecca's husband stayed with her during the birth. | <input type="checkbox"/> | <input type="checkbox"/> |
| g Lin's father drove her to the hospital. | <input type="checkbox"/> | <input type="checkbox"/> |
| h This is Lin's third baby. | <input type="checkbox"/> | <input type="checkbox"/> |



4 Listen and tick the feedback.

- a Rebecca: Lin! Hello! I didn't expect to see you here. When was your baby born?
Lin: Last night, in the birth centre. It was a bit early.
Rebecca: Wow! I see. Really?
- b Rebecca: Well I started labour in the early evening – at about 5. We phoned the labour ward at 10 o'clock when the contractions were seven minutes apart.
Lin: OK Right. Uh huh.
- c Lin: Well I started having contractions at about 3:30 in the afternoon. So I called my husband David and said, *It's starting. You'd better not stay back late at work.*
Rebecca: No! No way! Mm.
- d Lin: And the midwife said, *I don't think you understand Mr Chu. Your wife is having a baby now!*
Rebecca: Gosh! Never! Wow!



5 Now listen to Lin's recount. Number the events in the correct order. The first one has been done for you.

- husband arrived home
- called husband
- rang the hospital
- baby born
- got into bath
- 1 started having contractions
- husband parked the car
- waited until contractions five minutes apart
- drove to the hospital

6 Read about pronouns.

We use pronouns such as *he, she, it* and *them* instead of repeating the names of people and things.

*My sister-in-law gave me a lift to the medical centre. **She** picked me up at three.*

*Then I saw the doctor and **he** gave me my test results.*

7 Draw arrows to show what the reference words refer to. The first one has been done for you.

- a Rebecca: What did you have?
Lin: A boy, a big boy. **He** was almost 4 kilos.
- b Lin: What about you?
Rebecca: I had a gorgeous little girl. **She's** almost 18 hours old.
- c Lin: Right. Did your husband stay with you?
Rebecca: Oh yes, **he** really helped me.
- d Lin: We timed the contractions and **they** were still about 8 minutes apart. Anyway I rang the hospital and **they** said *Wait a bit longer. Come in when **they're** five minutes apart.*

8 Write past tense verbs to complete the sentences. Use the words in the box.

a said started called

Well I _____ having contractions at about 3:30 in the afternoon. So I _____ my husband David and _____ *It's starting. You'd better not stay back late at work.*

b were arrived timed was got made

Well when he _____ home it _____ five o'clock and my back was hurting. So I _____ into the bath and he _____ dinner for the kids. We _____ the contractions and they _____ still 8 minutes apart.

c got drove took dropped

Yeah. So he _____ the kids to his sister's and I _____ ready. We _____ to the hospital and David _____ me off to park the car.

Leaving hospital

37 1 Listen to the conversation. Tick the correct answers.

- a Rebecca is talking to:
- another mother.
 - the hospital doctor.
 - the midwife.
- b Rebecca is:
- in the labour ward.
 - in the postnatal ward.
 - at the midwives clinic.
- c Rebecca wants to:
- go home.
 - see her husband.
 - hire a baby capsule.



37 2

2 Read the topics. Listen again. Number them in the order you hear them. The first two have been done for you.

- using a baby capsule
- the blue book
- birth registration and the maternity payment forms
- 1 help and support at home
- home visits by the midwife
- 2 transport home
- checking the baby by the doctor
- going to see the child health nurse
- the six-week check-up

37 3

3 Listen again. Match the person with the action. The first one has been done for you.

- | | |
|-----------------------------------|---|
| a Rebecca's mother-in-law | will help Rebecca fill in her forms. |
| b A friend of Rebecca's husband | will check the baby and sign the blue book. |
| c Rebecca | will weigh the baby, check her eyesight and hearing and check she is developing well. |
| d An interpreter | will help her at home. |
| e The hospital doctor | will visit Rebecca at home. |
| f A midwife | will pick her up from hospital. |
| g A child and family health nurse | will do the six-week check-up. |
| h Rebecca's GP | will make an appointment at the early childhood centre. |

NOTE:
The blue book is a record of your baby's health information until he or she goes to school. Information is recorded about your baby's:

- health eg length, weight, vision and hearing
- immunisations eg polio, hepatitis B
- early milestones eg smiles, sits alone, claps hands.

The book may have a different name where you live.

4 Read about making polite requests.

When we want to do something and we need to tell someone about it, we use polite language. If we are not polite, we may offend the listener.

We can be polite by explaining the situation and then making a polite request.

Read what Rebecca said:

It was very noisy here last night. I didn't get much sleep and my husband can't stay here. (She explains the situation.)

I'd like to go home. (She makes a polite request.)

Other ways to make polite requests are:

Do you think I can go home?

Is it all right if I go home?

Could I possibly go home?

38

5 Listen and repeat these polite requests.

- I'd like to see the doctor.
- Could I possibly see an interpreter?
- Is it all right if I use this breast pump?
- Do you think you could telephone my husband for me?
- I'd like to make an appointment for my first visit.

6 Read about clarification.

When we want to make sure we understand what someone is saying, we ask for clarification. We can do this by:

- repeating the words we don't understand
- asking a question
- repeating what the speaker says in our own words.

7 The parts where Rebecca clarifies what the midwife says are in bold. How does she clarify? Write A, B or C.

- A She repeats the words she doesn't understand.
- B She asks a question.
- C She repeats what the midwife says in her own words.

Midwife: And the baby needs to see the doctor.

Rebecca: **Why? Is there something wrong with my baby?** _____

Midwife: No. All the babies are checked by the doctor before they go home. The doctor has to sign your blue book.

Rebecca: **My blue book?** _____

Midwife: Yes, that's the one you have to record everything about your baby.

Rebecca: Right.

Midwife: You'll get a visit from the midwife. She'll check how you and the baby are going. Is your baby feeding well? Is your baby easy to settle? Are you getting enough rest? How are you feeling?

Rebecca: **I see. The midwife will come to my home.** _____

8 Read about modal verbs.

Speakers can use modal verbs to show how much obligation there is in an action. Obligation is the feeling that you *must do* or *should do* something.

For example:

You **must use** a baby capsule if you travel with your baby by car.

You **have to register** your baby within 60 days.

You **need to make** an appointment with the child and family health nurse.

9 Underline the modal verbs in these sentences. The first one has been done for you.

- a You must sleep your baby on his or her back. You mustn't sleep your baby face down or on his or her side.
- b Before you go home you need to do some paper work.
- c And the baby needs to see the doctor.
- d The doctor has to sign your blue book.
- e You must keep your baby in a smoke-free place.
- f You should rest as much as possible when you go home from hospital.

An application form

Before you start

Parents have 60 days to register the birth of their baby. The hospital gives you the birth registration forms. There is no fee for registering your child. If you want a **birth certificate** you must complete another form and pay a fee. You need a birth certificate for many official purposes, eg enrolling your child at school, becoming a citizen, applying for a passport.

1 Look at the form on the next page. Why does Rebecca complete it?

2 Read the instructions for completing the form. Write the instruction words.

- a Please _____ clearly in black pen.
- b _____ at the left.
- c _____ one letter in each box.
- d _____ one box between words.
- e Please _____ all details.

3 The form has three sections. In which section do you write:

- a information about paying for the certificate?
- b your personal information?
- c information about your baby?

4 Match the questions with the words from the form.

- | | |
|--|--|
| a When was your child born? | Street address |
| b What is the last date when you can use your credit card? | Given name |
| c What name is on your credit card? | Your relationship with the person registered |
| d What's your first name? | Date of birth |
| e Are you the child's mother? | Card number |
| f What's the number of your card? | Name of cardholder |
| g Where do you live? | Expiry date |

5 Read the form. Complete the form with your own information.

Application for a Birth Certificate

NSW Registry of Births Deaths & Marriages ABN 30 854 211 521 GPO Box 30 Sydney NSW 2001

- Commemorative Certificate Package (includes a standard certificate) (Qty) _____ Urgent Non-urgent
(specify design e.g. Fauna)
- Standard Certificate (Qty) _____ Urgent Non-urgent

Your certificate will be mailed to you if your application was received by post or fax and is charged a postage and handling fee. See separate "Fees for Products and Services" Flyer. International Express Post

Please PRINT clearly in BLACK pen. Start at the left. Write one letter in each box. Leave one box between words. Please complete all details. APPLICANT'S DETAILS (details of person completing this form). Please provide at least three (3) copies of identification with your application.

Family Name

Given Names

Street Address

Suburb State Postcode

Postal Address (if different from street address)

Suburb State Postcode

Your Relationship to the Person Registered (e.g. self, daughter)

Reason Certificate is Required (e.g. passport, school)

Signature of Applicant Home Phone Number ()

Contact Phone Number ()

DETAILS OF BIRTH REQUIRED

Family Name at Birth

Given Names

Date of Birth* / / Present Age

* If Date Unknown, Period to be Searched - From: To: (Note, each extra 10 year search or part thereof incurs a cost)

Place of Birth (Town/City) State

Father's Full Name

Mother's Full Name (Before Marriage)

PAYMENT DETAILS (complete this section for mail or fax applications only). For schedule of fees, see Fees for Product and Services flyer.

Enclosed is a Cheque*/ Money Order for \$ OR Please Bankcard AMEX Debit my: MasterCard Visa \$ (Cheques should be made payable to the NSW Registry of Births Deaths & Marriages)

Card Number

Name of Cardholder Expiry Date

Signature of Cardholder

*Personal/company cheques are not accepted for urgent applications.



OFFICE USE ONLY	Identification	Date Issued
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Child and family health centres

Before you start

Child and family health centres provide many free services for families with children under five. The nurses there can check your baby's health and give you information about:

- caring for your baby
- breastfeeding
- coping with sleeping and crying
- your baby's growth and development
- immunisation
- safety
- good ways to play with your baby
- your own health and wellbeing.

They will also listen to any worries you have and tell you about other services in your area. You can find out about groups for parents which you may want to join.

Child and family health nurses also do home visits to see you and your baby.



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- 1 Rebecca calls the centre to make an appointment. Listen to the message. Complete the greeting. Use the words in the box.

message answer return

Hello. You've reached Greendale Child and Family Health Centre. We cannot _____ the phone at present but please leave a _____ and we will _____ your call.

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- 2 There are three ways you can visit the Greendale Child and Family Health Centre. Number them in the order you hear them.

- You can join the mothers group.
- You can make an appointment.
- You can drop in (you don't need an appointment).

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- 3 Listen to the message again carefully. Circle the words you hear.

- a We are open for drop-in from 9 am to 12 every (Monday / Tuesday / Thursday).
- b We are open every Wednesday and Thursday for (booking / appointments).
- c Mothers' Group is 2 to 4 pm on Wednesday (mornings / afternoons).
- d We are (open / not open) tomorrow Wednesday the 28th of November.
- e If you leave a message we will return your call on (Thursday / Friday).
- f If you have a sick child, contact your (GP / local hospital).

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- 4 Rebecca leaves a message. Listen to Rebecca. Complete the message.

_____. My name _____ Rebecca Majok.
 _____ to make an appointment to bring my baby to the _____.
 My baby is _____ weeks old. _____ please call me on
 _____ to make the appointment. _____ Goodbye.

- 5 Write a message to leave with your information.

The six-week check-up

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- 1 Read and listen to the fact sheet on the next page. Use the glossary and your dictionary to look up any new words. Then answer the questions. Tick the correct answers.

- a Where do you go for a six-week check?
 - the midwives clinic
 - your family doctor
 - the hospital doctor
- b Who is checked at the six-week check?
 - the baby
 - the mother
 - the mother and the baby



FACT SHEET 5

The six-week check-up

Six weeks after the birth of your baby you should make an appointment to see your general practitioner. Your GP will ask you how you are and will examine your abdomen and breasts. He or she will make sure that your body looks like it was before you got pregnant. If you need a pap smear, the doctor will do one. Women need to have a pap smear every two years. The doctor will also check, weigh and measure your baby and discuss your baby's health, growth and immunisation.

Your doctor may also talk to you about:

- using contraception
- any problems with feeding your baby
- how you are managing
- postnatal depression or unhappiness.

2 Read the headings. Check that you understand their meanings. Read the explanations and label them.

Immunisation	Contraception	Pap smear	Postnatal depression
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a _____

A test on cells taken from your cervix to make sure it is healthy; done every two years on women between 20 and 70 years.

c _____

Methods you or your sexual partner can use to stop you becoming pregnant. For example: condoms, the pill, a diaphragm.

b _____

A serious condition that develops after the baby is born when the mother feels unhappy and not in control of her life, unable to cope and has a low opinion of herself; not the "baby blues" most mothers experience.

d _____

Giving a person a special medicine to protect them from getting an illness or a disease.

NOTE:

In some parts of Australia, the GP will do a pap smear four months after the birth of your baby, not at the six-week check-up.

Tapescript

CD 1

Track 1

Language of Childbirth
by Fran Weston
CD 1 Units 1 and 2
Recording directed by Darrell Hilton
Produced by Audioscapes
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Track 2

a late period
morning sickness
passing urine more often
bloated
marks on the face
vaginal discharge
sore or enlarged breasts
tired
moody
itchy tummy

Track 3

My period is late.
My last period was very light.
My last period wasn't normal.
I feel sick in the stomach.
I feel bloated.
I feel tired.
I feel moody.
I'm vomiting in the morning.
I'm going to the toilet more often.
I've got morning sickness.
I've got marks on my face.
I've got a thicker discharge from my vagina.
I've got sore breasts.

Track 4

hair	eyes	ears
nose	mouth	chin
shoulder	arm	chest
breast	nipple	stomach
back	hip	pelvis
tummy or abdomen		hand
fingers	thigh	knee
calf	ankle	foot

Track 5

nipple	spinal column or spine
placenta and cord	uterus or womb
amniotic sac or waters	cervix

mucous plug or show	bladder
bowel	vagina or birth canal
perineum	bottom

Track 6

GP: Congratulations, Mrs Majok. Your test is positive.
Rebecca: Oh thank you! When's my baby due?
GP: When did your last period start?
Rebecca: The 7th of February.
GP: We add seven days. That's the 14th of February. Then count back three months. That's January the 14th, December the 14th, November the 14th. Your baby's due about November the 14th.

Track 7

Booking clerk: Antenatal clinic, Niroom speaking. How can I help you?
Rebecca: Hello, I'm phoning to make an appointment, please. I'm pregnant.
Booking clerk: Right. What's your name?
Rebecca: Rebecca Majok.
Booking clerk: OK Rebecca. How pregnant are you?
Rebecca: My doctor says I'm ten weeks.
Booking clerk: Uh huh. Have you been to see us before?
Rebecca: No, I haven't.
Booking clerk: That's fine. Did the doctor give you a letter?
Rebecca: No, but I've got a yellow card.
Booking clerk: That's good. OK. Bring it with you when you come. Now, when would you like to come?
Rebecca: I can come next week.
Booking clerk: Well, what about Wednesday next week. That's the 16th at 2 o'clock?
Rebecca: Yes, that's good. Where do I come?
Booking clerk: Come to the hospital. Do you know where we are?
Rebecca: Um, not exactly.
Booking clerk: The hospital is in Como Street. Come to the front desk and ask for directions to the antenatal clinic.
Rebecca: Did you say Como Street?
Booking clerk: Yes, that's it. Where do you come from, Rebecca?
Rebecca: Sudan.
Booking clerk: Would you like to have an interpreter?