



Changing Me

From Conception to Birth - Ages 10-11 - Piece 3

Find the right words in the box below to fill in the gaps in the story

1. Life begins when a sperm joins with an egg in the fallopian tube and _____ it so that it starts to grow into a baby.
2. The fertilised egg starts to divide from one cell to two, then four, then eight and so on, and the growing cluster of cells travels down the tube towards the mother's _____.
3. The ball of cells settles into the soft lining of the womb, which has thickened with an extra supply of _____ to provide oxygen and food for the baby.
4. As the cells continue to divide some of them form into the tiny beginnings of the baby, and some form a fleshy plate called the _____ which attaches the baby to the wall of the womb.
5. The placenta collects oxygen and food from the mother's blood and passes them to the growing baby through the _____.
6. After a month the baby is about the size of a grain of rice; while it is very tiny the baby is called an _____.
7. For the first 12 weeks the baby grows slowly but it gradually forms all its body parts: after only 6 weeks it already has a tiny _____ which is beating.
8. While it grows the baby is kept safe and protected from bumps and knocks by floating in a bag of _____.
9. After 12 weeks the baby is fully formed and has all its essential _____ but it is still very small, about the length of your thumb.
10. After 6 months the baby is growing fast, it has begun to grow eyelashes and _____ on its head, and its mother can feel it sometimes moving and kicking.
11. In the final months of _____ the baby fattens up, has periods of waking and sleeping and can hear and react to sounds from the outside.
12. By the eighth and ninth months the baby is probably big enough to be able to survive if it was born early, and the mother has a very large, heavy _____ to carry around.
13. In the ninth month the baby is getting quite squashed and doesn't have much room to move: it settles with its _____ down ready to be born.
14. Birth begins when muscles in the womb start to press down on the baby in a series of powerful pushes called _____.
15. Over a period of several hours these contractions get stronger and more frequent, pushing the baby's head against the entrance from the womb to the vagina, which is called the _____, and gradually opening it up.
16. When the cervix is fully open the baby starts to move head first down through the vagina: this is known as the second stage of _____.



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17. Now the mother can use muscles that she can control to help the contractions and push the baby down and out of the _____: it's very hard work and a big strain for the mother and the baby.

18. Finally the baby's head is born – this is the largest part and the rest of the body quickly follows: the mother is normally helped through all of this by a specially trained nurse called a _____.

19. The baby is still attached to its mother by the cord, but once it starts breathing for itself (and crying!) the cord can be clamped and cut – the remains of it will eventually shrivel to form the baby's _____.

20. The other end of the cord is connected to the placenta, and a few more contractions help the mother to push this out; now a new, independent life has begun and mother and baby can relax and start getting to know each other. Can you add one more word to describe how you think the mother might be feeling at this stage? _____

21. Sometimes it is difficult for a baby to be born in this way, and the baby is brought into the world by a Caesarean Section instead with the help of _____ and _____.

head	body parts	umbilical cord		vaginal opening	
fertilises	labour	belly	fluid	placenta	midwife
contractions		hair	embryo	womb	belly button
cervix	pregnancy	heart	blood	doctors	midwives