



Infant Health Trio

Student Workbook



Name:

Understanding Prenatal Alcohol Exposure

Pretest

Name: _____ Date: _____

1. What do the following abbreviations stand for?
FAS: _____

FASD: _____

2. The only way a child can acquire FAS is by inheriting it from both the father and mother.
a. True b. False
3. Beer, wine, and cocktails each affect a fetus differently.
a. True b. False
4. FAS and FASD are completely preventable.
a. True b. False
5. How much alcohol is safe to consume during pregnancy?

6. Who is qualified to make a diagnosis of FASD?

7. Prenatal exposure to which substance is the leading known cause of mental retardation in the United States?
a. Cocaine b. Heroin c. Alcohol
8. Alcohol can be transferred to a baby through the mother's milk during breastfeeding.
a. True b. False
9. Societal costs are the same to raise a child whether or not the child has FAS or FASD.
a. True b. False
10. A parent continuing to drink alcohol after a baby is born poses no risk to the child's welfare.
a. True b. False

Understanding Methamphetamine Use and Prenatal Exposure

Terms/Glossary Sheet: Methamphetamines

Addiction: A chronic, ongoing relapsing disease characterized by compulsive drug-seeking and use despite serious negative consequences, and by long-lasting changes in the brain.

Central Nervous System (CNS): Central nervous system that includes the brain and spinal cord.

Club Drugs: Street drugs often taken at club or parties.

Craving: A powerful, often uncontrollable desire for drugs.

DEC: Drug endangered child.

Dopamine: A chemical in the brain, classified as a neurotransmitter, found in regions that regulate movement, emotion, motivation, and pleasure.

Gastroschisis: A condition in which a baby is born with a hole in the abdomen, causing the intestines to be outside the body.

Hallucinations: See, hear, or feel things that aren't really happening, particularly bugs crawling under the skin.

Illicit Drugs: Illegal drugs that can be smoked, snorted, swallowed, injected, or inhaled such as heroin, cocaine, or methamphetamine; also called street drugs.

Neurotransmitter: A chemical produced by neurons that carry messages from one nerve cell to another.

Polysubstance Abuse: The consumption of numerous other substances, especially alcohol.

Psychosis: A mental disorder characterized by delusional or disoriented thinking detached from reality; symptoms often include hallucinations.

Rush: A surge of pleasure or euphoria that rapidly follows the administration of some drugs.

Stimulants: A class of drugs that enhance the activity of monoamines like dopamine and norepinephrine in the brain, increasing arousal, heart rate, blood pressure, and respiration while decreasing appetite; i.e. methamphetamine, cocaine, and some medications used to treat attention deficit hyperactivity disorder (ADHD).

Teratogen: Agent that causes physical or developmental defects in an unborn baby.

Tolerance: A condition in which higher doses of a drug are required to produce the same effect achieved during initial use; often associated with physical dependence.

Toxic: Causes temporary or permanent effects detrimental to the functioning of a body organ or group of organs.

Withdrawal: Symptoms that occur after chronic use of a drug is reduced abruptly or stopped.

Understanding Methamphetamine Use and Prenatal Exposure

Posttest

Name: _____ Date: _____

1. What makes a drug illicit?

2. Define addiction.

3. When stimulant drugs are used, what are some effects on the body?

4. Stimulant drugs have no effect on the fetus, when a mother uses these drugs?
a. True b. False
5. What makes a drug toxic?

6. Moms who use Meth often drink alcohol, smoke or take other drugs.
a. True b. False
7. Babies born to Meth users can be born early and have higher birthweights.
a. True b. False
8. Cocaine and Meth have similar effects on the fetus.
a. True b. False
9. Prenatal drug exposure is totally preventable.
a. True b. False
10. Drugs can pass through the placenta just as oxygen and nutrients do to meet the needs of the fetus.
a. True b. False
11. Meth can be transferred to the newborn during breastfeeding.
a. True b. False
12. Meth babies may have developmental delays and learning problems as they get older.
a. True b. False
13. How might children be mistreated because of parental use of Meth?

14. Meth production in the home is dangerous and toxic for children in that environment.
a. True b. False
15. The longer a mother waits to quit Meth use, the less severe and less long-lasting the effects of the drug are on the fetus and the child after birth.
a. True b. False
16. When Meth use is identified, early intervention and positive, competent parenting skills are important even if the child appears normal.
a. True b. False
17. Identify four potential complications of MA use during pregnancy.
1) _____
2) _____
3) _____
4) _____
18. Identify four short term effects on the newborn.
1) _____
2) _____
3) _____
4) _____

Understanding Shaken Baby Syndrome

My Plan to Manage Frustration

When a Baby in My Care Can't Stop Crying

Name: _____ Date: _____

1. When a baby or small child in my care cannot stop crying and I have tried changing, feeding, holding, and meeting the baby's other basic needs, I will try the following activities to help soothe him/her:

- _____
- _____
- _____

2. If the baby in my care cannot be soothed and my frustration is increasing, the baby will be safe if I put him/her in one of these places...

- _____
- _____
- _____

...and I can do a few of the following things for myself:

- _____
- _____
- _____
- _____

3. If I feel I need to talk to someone because of the stress of being with a crying baby, I can call these people:

- _____
- _____
- _____

4. If I need a break from being with the baby I'm caring for, I can call one of these people:

- _____
- _____
- _____