

Directions: Fill in the blanks.

Toni was in the ___tor's office. The lab had just called. Her pregnancy test was positive.

“Well, Toni,” said Dr. Rashid, “this is a big day. ___gratulations. You are pregnant.” She gave Toni a hug.

Toni was very happy, but she felt scared too. The news was a bit of a ___ock.

“Wow!” she said. “What happens next?”

“Well, there is a lot you can do to have a safe ___nancy and a healthy baby. You start by taking good care of yourself. While you are ___nant, almost everything you put in your body can affect the developing baby. This is true even later, after the baby is born, when you are nursing.”

“So, I should watch what I eat?” asked Toni.

“Yes. Getting the right nutrition is very im___tant. Also, did you know that if you smoke, drink alco___, or take drugs, it can harm you and your baby?”

Other Drugs

“I have heard that,” said Toni. “I do smoke, but not a lot, - half a pack a day maybe. I don’t dr___ that much. At parties my friends and I get a little drunk. We smoke pot, but we don’t do any ‘bad’ drugs.”

“I under___,” said Dr. Rashid. She smiled at Toni. “My advice is to quit smoking, drinking alcohol, and taking other dr___. Even if you only do these things once in a while, you risk causing serious harm to your baby.”

“What kind of harm?” asked Toni.

“Well, smok___ during pregnancy can limit the amount of nutrition the baby receives. Babies born to moms who ___oke are often very underweight. That is not good. These babies are not as healthy. They have a higher rate of learning problems and behavior problems.”

“What about ___cohol?” asked Toni.

“Alcohol and many other drugs can increase the ___isk of birth defects. They can affect a baby’s growth. They can affect brain development. These are not r___ you want to take,” said Dr. Rashid.

“I want a normal, healthy ba___,” said Toni.

“Of course you do! Good! Then you will be motivated to make some lifestyle changes. There are people who can help you to do that. A lot of people need some extra support to qu___ these things.”

“I think I might need some help,” said Toni. “I’ve tried to quit smoking and drink___ before, but it was too hard.”

“I under___,” said Dr. Rashid. “Most people have to try more than one time to quit. But now you have the best reason ever to do it.”

Toni agreed.

“Let’s make an appoint___ for you with our OB-GYN Clinic,” said Dr. Rashid. The doctors and nurses there will give you information about staying healthy during pregnan___. And they have a support group that you can join. You’ll meet other women who are making new, healthier choices. I think you’ll be glad you did.”

“You were right, Dr. Rashid,” said Toni. “Today really IS a big day.”