

# Child development

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Module Child Development Part Pregnancy is a very important part of a woman's life that calls for behaviour change in various aspects in life. To begin with, my sleeping hours would not be adequate if I were pregnant. Pregnant women are advised to get enough rest and sleep. Secondly, I rarely exercise and I would start engaging in exercise activities three times a week to improve blood circulation. Thirdly, I take alcohol during the weekends and I would have to refrain from it if I were pregnant. Alcohol and drugs are prohibited during pregnancy as they can affect child's development (Murphy). Finally, I would also need to change my diet by including healthier foods including larger portions of fruits and vegetables. Additionally, I would have to refrain from foods containing saturated fats and sweetened drinks.

#### Part 2

Murphy, Deirdre. J., Mullan, Aoife., Cleary, Brian. J., Fahey, Tom. & Barry, Joe. Behavioural change in relation to alcohol exposure in early pregnancy and impact on perinatal outcomes – a prospective cohort study, *BMC Pregnancy and Childbirth*. (2013) 13: 8. <http://www.biomedcentral.com/1471-2393/13/8>

The study concentrates on behavioural change among women during pregnancy. According to the article, most women consume alcohol during pregnancy goes against the doctors' advice as alcohol poses numerous side effects to the foetus. This article advises women to avoid alcohol intake at all costs. The article also shows the drinking habits among women from different backgrounds and demonstrated that some of the side effects of drinking while pregnant include intrauterine growth restriction, low birth weight and preterm birth. The article also shows that there is a strong relationship between alcohol use and smoking and these aspects combined <https://assignbuster.com/child-development-essay-samples/>

have a significant negative impact on foetal growth.

#### Work Cited

Murphy, Deirdre. J., Mullan, Aoife., Cleary, Brian. J., Fahey, Tom. & Barry, Joe. Behavioural change in relation to alcohol exposure in early pregnancy and impact on prenatal outcomes – a prospective cohort study, BMC Pregnancy and Childbirth. (2013) 13: 8. <http://www.biomedcentral.com/1471-2393/13/8>