

# *Pre Knowledge Questions*

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*“And Moses said to the people,  
‘Do not be afraid:  
for God had come in order to test you,  
and in order that the fear of Him may remain with you,  
so that you may not sin.’”*

*Exodus 20:20*

## **About the Pre-Knowledge Questions**

These pre-knowledge questions are provided for your personal use as well as for you to answer before taking our seminar or classes. The purpose of these questions is to give you an understanding of the birth knowledge and attitudes you currently have. There are no right or wrong answers. Fill out the answers and refer back to this test as you work through the text. By choosing to do the pre-knowledge questions you will gain more from your time in the workbook questions and/or class. So get a pencil and venture out into the wonder of God's first recorded instruction to mankind.

*“And God blessed them; and God said to them, ‘Be fruitful and multiply...’”*

*Genesis 1:28*

## **Pre Knowledge Questions Instructions**

The mom and dad should answer these questions separately. Remove the sheets that apply to you from the binder. Do not peek at your spouse's answers before answering your own. After you have both finished answering the questions then share your answers with one another and talk about any differences you may have. Do not argue about your answers! Simply focus to care about where each of you got your ideas and why you think you want what you want. Then go on to read the *Discerning Childbirth™* workbook and/or class, and do the Bible studies as you grow together in God's plan for you and your child.

All these pre-knowledge questions are discussed in this workbook and the *Discerning Childbirth™* classes. Many are addressed specifically in the chapters *The Truth About Prenatal Testing and Newborn Procedures* and *Designing Your God-Centered Birth*. It is important to have these pre-knowledge questions here, however, to help you begin to understand where your thinking is now and how it was formed.

May God richly bless you as you seek His best in all that you do.

## **Pre Knowledge Questions For a Mom in the Making**

On a scale of 1-5 rate the following statements. 1 being “I strongly disagree” and 5 being “I strongly agree.

1. I have a good working knowledge of pregnancy and birth. 1 / 2 / 3 / 4 / 5
2. The decisions for care during pregnancy and birth should be made by the woman because it's her body. 1 / 2 / 3 / 4 / 5
3. As a godly wife I should do everything my husband says without question. 1 / 2 / 3 / 4 / 5
4. Because I am a Christian I don't have to concern myself with spiritual battles. 1 / 2 / 3 / 4 / 5
5. You should always question your doctor's advice. 1 / 2 / 3 / 4 / 5
6. The bible directs us to submit to authorities. Doctors and hospitals are authorities. 1 / 2 / 3 / 4 / 5
7. Home birth is a safe alternative. 1 / 2 / 3 / 4 / 5
8. Midwives are less skilled than obstetricians. 1 / 2 / 3 / 4 / 5
9. There should be no limit to the amount of weight I gain during pregnancy. 1 / 2 / 3 / 4 / 5
10. Exercise during pregnancy should be limited. 1 / 2 / 3 / 4 / 5
11. It is important to restrict salt intake during pregnancy. 1 / 2 / 3 / 4 / 5
12. Ultrasound is just a picture of the baby and is completely safe. 1 / 2 / 3 / 4 / 5
13. Ultrasound is still considered controversial. 1 / 2 / 3 / 4 / 5
14. The doctor can tell before labor if my pelvis is big enough to deliver a baby vaginally. 1 / 2 / 3 / 4 / 5
15. Prenatal testing such as ultrasound and amniocentesis should be avoided. 1 / 2 / 3 / 4 / 5
16. Pain medications in labor don't harm the baby, they just relax the mom. 1 / 2 / 3 / 4 / 5
17. Bottle feeding is just as good as breastfeeding. 1 / 2 / 3 / 4 / 5
18. It is a good idea to have the baby in the nursery so the mother can sleep better. 1 / 2 / 3 / 4 / 5
19. Circumcision is a biblical command. 1 / 2 / 3 / 4 / 5
20. Once my wife has established herself with a doctor she should stay with him or her no matter what. 1 / 2 / 3 / 4 / 5
21. A birth plan is a good tool for enhancing communication between you and your birth team. 1 / 2 / 3 / 4 / 5

22. A cesarean is just an alternative way to give birth. 1 / 2 / 3 / 4 / 5

23. It is unsafe to try to have a vaginal birth after you've had a cesarean.  
1 / 2 / 3 / 4 / 5

24. If the baby is breech it is safe to have a vaginal birth.  
1 / 2 / 3 / 4 / 5

25. If the baby is breech it is safe to have a vaginal birth. 1 / 2 / 3 / 4 / 5

Of the following prenatal tests and newborn procedures check the ones you are familiar with in the first column. Then go back over the list. Of those you've checked, put a second check if you feel you are well versed on the pros and cons of the procedure or test. Put a third check if you have had the procedure or test, or if you foresee yourself having it done.

Familiar With    Pros/Cons    Had/Will have

	Familiar With	Pros/Cons	Had/Will have
Pelvic exam			
Urine Testing for protein & sugars			
Doptone			
Transvaginal ultrasound imaging			
Transabdominal ultrasound imaging			
Non-ultrasonic monitoring			
Alpha-fetoprotein (AFP)			
Chorionic Villi Sampling (CVS)			
Amniocentesis			
Gestational Diabetes testing (GD)			
Beta Strep			
Suctioning			
Skin-to-skin contact			
Cutting the umbilical cord			
Birth of the placenta			
Immediate breastfeeding			

Apgar scoring			
Eye ointment for the baby			
Vitamin K			
PKU testing			
Galactosemia testing			
Hypothyroidism testing			
Prophylactic Antibiotics			
Nursery care			
Rooming in			
Early discharge			
Circumcision			
Immunizations			

26. Who has talked to you the most about pregnancy and birth, and what did they tell you?

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27. What stands out most in your mind about what they've told you?

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28. Has the media helped form any of your opinions about birth? If so, how? Are they negative feelings or positive feelings?

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29. Even if you are not pregnant imagine that you are due to have a baby next month. Write out what plans you'd make for the birth today.

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30. How will this birth be paid for?

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31. Why are you having the baby at the chosen place?

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32. How did you come to choose this particular doctor or midwife?

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33. Are there other people with you? Who are they and what are they doing?

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34. Do you see yourself using drugs? Why or why not?

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35. Do you see yourself bottle feeding or breast feeding?

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36. How do you see your husband at this birth?

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37. Would you want extra help, i.e. a birth assistant? Why or why not?

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