Kay's Perinatal Crossword Puzzle JPE 9, 1

ACROSS

- 2 Water exercise class reduces symptoms of ___ pain during late pregnancy. (Hammer)
 5 The greatest threat of fetal defects caused by high temperature occurs during the ___ trimester. (Hammer)
 7 In 1985 ACOG produced its first guidelines for exercise during ___. (Hammer)
 10 Marjorie ___ wrote "Thank You, Dr. Lamaze". (Zwelling)
 12 True family intimacy is a process that grows with ___. (Polomeno)
 14 Martin & Starling believe educators must increase their familiarity with ___ issues and recent changes in health services. (Polomeno)
 16 Vari discusses interventions incorporating PMPS for improving ___ outcomes. (Vari)
 19 PPM stands for Psychoprophylactic ___. (Zwelling)
 20 Marjorie Karmel learned PPM from Dr. Lamaze and Madame ___ in Paris. (Zwelling)
 22 Ideally, sedentary women should start exercising at least 6 ___ prior to planned conception. (Hammer)
 24 One aspect of the perinatal educator's role is to validate the couple's conflicting ___. (Polomeno)
 27 Cardiovascular fitness, ___ strength, and endurance are maintained or improved in women who exercise while pregnant. (Hammer)
 29 Cutrona says we are not born knowing

- how to be ___ marital partners. (Polomeno)
 30 Street defines intimacy as interactions that relate to open ___-disclosure and close personal exchanges. (Polomeno)
 31 The transition to parenthood can be considered complete when the child is ___ years old. (Polomeno)
 34 This review will provide the childbirth educator with suggestions for developing individual ___ programs. (Hammer)
 35 PMPS can improve the ___ of exclusive breastfeeding. (Vari)

DOWN

- 1 Current breastfeeding support systems should be evaluated in WIC clinics, health clinics, and ___. (Vari)
 2 PMPS intervention has similarities to UNICEF ___ Friendly Initiative. (Vari)
 3 Breast support during exercise is achieved by compression rather than ___ and separation. (Hammer)
 4 To monitor risk of dehydration, body ___ should be checked occasionally before and after activity. (Hammer)
 6 Conjugal intimacy includes -but is more than- ___ intimacy. (Polomeno)
 8 TPB stands for Theory of ___ Behavior. (Vari)
 9 Zwelling interviews Elisabeth ___ in this article. (Zwelling)
 11 PMPS stands for Professionally Mediated ___ Support. (Vari)
 13 ___ women who were already active

prior to becoming pregnant do not need to change their activity. (Hammer)

- 15 Only 18 % of new mothers continue breastfeeding for six ___. (Vari)
 16 A woman should not eat within an hour ___ exercising to avoid an insulin reaction. (Hammer)
 17 Healthy ___ are the desired outcome of perinatal education practice, the greater society, and ultimately the health care system. (Polomeno)
 18 Polomeno lists ___ phases of transitions to parenthood. (Polomeno)
 21 Today Bing's greatest frustration is physician colleagues and herself not working as a ___. (Zwelling)
 23 Early challenges for Bing were doctors and nurses who felt ___ by knowledgeable parents. (Zwelling)
 25 Pregnant women have ___ heat-dissipating ability, which is enhanced further with exercise conditioning. (Hammer)
 26 Bing wrote "Six Practical Lessons for an Easier ___". (Zwelling)
 28 The education component may be enhanced within a peer group where breastfeeding behavior is ___. (Vari)
 32 Vari compared breastfeeding outcomes at ___ weeks postpartum. (Vari)
 33 Bing had been teaching the ___ method for almost 10 years when she decided to switch to PPM. (Zwelling)

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(See solution on page 53.)