

Annotation

This essay is a study about diagnostics and signs of pregnancy, its durations, calculation of the birth date and changes of mother's body during pregnancy.

The essay contains instructions about diet and recommended energetic dosage during pregnancy, a special attention is on vitamins, calcium and folic acid. Also we discuss the importance of exercising, rules and when is it recommended the most. Also it talks about how the pregnant woman should take care about her teeth, and advisable hygienic preparations.

A special attention is given to antenatal courses. The essay is talking about the reason why antenatal courses are important for pregnant woman, how to choose rightly and what kind of information can they get there.

A questionnaire is a part of the essay, which is discussing the antenatal preparations and their affect on pregnancy, complications, birth injury, and the affect of educating mothers to participate in such courses.