

Announcements

- 2nd midterm next Tues.
 - Study guide Th.
- Speaker panel Th.
- Extra credit:
 - Week 7: EC3, EC4, EC5 on web
 - Demonstration 10.2 (p. 333) up to 5 points
 - www.dona.org - doulas
 - www.adoptioninstitute.org

Overview

- Finish discussion of Ch. 9
 - Teen pregnancy/sex education
 - Psychological effects of abortion
- Ch. 10
 - Pregnancy
 - Childbirth
 - Motherhood

QUESTIONS FOR TODAY: Ch. 10

- What is pregnancy like?
- How can the childbirth experience be improved?
- What are the experiences of adoptive families?
- Are women uniquely qualified to parent?
- What about Dads?
- What about day care?
- How does family leave in the US compare to that in other countries?

PREGNANCY RESEARCH

- Important for mothers, doctors, policy makers
- Physical symptoms:
 - research has focused on nausea and vomiting
 - other symptoms ignored – fatigue, heartburn
- Psychological symptoms:
 - conflicting findings re: anxiety and depression
- Stress during pregnancy associated with various problems, such as pg complications, early delivery, low birth weight
- Research focuses on these negative aspects of pregnancy

DiPietro et al. (2004): Uplifts and hassles during pregnancy

- Sample: 189 women with low-risk pregnancies
- Measures: Hassles and uplifts specific to pregnancy at various points in pregnancy
- Overall women reported more uplifts than hassles and felt uplifts with greater intensity

DiPietro et al. (2004) cont:

- Most common uplifts:
 - How much baby is moving
 - Visits to dr/midwife
 - Thinking about baby's appearance
 - Feelings about being pregnant
 - Planning the nursery
- Most common hassles:
 - Normal discomforts of pg
 - Ability to do tasks/chores
 - Clothes/shoes don't fit
 - Getting enough sleep
 - Body changes due to pregnancy

PREPARED CHILDBIRTH

- Three main components:
 - learn about pregnancy and childbirth
 - controlled breathing techniques
 - support from partner
- Associated with:
 - more positive attitudes toward birth process, less pain and anxiety, fewer medications (p.331)

NEW FORM OF PREPARED CHILDBIRTH

- Doula - Greek word meaning “woman caregiver of another woman”
- An experienced labor companion who provides emotional and nonmedical physical support throughout labor and delivery
- Present at about 5% of deliveries in US
- For more info:
 - www.dona.org (Doulas of North America)

Scott, Berkowitz, & Klaus (1999): Meta-analysis of effects of doulas

- 11 studies in which women were randomly assigned to doula or control groups
- Women who used doulas (continuous presence) had significantly better outcomes on all five measures
 - labor 1.5 hours shorter
 - reduced the odds of using pain meds by 36%
 - reduced the odds of using oxytocin by 71%
 - reduced odds of having to use forceps by 57%
 - reduced odds of doing a cesarean by 51%

Adoption

- Barely mentioned in book as option if pg is unwanted or as option for infertile couples
 - 2% of unmarried women place child for adoption
 - Has decreased over time (1952-1972 – 9%)
 - Among teens, 1% choose adoption
 - International adoptions more than doubled from 1991(9,000) to 2001 (19,000)
- Benefits of having children apply to adoption as well (see p. 346)
 - Challenging, creative
 - Love and nurturance
 - Instill own values
 - Watch child grow
 - Fulfill relationship with spouse, become a family
 - Fun, pleasure, pride
 - Carry on family name, ensure that part of you continues into future generations

Attitudes toward adoption

- Key Findings of 2002 survey of random sample of 1400 adults
 - 65% have personal experience with adoption
 - 94% have somewhat or very favorable opinion of adoption
 - 75% think its very likely that adoptive parents will love their kids as much as birth parents
 - 86% think that adoptive parents will get as much or more satisfaction out of raising kids
 - 45% think adopted kids are more likely to have behavior problems

O'Brien & Zamostny (2003): Adoption Outcomes

- Studies of adoptive families:
 - Adoptive parents reported being very satisfied with adoption
- Comparisons of adoptive and biological families:
 - Adjustment of kids: Generally no or small differences
 - Adjustment of adoptive parents: Generally no differences
 - Parenting behaviors: Adoptive parents had slightly greater satisfaction
 - Kids ratings of parents: No differences or adoptive parents rated higher

Famous Adopted People

- Alexander the Great
- Aristotle - philosopher
- Bo Diddley - musician, performer
- Charles Dickens - writer
- Crazy Horse - Lakota war chief
- Daunte Culpepper - football player
- Dave Thomas: founder of Wendy's
- Edgar Allen Poe - poet, writer
- Eleanor Roosevelt - First Lady
- Faith Hill - country singer
- George Washington Carver - inventor
- Halle Berry – actress
- Ingrid Bergman - actress

Famous Adopted people (cont.)

- Jesse Jackson - minister
- Jim Palmer - athlete
- John J. Audubon - naturalist
- John Lennon - musician
- Leo Tolstoy - writer
- Louisa May Alcott - writer
- Malcolm X - civil rights leader
- Marilyn Monroe - actress
- Mark Twain – writer
- Nancy Reagan - First Lady
- Nat King Cole - singer
- Nelson Mandela - politician
- Richard Burton – actor
- Sarah McLachlan - singer
- Steve Jobs - co-founder of Apple computer

What about fathers?

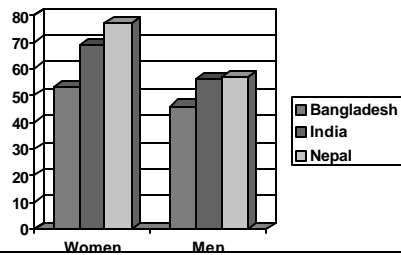
- Historically, fathers were responsible for moral, religious, vocational education of kids
- This role declined with introduction of mandatory public education
- Mothering became more central
- Most studies of parenting focus on mothers
 - Of 544 studies between 1984 and 1991, 1% focused on fathers
- Active participation by mothers is obligatory; caretaking by fathers is discretionary - “good helper”

Is there a maternal instinct?

- No differences in parenting abilities in newborn period; cultural expectations lead mothers to embrace caregiving, fathers to avoid it - differences become greater over time
- Nurturing abilities created by being in a nurturing role
- Vigorous play not inherently male; means of establishing relationship by those with less consistent involvement with child

Balancing Work and Family

- Women do more work in the home even when working outside the home
- Tends to be true around the world



Brockwood et al. (2002): Balancing work and family

- Sample: 309 dual earner couples taking care of kids and parents
- Gender differences in making accommodations at work (e.g., work at home, take time off) or home (e.g., limit social life, limit personal time, miss kids' activities)
- Wives made more accommodations at work AND home than did husbands
- Husbands made more home than work accommodations
- Making accommodations at home associated with lower satisfaction with family life for both men and women
- One spouse making more accommodations at home associated with lower satisfaction with family life for other spouse

Benefits of More Involved Fathering

- For fathers: Higher self-esteem, satisfaction with parenthood, confidence in parenting abilities
- For kids: Better cognitive and emotional development
- For mothers: Less stress, greater marital satisfaction

Erel et al. (2000): Meta-analysis comparing maternal and nonmaternal care

- Meta-analysis of 59 studies assessing several outcomes
- All effect sizes between $-.08$ and $.06$ (smaller than "small"). E.g.,
 - Mother/child rel'ship $d = -.01$
 - Child well-being $d = .04$
 - Social interaction w/ peers $d = -.04$
 - Cognitive development $d = .06$
- Positive d = nonmaternal care is better; negative d = nonmaternal care worse

NICHD Study of Early Child Care (SECC)

- Followed more than 1000 kids from birth to 6th grade at 10 different sites across the country.
- Purpose: To assess both the positive and negative effects on kids of different kinds of child care and quality of maternal care.
- Selected findings:
 - Effects of day care are much smaller than effects of families.
 - Families that use full time childcare have as much influence on their kids as families that use no outside child care.

Silverstein (1991): Transforming the Debate About Child Care and Maternal Employment

- She points out that 20 years (now 30) of research has failed to find negative effects of child care on kids.
- So why are we still researching such effects?
- We need to shift the focus of our research
 - away from the harm of maternal employment
 - to the harm of not providing access to high-quality, affordable child care

1993 U.S. Federal Family and Medical Leave Act

- Job guaranteed
- Still get health insurance
- Minimum of 12 weeks
- Not required to be paid leave
- Provides leave for fathers and mothers
- Small businesses (under 50 employees) excluded

Policies in Other Countries

- Serbia: 100% pay for 1 year
- Italy: 2 months of paid leave before birth and 3 months after birth - 80% pay. Fathers have some paid leave.
- China: 15 days before birth and 3 months after at full pay.
- Algeria: 14 weeks, 100% pay
- U.S. similar to Swaziland and Lesotho
- <http://unstats.un.org/unsd/demographic/products/indwm/ww2005/tab5c.htm>

Summary

- What is pregnancy like?
 - More uplifts than hassles
- How can the childbirth experience be improved?
 - Use a doula
- What are the experiences of adoptive families?
 - Good!
- Are women uniquely qualified to parent?
 - Nope!
- What about dads?
 - Less involved in child care than mothers but more involved fathering is associated with many benefits?
- What does research say about effects of day care?
 - Little difference between maternal and nonmaternal care
- How does family leave in the US compare to that in other countries?
 - Not very well!

Key Terms

- Placenta
- Cesarean section
- Prepared childbirth
- Postpartum/maternity blues
- Postpartum/postnatal depression
- Compulsory motherhood
- Infertility
