



How to Handle Pregnancy and Child Birth

By: Bri Calabria



Pregnancy and Birthing Dangers

In Africa, 1 in 22 women die during pregnancy or childbirth.

Why?

- Medical clinics are located too far away.
- Wait too long to seek care from a doctor.
- Medical care is too expensive and unaffordable.



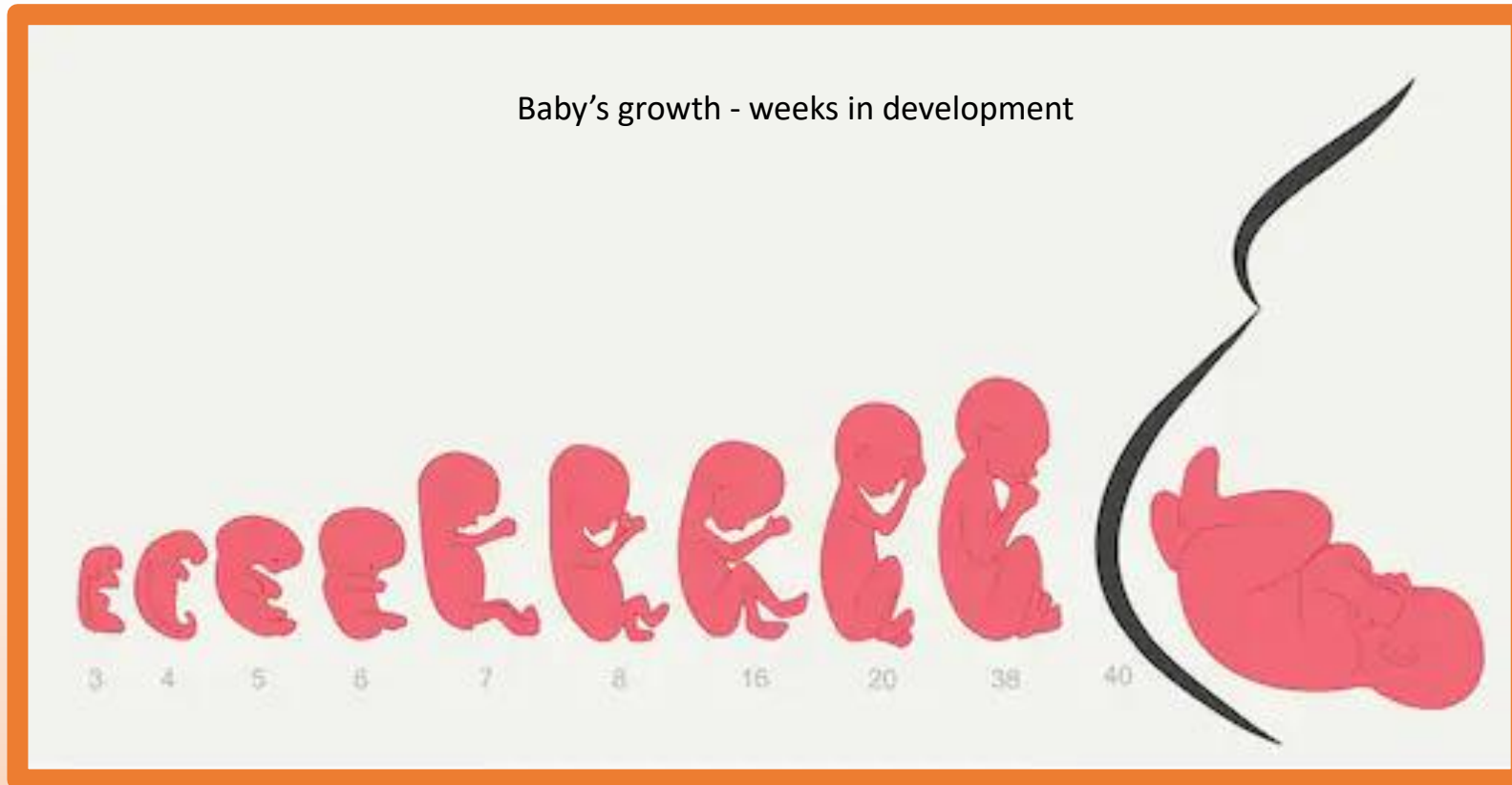
What does it mean to be pregnant?

- Men and women make babies together, and the woman becomes pregnant.
- To be **pregnant** means to have a developing baby growing inside of a woman's uterus, or womb.



How long does pregnancy last?

Pregnancy lasts 40 weeks, or about **9 months**.



How does the baby grow?

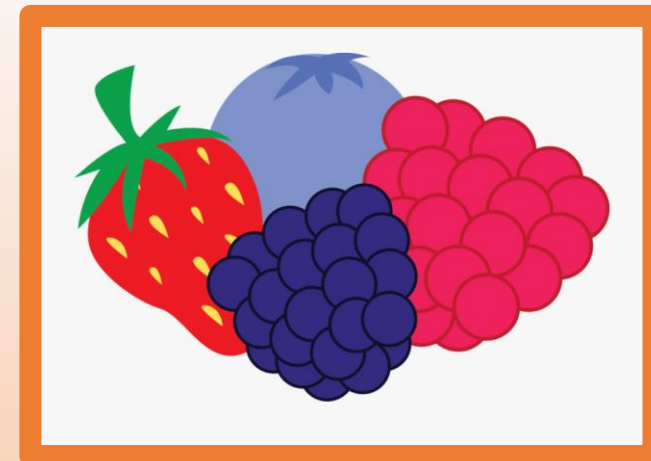
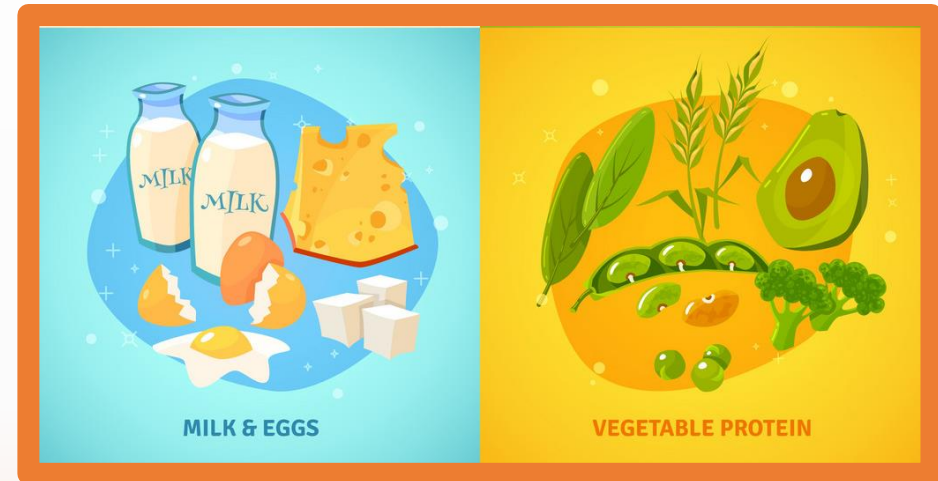
- The growing baby gets fed through the **umbilical cord**.
- The umbilical cord provides **nutrients** from mommy to the baby.
- Whatever mommy eats, the baby eats, too, so it's very important that mommy eats a healthy diet.



A healthy diet means a healthy baby

Be sure to eat a nutritional diet while pregnant to keep your baby growing strong and healthy.

- **Cooked** meat, milk, and eggs for protein.
 - ✓ Helps baby grow muscle.
- **Legumes:** peas, beans, chickpeas, soybeans, peanuts
 - ✓ Provides **folate** - important for baby's brain development.
- **Leafy green vegetables** and berries.



Foods to avoid when pregnant

Avoid certain foods when you are pregnant as they can harm your growing baby.

- **Don't** drink alcohol.
- **Don't** smoke cigarettes.
- **Don't** eat raw meat, eggs, or fish.
- **Don't** eat fried or fatty foods.



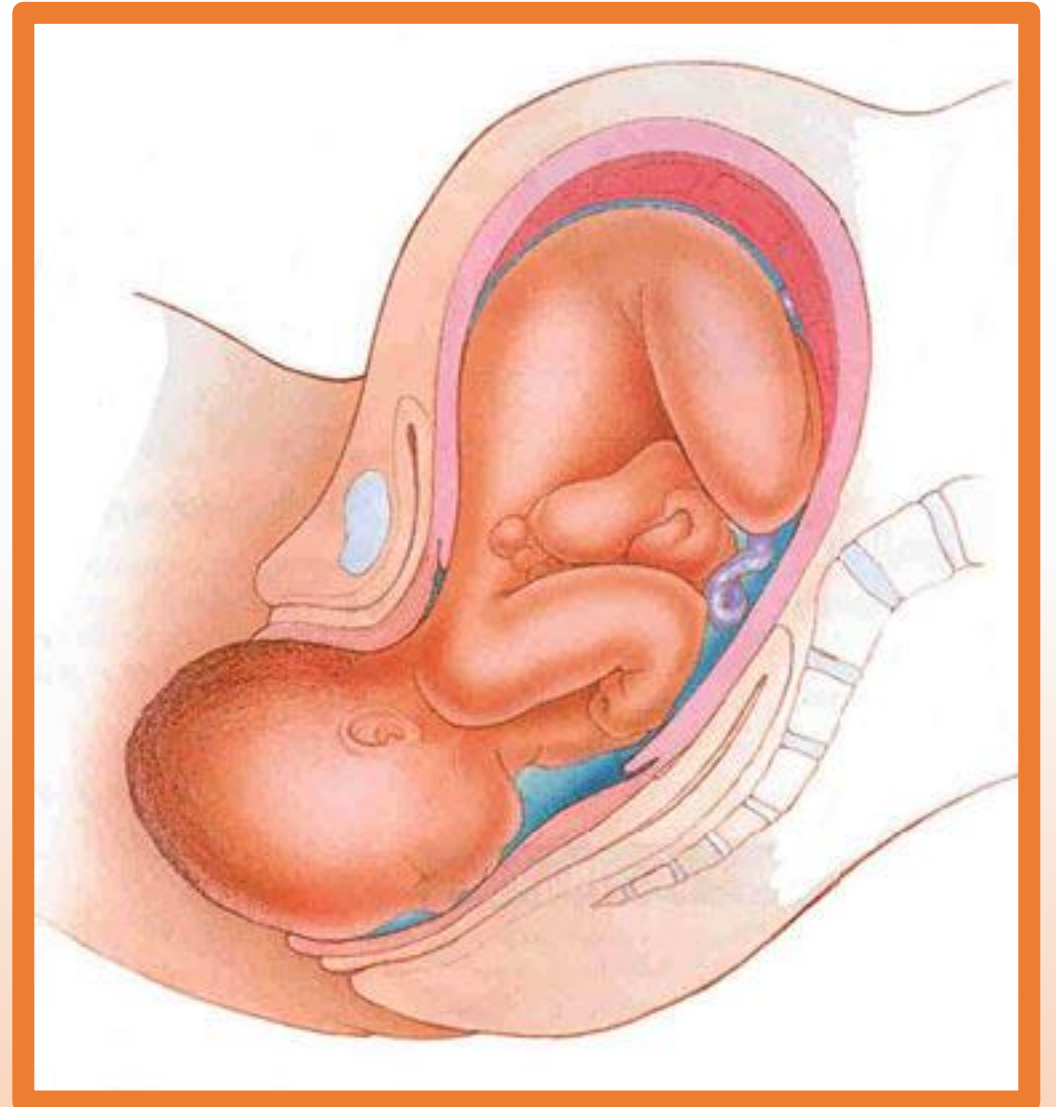
Giving Birth

- When the baby is fully developed, it is time for the mother **to give birth**.
- Child birth begins when the mother's **water “breaks”** and liquid rushes out of the vagina.
- This liquid is from the womb's **amniotic sac** breaking and releasing amniotic fluid.

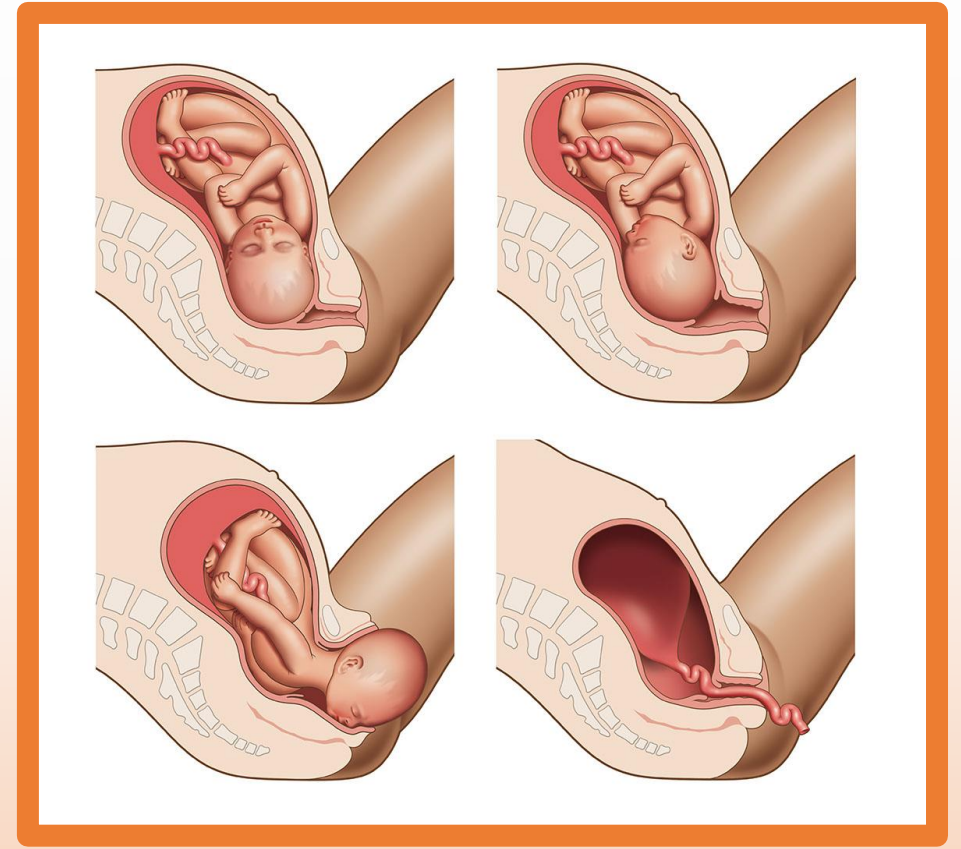
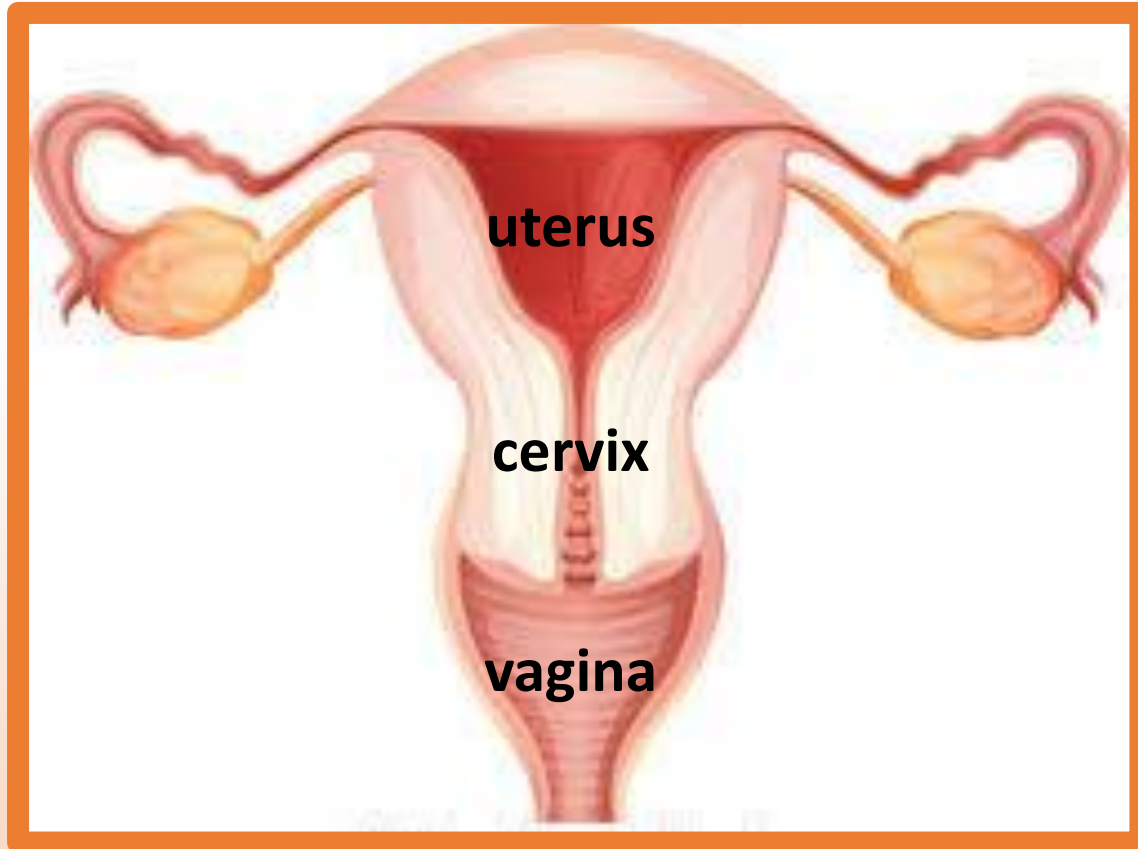


Contractions

- Once the water breaks, the **cervix** opens up and the mother starts having **contractions**.
- **Contractions** are muscle movements that push the baby out of the womb.
- Contractions **last 30-45 seconds** and **occur every 5-30 minutes** until birth of the baby.



The Birth Canal: uterus → cervix → vagina



Tips for a safe delivery

Myths & Misconceptions

Some people think you don't need to go to the clinic or hospital.

This is NOT true!

- *If at all possible, go to a health clinic or hospital to give birth.*
- If something goes wrong during delivery, mommy or baby will have a doctor to help!



Delivering at home

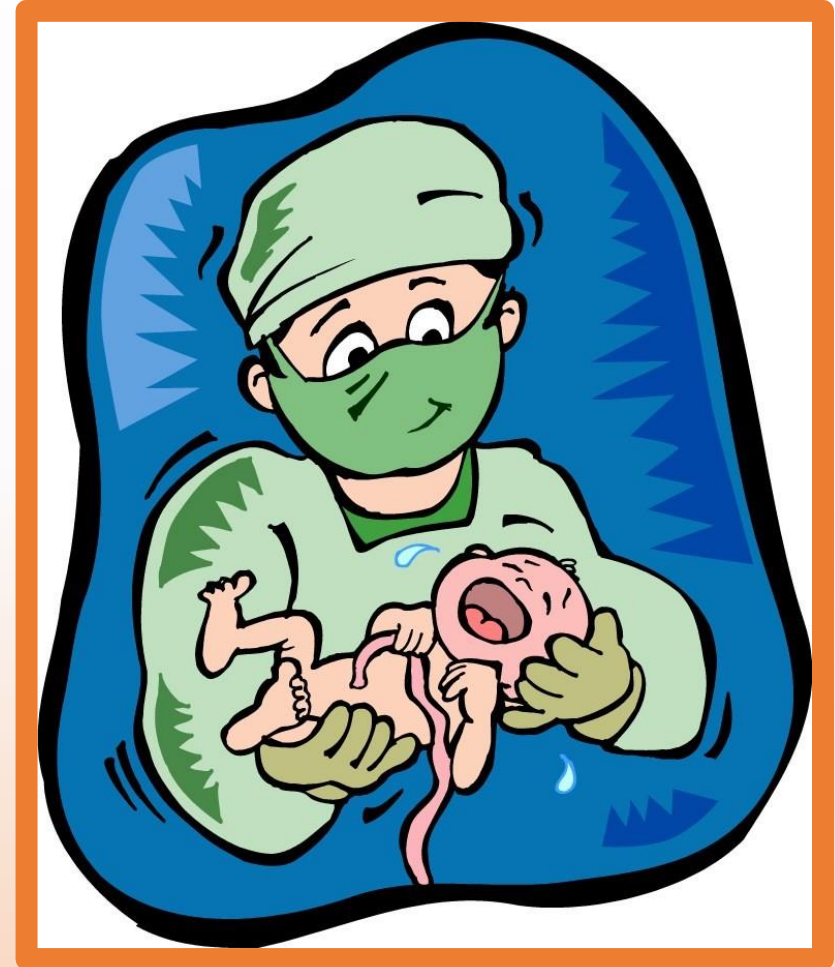
Call a midwife if one is available.

- **Wash hands and vagina with soap.**
- Grab bucket of **clean, warm water** and **towels** to clean and wrap baby with.
- **Pant or breathe heavily** to stop pressure from building up.
- Don't force it. Wait to push baby out until you can't wait any more.
- Don't pull the baby out. Gently guide it.



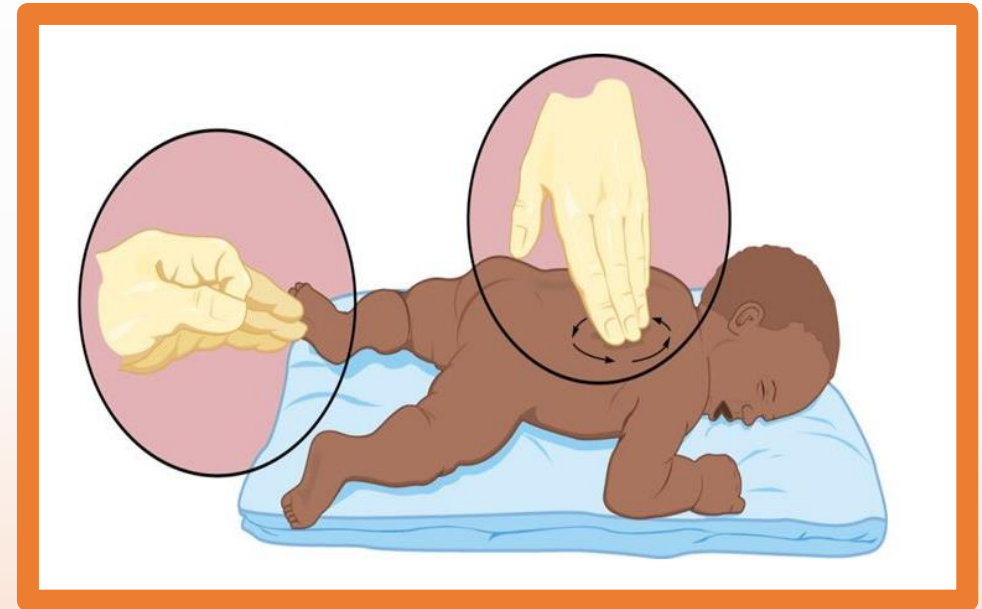
Baby is here!

- If **umbilical cord** wrapped around baby's neck:
 - ✓ Hook finger around it and slowly loosen it.
 - ✓ If you don't do this the baby could die.
- Once the baby is out, clean him/her off and wrap in a towel.
- Bring them to the mommy's chest for skin-to-skin touch.



Get Baby Breathing

- The baby may have **amniotic fluid** in its mouth or nose making it hard for them to breathe.
- **To get baby to breathe:**
 - ✓ With a finger, clear out baby's mouth and nose.
 - ✓ Lay baby on its stomach and **quickly rub the its back.**
 - ✓ Flick the soles of its feet



Once baby is breathing and happy...



It's time to enjoy
Mommy and Baby time!

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