

Birthing - Delivering Baby



1 Call 911 or call for a doctor or midwife if contractions are rapidly becoming more frequent. They will be able to guide you through the delivery. Just stay calm.



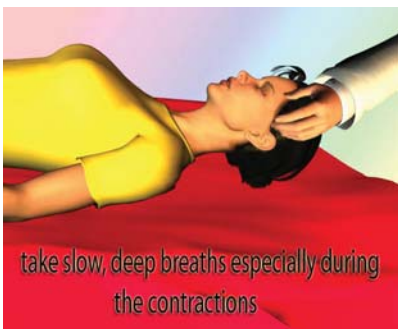
2 Lay a blanket or towels down for warmth and to absorb bodily fluids



3 Help the mother lay down on the floor or bed. She should lay on her side until the baby is nearly ready to be delivered.



4 When the baby is ready to be delivered, help the mother onto her back with her knees bent, feet flat, and knees and thighs wide apart; make sure to lay cushions or pillows to support her body especially her back and shoulder.



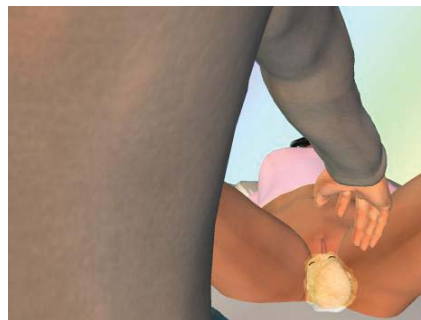
5 Encourage the mother to take slow deep breaths especially during the contractions.



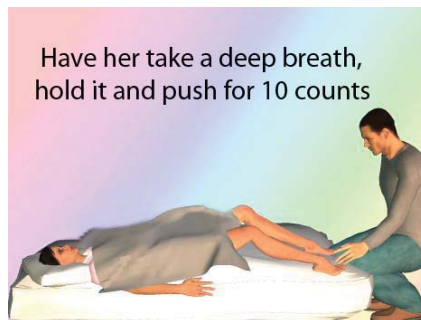
6 Make sure mother has removed any clothing that might interfere with the birth and cover her lower body with a blanket.



7 Wash your hands with soap and water and put on sterile gloves if possible.



8 DO NOT encourage the mother to push unless directed by medical personnel on the phone, or the baby's head starts appearing (Crowning).



9 Once the baby starts crowning, tell the mother to push during each contraction. Have her take a deep breath, hold it, and push for 10 counts. DO NOT push in between contractions as this will only tire the mother out.



10 Ensure that the mother is keeping breathing at a regular pace in between contractions.

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Use your hands to support the baby as it is being delivered. The baby will naturally turn to one side as it is being delivered.



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Once the baby's head is out, tell the mother to stop pushing so that the baby's nose and mouth can be cleaned-use a clean towel or suction bulb if available.



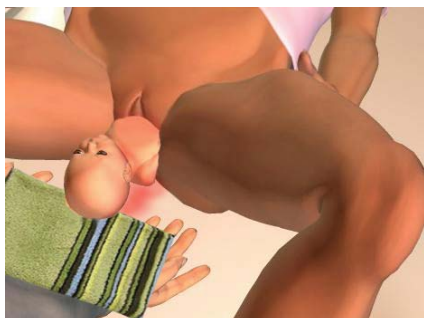
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Check if the umbilical cord is clear of the baby's neck. If it is not, hook your finger around the cord and quickly slip it over the baby's head. DO NOT cut it at this stage.



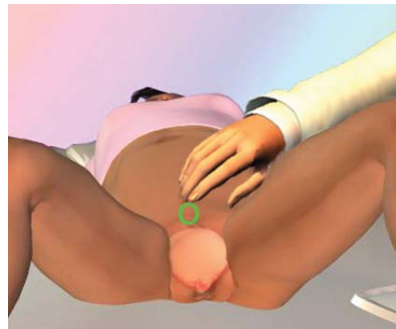
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As the baby is being delivered, gently guide it out **DOWNWARDS** while the mother pushes until the top of the shoulders appear. Then guide the baby **UPWARDS** supporting its head and shoulders as it emerges.



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Use a towel to hold the baby because it is slippery and comes out very fast.



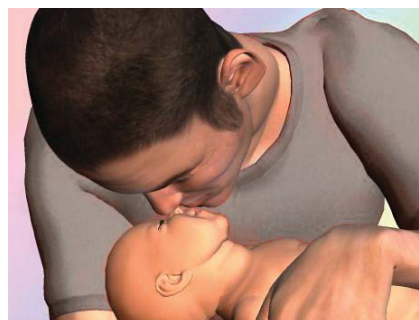
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If the baby seems stuck, **DO NOT** pull on the baby. Tell the mother to push again while applying pressure just above the pubic bone.



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When the baby has come out, hold the baby with its head lower than the feet so that secretions can drain from the lungs, mouth, and nose and then lift the baby away from the vaginal opening and then pass it to the mother and lay him on her stomach.



18

The baby should start crying by this point and if it does not happen you must check the airway, breathing, and circulation and provide CPR if necessary.



19

Dry the baby with a clean cloth and wrap it carefully in another cloth or blanket making sure not to clean the white cheesy coating as well as not to clean the baby's eyes or ears and give him back to the mother.



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When laying the baby down, keep it on its side so that any fluid or mucus can drain easily from his nose and mouth.










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Keep the placenta and umbilical cord intact preferably in a plastic bag for doctors to verify all of it has been expelled.



22

Provide clean towels, warm water, and sanitary napkins for the mother.

-  Newborn babies are very slippery so handle them carefully
-  If the umbilical cord is wrapped around the baby's neck you should check that it is loose and carefully pull it over the head to protect the baby from strangulation
-  DO NOT pull the baby's shoulders or head
-  DO NOT pull or cut the umbilical cord as EMS will do it, cut it only if the cord is wrapped too tightly around the baby's neck to prevent strangling and tie off each end of the cord
-  DO NOT smack the baby
-  Make sure the baby's head is well covered to keep it warm
-  Massage mother's abdomen just below the navel to help the uterus contract and aid in expulsion of the placenta