Index

This index lists topics covered in the book in the order of the alphabet.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Page numbers in **bold** tell you where to find the main reference. Medicines included in the green medicine pages are listed in the health problem index on page 472.



Abortion, 92, 401-415

Also see Manual vacuum aspiration (MVA); Miscarriage bleeding too much after, 406, 412–414 deciding to help after, 402–403

deciding to help after, 402–403 emergency care for problems, 406–414

406–414 emotional support after, 403–404 finding care after, 401–403 helping a woman after, 401–415 incomplete, 407–408, 417, 419 infection after, 406, 409–411, 419 internal injury from, 413 IUD dangers after, 390

physical care after, 404–405 preventing unsafe abortions, 415 problems from, 401–405 safe versus unsafe, 92, 402 shock after, 413, 414

tetanus (lockjaw) after, 411 warning signs versus healthy signs,

Abruption. *See* Detached placenta (abruption)

Abscess (lump) in breast, 288 Abusive partners, 105 Aches and pains. See Pain Active labor, 167, 188 Acupressure

to encourage labor, 192–193 to help with pain in labor, 193 for nausea relief, 74

Addiction, 46. *Also see* Drugs **After birth**. *See* First few hours after birth; First weeks after birth

Afterbirth. See Placenta Age

pregnancy problems and, **90** very young mothers, 22, 105 **AIDS**. *See* HIV

Albusticks, 126

Alcohol (drinking)

avoiding during pregnancy or breastfeeding, 30, 46 infertility and, 31 small baby and, 134 for sterilizing tools, 64

Alcohol (medical)

hand cleaner with glycerine and, **54** soaking thermometers in, 65 for sterilizing tools, 64 washing floor with, 57

Allergies

to copper, IUDs and, 390 to injections, 345 to medicine, 103, 465–466 Aminoglycosides, 471

Ammonia, washing floor with, 57 Amniotic waters. See Bag of waters

Anemia

hookworm and malaria as causes, 37 iron for preventing, 36 IUD dangers and, 390 with joint pain, 81 in past pregnancies, 93 signs of, 78, 116 treating, 116

Anger during pregnancy, 82 Angry cat exercise, 80, 190 Animal milk. See Bottle feeding Animal products, inexpensive, 42 Ante-natal or ante-partum checkups.

See Prenatal checkups

Antibiotics, 464, 470–471 Antiretrovirals, See ART Antiseptic for MVA, 421

Anus bulging during contractions, 195

checking baby's, **263** baby's closed or missing, 263 illustrated, 27, 376

testing for torn muscle around, 357

Anxiety. See Fear; Tension

Appendicitis, 114

Arms, checking baby's, 262 ART (Anti-Retroviral Therapy), 99, 101,

153, 163, 276, 293, 335, **492–498**



Baby, 130-144, 240-245, 252-267

Also see Heartbeat (baby); Position of the baby; Signs (baby) ART for, **494**

birth defects, 45, 46, 95, 266–267 breaking collar bone, 213 breathing, checking, 241, 254, 262 caring for, during 3rd stage, 240–245 checking after birth, 213, 240–245,

252-267

checking in womb, 130–144 chlamydia and, 324 clearing nose and mouth, 208–209, 213–214

color, 244-245, 266, 279

crowning during 2nd stage, 197 early birth, 83, 88, 94, 221, 292 feeling inside the womb, 87 first hours after birth, 252–267 first weeks after birth, 274–279 general appearance, 253–254 gonorrhea and, 324 heart sounds, 262 helping breastfeed, 245 HIV and, 101, 276, 494 holding when breastfeeding,

282–283

how it grows in pregnancy, 30 how it moves through the vagina, 197–198

keeping warm and dry, **240**, **255** kicking and other movements, 80, 87, 134, 138

large, 254, **258** large in past birth, 94, 115 length, 259

measuring the womb, 90, 130–135 medical help for sick babies, 437 model for teaching about

pregnancy, **459**, **460** muscle tone, **244** oxygen for, 241

position of, 135–144, 170–171, 190–191, 215–219

reflexes, 244 rescue breathing, 242–243



shoulders, delivering, 210–213	Birth by operation. See Cesarean	Bladder infection, 128–129
sick or dead in past birth, 95	surgery	caring for, 129
small, 221 , 254, 256–257 , 292	Birth control. See Family planning	fever from, 120
small in past birth, 94	Birth control pills, 307–308	labor and, 179
weight, 256–258	Birth defects, 266–267	pregnancy problems and, 97
Back	alcohol drinking by mother and, 46	preventing, 129
checking baby's, 265	causes of, 267	signs of, 77, 128
lower back deformity in mother, 97	checking baby for, 266	Bleach
lying on during labor, avoiding, 162,	helping parents of children with,	disinfecting solution using, 57 , 59
200	266–267	never mixing with ammonia, 57
pains, 80 , 113–114	medicines and, 45	for sterilizing tools, 59, 64
Bacterial vaginosis (BV or	in past pregnancies, 95	washing floor with, 57
gardnerella), 328	rubella (German measles) and, 45, 95	Bleeding
Bag of waters, 174–177	Birth of the placenta (stage 3 of	Also see Blood; Monthly bleeding
baby floating in, 30	labor), 223–245	(menstruation)
breaking as sign of labor starting,	Also see Labor and birth; Signs	after abortion or miscarriage, 406 ,
151	(mother in labor, birth, and	412–414
breaks early, medical help needed	after)	after birth, 224–239
for, 106	"active management" of, 225	after female genital cutting
checking if broken, 174	baby has breathing problems,	(circumcision), 368
color of waters, 174–175 , 208	240–241	after placenta is born, 236–239
pelvic exam and, 374	baby not breathing, 241–243	bladder of mother full and, 352
stool in waters, 174–175, 209, 213	bleeding after placenta is born,	blood pressure drops during labor
time between labor start and	236–239	and, 180
breaking of, 175–176	bleeding before placenta is born,	with constant pain, late in
tool for breaking, 435	226	pregnancy, 114
too little water, 134	bleeding, dangers of, 224–239	with cramps during first 6 months,
too much water, 133	caring for the baby, 240–245	112
Baking, sterilizing tools by, 61	checking the baby's health, 240–245	detached placenta (abruption) and
Barbiturates, 46	checking the physical signs of	114 , 180, 184 , 205 , 219, 354
BCG vaccination, 267	mother, 223	during labor, 183, 205
Beam scale, homemade, 445–446	checking the placenta and cord,	in early pregnancy, 79
Beans , 35, 41	233–234	episiotomy and, 354
Bed nets, 98	death of baby and, 243	first weeks after birth, 270
Bedding, 58, 98, 163	guiding the placenta out by the	gums, 117
Beliefs, harmful, 39–40	cord, 228–229	heavy, after abortion or miscarriage
Belly	helping the mother push, 227–231	406, 412–414
baby drops lower in, 149	helping the womb contract after,	heavy, before placenta is born, 226
checking baby's, 263	224 , 236–238	heavy, in past pregnancies, 95
cleaning after birth, 247	if no helper is available, 223	heavy, medical help needed for, 100
cramps in early pregnancy, 79	medicines for, 224, 225, 228 , 231 ,	heavy, preventing after birth, 248
growing larger, 86	233 , 237	high blood pressure and, 122
nausea (morning sickness), 73–74,	overview, 146, 157	IV for blood loss, 350–351
86, 110–111	piece of placenta left inside womb,	with no pain, 112, 183
pain severe in, 109	234–235	show (mucus tinged with blood),
pain sudden, 79	rubbing the womb after, 224 , 236	150–151
pain, sudden, steady, and severe, 125	shock (signs and treatment), 239	spotting, 79, 112
pain, warning signs versus healthy	signs that the placenta has	swollen veins around genitals and,
signs, 113–114	separated, 226–227	76
pressure to stop bleeding after birth,	taking out the placenta by hand,	torn vagina, 239
237	230–231	twins and, 219, 220, 221
pushing on, avoiding during birth,	torn vagina, 239	from vagina (warning sign), 109, 11
205	womb comes out with the placenta,	183
Bilirubin, 279	232–233	warning signs versus healthy signs,
Bimanual (2-hand) pelvic exam, 373,	Birth pants (model for teaching), 461	112
384–387		Blindness
Birth. See Labor and birth		genital herpes and, 332
Birth box (model for teaching), 461		preventing in baby, 260–261 , 324



Blood	Breaking of waters	when to feed, 282
Also see Bleeding	checking if broken, 174	work outside the home and,
disposing of, 67	color of waters, 174–175	284–286
as food, 42	early, medical help needed for, 106	Breasts
germs in, 49, 50	pelvic exam and, 374	growing larger, 87
HIV spread and, 99	as sign of labor starting, 151	infection (mastitis), 289
loss, IV for, 350–351	stool in waters, 174–175	leaking, 76
preventing infection from, 50, 51	time between labor start and,	painful lump (abscess) in, 288
transfusion (giving through an IV),	175–176	removing milk from, 284–285
436	tools at hospitals or medical centers,	swollen (engorged), 76, 288
in urine, 128	435	Breathing (baby)
Blood blister (hematoma)	Breastfeeding, 281–295	checking, 241, 254, 262
in baby's head, 260	Also see Bottle feeding	clearing baby's nose and mouth,
in vagina after birth, 248–249	advantages of, 281	208–210
Blood clot in leg (warning signs), 81,	alternatives to, 294–295	not breathing, 241–243
273	antibiotics and, 471	rate, checking, 254
Blood pressure	breast infection (mastitis), 289	rescue breathing, 242–243
Also see High blood pressure	cleft lip or cleft palate and, 261	signs of problems, 241, 254, 262
checking during labor, 180–182	colostrum (first milk), 72, 245 , 283	Breathing (mother)
checking during pregnancy,	common difficulties, 286–291	difficulty, anemia and, 116
122–124	during pregnancy, 292	fast and deep, 159
drops during labor, 180	early baby and, 292	shortness of breath, 78 , 103, 114
equipment, 122	eating during, 283	in stage 1 (opening), 170
goes up during labor, 180–181	to encourage labor for second twin,	in stage 2 (pushing), 201
shock and drop in, 239	220	Breech baby (bottom down), 215–21
warning signs, 122 , 180–181	encouraging the baby, 275	checking for, 137–138
Blood sugar disease. See Diabetes	engorged (swollen) breasts and, 288	complete breech (folded legs), 215,
	extra food needed for, 34	216–218
(blood sugar disease) Blood tests		dangers of breech births, 215
	family planning and, 301, 306, 312 fear of not having enough milk,	dangers of breech births, 213 dangers of turning, 369
for anemia, 116		
for diabetes, 115	286–287, 306 feeding milk that has been removed,	delivering complete or frank breech 216–218
lab tests, 434	286	
Blue color (baby), 244–245, 266		delivering footling breech, 218–219
Blurred vision (warning sign), 109, 125	flat or inverted nipples and, 287 fortified milks versus, 41	difficulty of childbirth and, 137
Body changes in pregnancy.		episiotomy for, 354–355
See Changes in pregnancy	gas pains (colic) in baby, 291	footling breech (feet first), 215,
Body wastes, disposing of, 67	helping after birth, 252	218–219
Boiling	helping the baby, 245	frank breech (straight legs), 215,
gloves, 66	to help the womb contract, 236	216–218
sterilizing tools by, 62	HIV and, 287, 293–294	getting the baby to turn, 142
Bones, pelvic . See Pelvis; Pubic bone	HIV spread and, 99, 287	home birth and, 143
Bottle feeding	how to breastfeed, 282–283	medical help needed for, 190 , 215,
Also see Breastfeeding	how to hold the baby, 282	218
breastfeeding hampered by, 286	large baby and, 254, 258	turning, 369–371
breastfeeding versus, 41	medicines and, 45, 292 , 463, 471	twins and, 219
dangers of, 276 , 281	nipples cracked or sore, 290	what to do about, 142–143
with formula made from animal milk,	nutrition provided by, 41	Bulb syringe, 66, 209, 214
295	painful lump (abscess) in breast, 288	Burning plastic wastes, avoiding, 68
with formula, safety and, 294, 295	heating breast milk to kill HIV, 294	Burning sensations
with milk removed from breasts, 286	removing milk from breasts,	in feet, 117
Bowels	284–285	in stomach or between breasts
Also see Stool	saving milk, 285	(heartburn), 74–75
constipation, 36, 76–77	sharing breast milk, 286	while urinating, 77, 128
enemas, avoiding during pregnancy,	sick mother and, 292	in vagina, 77
77	small baby and, 254, 257, 292	Burying wastes, 67–69, 235
piles (hemorrhoids), 77	things to avoid during, 45–47	Buttocks down position. See Breech
Brain infection (meningitis) in baby,	thrush (yeast infection), 290	baby (bottom down)
278	twins and, 291	BV (bacterial vaginosis or
Breaking baby's collar bone, 213	weak baby and, 254	gardnerella), 328





Calcium, 37–38, 74, 81
Calculator for due date, 527
Calendar for figuring due date, 88–89
Cancer

of the cervix, 379, 380, 383 Pap test for, 379, 381–383 preventive treatment, 383a–383c vinegar test for, 379, 380

Candida. See Yeast infection Cannulas. See Manual vacuum aspiration (MVA)

Capsules. See Medicines
Caput on baby's head, 260
Carbohydrates (main foods), 34, 35
Carbon dioxide, 383a

Care in pregnancy. *See* Health care in pregnancy

Cars or transportation, 10, 106–107, 164, 438

Castor oil drink for starting labor, 343 Catheters, 249, 352–353

Causes of health problems

finding, 13–15 root causes, 21–25 CD4 test, 335, 492

Cephalosporins, 471 Cervix

Also see Opening (stage 1 of labor) abnormal cells, **379**, 380, 383, 383a-

bimanual (2-hand) exam, 384–387 cancer of, 383

cryotherapy, **383a–383c** illustrated, 28

mucus plugging, 28, 150, 155 numbing during MVA, **424**

opening (stage 1 of labor), 146, 155–156, 167–193

Pap test for cancer or pre-cancer, 379, **381–383**

placenta covering (placenta previa), 112, 183, 374

pushing before fully open, avoiding, 186, 196

size when ready for birth, **156** softening of, 155

speculum exam, 377–379

vinegar test for cancer or pre-cancer, 379, **380**, 383b

visible at vaginal opening after birth, 249

Cesarean surgery (birth by operation)

dangers of, 436 described, **96** HIV and, 436 need for, 136, 141, 142, 143, 177, 191,

overuse of, 436 in past birth, **96**

Chalk cravings, 74 Chancroid, 330, 331

Change of life (menopause), 31, 86 Changes in pregnancy. 73–83

discomforts and pains, 76–81 in eating and digestion, 73–75 feelings and emotions, 82–83 how the baby grows, 30 how women get pregnant, 29 sexual and reproductive parts, 27–28 in sleeping, 75

Checkups. *See* Prenatal checkups; Tests **Chemicals**

Also see Drugs; Medicines avoiding during pregnancy or breastfeeding, 47 infertility and, 31

for sterilizing equipment, **63–64** too dangerous to use, 64

Chicken, 42

Children, number of, 90–91 Chlamydia, 50, 323–325 Chlorine bleach. See Bleach Cholera. 50

Chromic gut sutures, 358 Cigarettes. See Tobacco

Circumcision (female).

See Female genital cutting (circumcision or FGC)

Circumcision (male), 264 Clamping the cord, 214. Also see Cutting the cord

Clap, the (gonorrhea), 50, 323–325 Clay cravings, 74 Cleanliness

Also see Sterilizing equipment before and during birth, 153,168 cleaning bedding, 58 cleaning mother after birth, 247 cleaning the space, 57, 150 cord stump and, 215 during pregnancy, 42–43 first weeks after birth, 269 for preventing infection, 52 tooth and mouth care, 43 underpadding for birth on floor, 58 washing hands, 53–54, 153, 168

Cleft lip (harelip) or cleft palate, 261–262

Clinics. See Hospital or medical center Clitoris, 27, 376

Cloth models for teaching

vagina, 452–453 womb, 450–451, 455–457 Clot in leg (warning signs), 81, 273 Cocaine, 46 Coffee, 31, 81

Colic (gas pains), 291

Collar bone, breaking baby's, 213 Color (baby), 244–245, 266, 279

Color (mother)

dark patches on skin (mask of pregnancy), 79

legs red, 273

pale inside of eyelids, fingernails, and gums, 116 pale, shock and, 239

purple line between buttocks, 195 purple spots on skin, 79 waters, **174–175**, 208

Colostrum (first milk), 76, 245, 283 Combination medicines, avoiding, 464

Community

Also see Family; Partners changes to prevent health problems,

23–25 family planning and, 318–319 helper for birth, 151

people who affect a woman's health, 8–9

preventing unsafe abortions, **415** rituals and practices honoring pregnancy, **44**

sexually transmitted infections (STIs) and, 337

sharing what you know with, 4–6 transport plan for medical help, 10, 106–107, 164, 438

women's health affected by, 8–9 working together to save lives, 10

Complete breech (folded legs), 215, 216–218. Also see Breech baby (bottom down)

Condoms

for family planning, 301, 302–303 HIV and, 99, 100, 334 for sex during pregnancy, 83 using, 303 for women, 301, 302, 303

Confidentiality, 7, 101

Constipation

defined, 76 during pregnancy, **76–77** enemas for, avoiding during pregnancy, 76

from iron pills, 36

laxatives or purgatives for, avoiding,

piles (hemorrhoids) and, 77 preventing or treating, 76

Contraceptives, 307–308, 999 Contraceptive sponge method of family planning, 317



Contractions

Also see Cramps (womb); Labor and birth; Pushing (stage 2 of labor) cervix opened by, 156 easing pain of, 169–170, 187–188, 193 pain between, 184 practice contractions, 150, 155

practice contractions, 150, 155 resting between, **161**

signs that stage 2 is near or starting, 195

in stage 1 of labor, 167 stronger and more frequent,

149-150

supporting the mother, 169-170

Conversation. See Talking

Convulsions (fits)

dangers of, 181 during labor, 181–182 medicines for, 181–182 in past pregnancies, 93 pre-eclampsia and, 20, 93, 125-127, 181–182

what to do during, 181

Copper T IUD. See Intrauterine devices (IUDs)

Copying patterns for models, 447 Cord

around baby's neck, 209
baby's pulse in, 139, 177
breech baby and, 216, 218
caring for baby's stump, 277
checking the end of, 234
coming in front of baby (prolapsed),
176–177, 208, 218, 219, 354
guiding the placenta out by,
228–229

how to cut, 214–215 illustrated, 30

infection, signs in baby, 277 model for teaching about

pregnancy, 458-459, 460

pulling on, dangers of, 228 pulse lacking in, 177 razor blades for cutting, 65 signs that the placenta has separated, 227 stump, keeping clean and dry, 215

twins and, 220

when to cut, 157, 214

Cotrimoxazole, for people with HIV,

101, 335, 477 Cracked nipples, 290 Cramps in legs, 80–81 Cramps (womb)

Also see Contractions after cryotherapy, 383c bleeding with, during first 6 months, 112

in early pregnancy, **79** warning signs, 79, 112, 113

Cravings for foods, 74
Creams. See Medicines

Cretinism. See Hypothyroidism

Crowning, 197

Crying during pregnancy, 82 Cryoprobe, 383a–383c

Cryotherapy, 383a–383c

C-section. See Cesarean surgery (birth by operation)

Cutting the cord

Also see Cord around baby's neck, 210 how to cut, 214–215 razor blades for, 65 stump, keeping clean and dry, 215 twins and, 220 when to cut, 157, 214

Cutting the opening of the vagina.

See Episiotomy (cutting the vaginal opening)



Dalkon Shield IUD, removing, 399

D&C, 92. *Also see* Abortion **Dark patches on skin**, 79

Date birth expected. See Due date **Death of baby**

helping the mother and family, 135, 243

in past pregnancies, 95, 115 rubella (German measles) and, 45 womb growing too slowly and, 134–135

Deformity

birth defects, 45, 46, 95, 266–267 of mother's hips or lower back, 97

Dehydration

after birth, 251

bottle feeding and, 275 defined, 159 drinking during labor, 159–160 helping baby, 275

if mother cannot drink, 159 rehydration drink, **159–160**

warning signs (baby), **275** warning signs (mother), 111, 120,

159, 178

Delayed labor. *See* Encouraging labor;

Delivering

Also see Birth of the placenta (stage 3 of labor); Labor and birth;
Opening (stage 1 of labor);
Pushing (stage 2 of labor)
baby's body and giving baby to mother, 214
breech baby (complete or frank),
216–218
breech baby (footling), 218–219
shoulders of baby, 211–213

twins, 219–221

Dental care. 43

Depression, 82, 95, 121, 274

Detached placenta (abruption)

during pregnancy, 114
episiotomy and, 354–355
home birth and, 205
medical help needed for, 114, 184, 205
pre-eclampsia and, 180
pushing on mother's belly and, 205
signs of, 114, 184, 205
twins and, 219

Diabetes (blood sugar disease)

helping a woman with, 115 in a baby, 254, 258 infertility and, 31 in past pregnancies, 93 pregnancy problems and, 97 test for, 115 warning signs, 93, 115, 133

Diaphragms, 301, 304 Diarrhea (loose stool)

before labor, 150 bottle feeding and, **275** from castor oil drink, 343 germs and, 50 vomiting with, 111

Diet. See Bottle feeding; Breastfeeding; Eating and food

Dilation and curettage, 92. *Also see* Abortion

Dilation of cervix. *See* Opening (stage 1 of labor)

Dirt. *See* Cleanliness **Dirt cravings**, 74

Dirt cravings, / Disabilities

affecting thinking or the brain, 45, 46 alcohol drinking by mother and, 46 birth defects, 45, 46, 95, 266–267 helping parents of children with,

266-267

medicines and, 45

rubella (German measles) and, 45

Disabled Village Children, 267



Discharge (wetness from vagina)

during pregnancy, **77** germs in, 50 normal versus infected, 323 sexually transmitted infections (STIs), 323–328

show versus, 151

yeast infection, 101, 115, 326-327

Disease. See Illness; Infections; specific diseases

Disinfectants, 57, 59, 64

Disposing of wastes safely, 67–69 Dizziness

late in pregnancy, 81 shock and, **239** as warning sign, 81, 109, 116

Doctors

Also see Hospital or medical center baby taken from mother by, 240 bag of waters broken by, 435 cesarean surgery overused by, 436 checking baby with 2-vessel cord, 234

nutritional advice from, 250 unnecessary practices by, 433, **441** working with, **438–440**

Dopplers, 434 Double vision, 125 Dreams, strange, 82 Drinking alcohol

> avoiding during pregnancy or breastfeeding, 46 infertility and, 31 small baby and, 134

Drinking liquids. *See* Water and liquids **Drip, the (gonorrhea)**, 50, 323–325

Drops. See Medicines
Drug resistance, 464
Drugs

Also see Medicines avoiding during pregnancy or breastfeeding, 46 small baby and, 134

Due date

Also see Early birth delayed labor, 88 predicting, 88–89, 130, 133 tool for calculating, 527,

Duration of pregnancy. See Length of pregnancy

Ε

Early birth, 221

Also see Small baby

breastfeeding and, 292
medical help needed for, 221
more than 5 weeks early, 221
normal and safe range, 88
not starting after breaking of waters,
176

in past pregnancies, 94 sex during pregnancy and, 83 twins and, 219

Early end to pregnancy. *See* Abortion; Miscarriage

Ears

checking baby's, 260 cleft lip or cleft palate and infections, 262

Eating and food, 33-42, 73-75

Also see Bottle feeding; Breastfeeding; Water and liquids after birth, 250

avoiding foods, dangers of, 40 bladder infection and, 129 breastfeeding and, **283** calcium-containing foods, 38 changes during pregnancy, **73–75** cooking food, 35, 36, 39, 42 cravings for foods, **74** during labor, 160 eating enough, 33, **34**, 39 eating well with little money, **41–42** feeding men first, 9

first weeks after birth, 269 folic acid-containing foods, 37 girls' needs equal to boys', 22, 39 glow foods (vitamins and minerals), 34, 35, 36–39

go foods (fats, oils, and sugar), 34, 35 grow foods (proteins), 34, 35, 250 for a healthy pregnancy, 33–42 high blood pressure and, 124–125 ideas affecting health, 39–40 iodine-containing foods, 38 iron-containing foods, 36 main foods (carbohydrates), 34, 35 nausea and food dislikes, 73–74 packaged and processed foods, 39 poor nutrition, 33, 117, 134 talking to women about food, 34–39 tooth protection and diet, 43 variety of foods, 33, 34–35, 40

day, 36–39 womb growing too slowly and, 134 women's needs equal to men's, 9

vitamins and minerals to eat every

vitamin A-containing foods, 39

Eclampsia. See Convulsions (fits)

Edema. See Swelling

Education. *See* Learning by midwives; Teaching

Egg (human), 29 Eggs (fowl), 42 Emergencies

> Also see Hospital or medical center; Medical help; Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after)

from abortion or miscarriage,

406-414

being ready for, in labor and birth, 163–164

contraception for, **316** from female genital cutting (circumcision or FGC), **368–369** tools at hospitals or medical centers, **435–436**

working with hospitals and doctors, 438–441

Emotions and feelings

Also see specific feelings
after birth, giving support for, 274
anger or irritability, 82
changes during pregnancy, 82–83
death of baby and, 135, 243
depression, 82, 95, 121, 274
difficulty sleeping and, 75
menopause and, 31
mother not interested in her baby, 251
pelvic exam and, 375
signs of labor starting soon, 150

support after early end to pregnancy, **403–404** worry and fear, 82

Emptying the womb. See Manual vacuum aspiration (MVA)

Also see Long labor

Encouraging labor, 191–193, 341–344

avoiding, if medical help needed, 191 castor oil drink for, 343 dangers of methods for, 341 enemas for, 342–343 medicines for, 175, 191, 341 plant medicines for, 344 second baby of twins and, 220, 221 signs of need for, 341 things to avoid, 191, 205 time after breaking of waters and, 175–176

Ending pregnancy. *See* Abortion; Miscarriage



Enemas (giving rectal fluids)

avoiding during pregnancy, 77 dangers of, 342 for starting labor, 342-343 uses for, 342

Energy

Also see Anemia; Weakness foods for, 35 sleepiness during pregnancy, 75, 86 tiredness, 93, 116, 159

Engorged breasts, 76, 288 **Enjoyment**

of pregnancy, 44 working for, 11

Episiotomy (cutting the vaginal opening), 354-355

circumcision scar and, 206, 354 dangers of, 354 how to do, 354-355 sewing after, 358-366 times when necessary, 354 **Equipment**. See Sterilizing equipment;

Ergometrine

dangers if placenta not born yet, 224 to empty the womb after incomplete abortion, 408 to help the womb contract, 224 to stop bleeding from the womb, 231, 232, 237

Estrogen, women who should **not use**, 306

Tools and supplies

Ethanol. See Alcohol (medical) Ethyl alcohol

alcohol and glycerine hand cleaner, 54

soaking thermometers in, 65

Examinations. See Prenatal checkups Exercise during pregnancy, 43-44 **Exercises**

angry cat, 80 squeezing (Kegels), 44

Eyes

blurred vision (mother), 109, 125 checking baby's, 260 chlamydia or gonorrhea and (baby), 324 color (baby), 279

double vision (mother), 125 genital herpes and, 332 preventing blindness (baby), 260-261, 324 sunken (mother), 159

Face

baby coming face first, 190 swollen in mother (warning sign), 76, 81, 126, 127

Factory chemicals, 47 **Fainting or faintness**

after birth, 226 during pregnancy, 116 shock and, 239

Family

Also see Community; Partners abusive partners, 105 answering questions of, 267 feeding first, 39 food advice from, 250 helper for birth, 151 as people who affect a woman's health. 8-9 permission for care from, 107 support from, 105-106

time alone after birth, 252

women's health affected by, 8-9

Family planning

Also see specific methods choosing a method, 300-317 community and, 318-319 emergency contraception, 316 helping women have more choices, manual vacuum aspiration (MVA)

and, 431 methods that do not work, 318

reasons for, 299

Fast heartbeat (baby), 173, 184, 243,

Fast pulse (mother)

problems indicated by, 121, 178 as sign of anemia, 116 as sign of dehydration, 159 as sign of infection, 251 as sign of shock, 239 Fat mother, 115, 118

Fats (go foods), 34, 35 FGC. See Female genital cutting (circumcision or FGC)

Fear

during pregnancy, 82 of not having enough milk, 286-287 pelvic exam and, 375

Feeding tube, 437

Feelings. See Emotions and feelings; specific feelings

Feet

burning sensations or numbness, 117 checking baby's, 265 swollen, 76

Female genital cutting (circumcision or FGC)

caring for woman after, 367-369 cutting the scar, 206, 354-355, 367 dangers of, 367 emergency care for, 368-369 repairing the cut, 367 warning signs, 368

Fertility awareness (natural family planning), 312-315

counting days method, 314-315 mucus method, 313 other methods compared to, 301 overview, 312-313

Fetoscope, 139, 434

Fever

causes of, 120 checking the baby's temperature, checking the mother's temperature, 119, 178-179, 251 dehydration and, 120, 159, 178 during labor, 178-179 hot feeling during pregnancy, 78 in past pregnancies, 95 pregnancy problems and, 97 treating, 120 as warning sign (mother), 109, 119, 178

Fibroids, IUD dangers and, 390 Finger method for measuring the womb, 131-132

First few hours after birth, 247-267

Also see First weeks after birth answering family's questions, 267 breathing rate of baby, 254 checking body of baby, 256-267 checking mother's genitals for tears and problems, 248-249 checking physical signs of mother,

cleaning mother's genitals, belly, and legs, 247 cleaning up, 267

examining the baby (overview), 252-253

general appearance of baby, 253-254

giving BCG immunizations (baby), 267

heartbeat of baby, 255 helping mother to eat and drink,

helping mother to urinate, 249 helping with breastfeeding, 252 overview, 157 preventing heavy bleeding (mother),

248 recording baby's signs, 253



temperature of baby, 255-256 watching mother for infection, 251 watching mother's feelings about her baby, 251 what to do for the baby, 252-267 what to do for the mother, 246-252

First weeks after birth, 269-279

Also see First few hours after birth baby not gaining weight or growing normally, 276

baby not urinating or passing stool in first day, 275

caring for the baby's cord, 277 color of baby's skin and eyes, 279 dehydration (baby), 275

giving emotional support, 274 helping mother care for herself, 269

leaking urine or stool (mother), 273 legs red, hard, swollen, or painful (mother), 273

signs of infection (baby), 277-279 vomit "shoots" out (baby), 276 what to do for the baby, 274-279 what to do for the mother, 269-274 womb and bleeding, watching

mother's, 270 womb infection, signs of, 271

Fish, 35, 42

Fistula (hole in the vagina)

leaking urine or stool and, 273 long labor and, 186 in past pregnancies, 94 preventing, 22, 273

Fits. See Convulsions (fits)

Flat nipples, 287 Floor

> underpadding for birth on, 58 washing, 57

Fluids. See Water and liquids

Folding scale, homemade, 445-446 Folic acid (folate), 37

Folk medicine, 17

Fontanels (soft spots in baby's head),

Food. See Bottle feeding; Breastfeeding; Eating and food

Foot. See Feet

Footling breech (feet first), 215,

218-219. Also see Breech baby (bottom down)

Forceps, 142, 435

Foreskin. See Circumcision (male)

Forgetfulness during pregnancy, 83

Formaldehyde, 64

Formula. See Bottle feeding Frank breech (straight legs), 215,

> 216-218. Also see Breech baby (bottom down)

Friends. See Community

Fruits, 35, 42

Fumes, 47

Fungus. See Yeast infection



Garbage dumps, 69 Gardnerella (BV or bacterial vaginosis), 328

Gas pains (colic), 291

Generic names of medicines, 467 Genital herpes, 331–332 Genitals

> Also see Pelvic exam; Sexually transmitted infections (STIs); Vagina

bulging during contractions, 195 checking baby's, 263-264 checking mother's after birth,

248-249

cleaning mother's after birth, 247 illustrated, 27, 376 itching, 77, 326, 327, 328 swollen veins around, 76 torn during birth, 248

Genital ulcers (sore on genitals),

329-333

avoiding sex if present, 329 chancroid, 330, 331 genital herpes, 331-332 HPV (genital warts), 333, 380 syphilis, 329-330

Genital warts (HPV), 333, 380 German measles (rubella), 45, 95 Germs

defined, 49

how they get into the body, 50 infection caused by, 49-51 keeping away, 52-56, 175 sterilization and, 60

Getting up and down during pregnancy, 78

Girls' need for food, 39 Gloves

disposing of, 68

how to put on sterile gloves, 55 plastic bags as, 54

for preventing infection, 51 reusing, 66

sterile packets of, 55, 65 sterile, using, 54-55

sterilizing, 66 Glow foods, 34, 35, 36–39. Also see

Minerals; Vitamins Glutaraldehydes, 64

Glycerine and alcohol hand cleaner,

Go foods (fats, oils, and sugar), 34, 35 Goiter, 38, 117

Gonorrhea (gono), 50, 323-325

Gourd model for womb, 454

Grains, 35, 42

Greed and medicine, 19

Grow foods (proteins), 34, 35, 250

Guarding the labor, 158 Guiding the labor, 159-163 Gums

pale, 116

sore or bleeding, 117



Hands

Also see Touching inside the vagina checking baby's, 262 swollen in mother (warning sign), 76, 81, 126, 127 washing, 53-54, 153, 168

Hard stools. See Constipation Harelip (cleft lip), 261-262

Harmful diet beliefs, 39-40 Headaches

> during pregnancy, 81 migraines, 81 as warning sign, 81, 109, 125

Head of baby

Also see Breech baby (bottom down) beginning to show in birth, 196-197 caputs and hematomas, 260 checking after birth, 259-260 clearing nose and mouth, 208-210 finding in pregnant mother,

137-138

to one side in womb (asynclitic), 204 shape, suture lines, and fontanels,

slowing the birth of, 207-208

Head up position. See Breech baby (bottom down)

Health care in pregnancy, 33-47

Also see Prenatal checkups cleanliness, 42-43 eating well, 33-42 exercise, 43-44 illness during pregnancy, 97-101 importance of, 70 pregnancy health history, 85-107

prenatal checkups, 108-145 preventing infection, 49-69

purposes of, 70

record of prenatal care, 145 sleep, rest, and relaxation, 44

things to avoid, 45-47 warning signs (medical help

needed), 106, 109

woman's body in pregnancy, 27-30,

for women with HIV, 101, 335

lealth history, 85–107	Hepatitis, 336	Homemade equipment, 443–446
age, 90	HIV and , 492	due date calculator, 527
health problems at present, 97–101	immunization for hepatitis B, 267	scales, 445–446
medicines she is taking, 103	pregnancy problems and, 97, 336	stethoscopes, 445
miscarriages or abortions, 91–92	signs of hepatitis B, 336	timers, 443–444
months pregnant and due date,	stopping spread of, 50, 51	Homemade sponge method for
88–90	treating hepatitis B, 336	family planning, 317
number of previous babies, 90–91	Herbal supplements in health history,	Homemade teaching materials
other things affecting pregnancy and	103	basic methods for making, 447
birth, 104–107	Herbicides, 47	model of birth, 461
overview, 85	Heroin, 46	model of pelvis, 448–449
past problems with pregnancy or	Herpes, genital, 331–332	model of pregnancy, 454–460
birth, 93–96	High blood pressure	model of vagina, 452–453
problems with medicines, 103	bleeding and, 231	model of womb, 450–451
signs of pregnancy, 86–87	caring for, 124–125	Hookworm, anemia caused by, 37
tetanus vaccinations, 101–102	during labor, 180–181	Hormonal methods for family
lealth workers . See Doctors; Midwives	family planning and, 306	planning , 305–310
leartbeat (baby), 139–141, 172–173,	late in pregnancy, with headaches, 81	birth control pills, 307–308
243	in past pregnancies, 93	other methods compared to, 301
checking after birth, 243 , 255	pre-eclampsia and, 125, 126,	overview, 305–306
checking during labor, 172–173	180–182	side effects, 306
checking speed of, 141	pregnancy problems and, 81, 97	women who should not use, 306
equipment for listening to, 139	protein in the urine and, 125, 126,	Hospital or medical center
fast, 173 , 184, 243 , 255	180	access to, 437
finding, 139	as warning sign, 122 , 180	anemia and birth in, 116
finding baby's position by, 140 , 172	womb growing too slowly and, 134	baby taken from mother in, 240
listening to, 139–141, 172	High Level Disinfection (HLD), 59. Also	benefits and risks of, 16–17
listening to heart sounds, 262	see Sterilizing equipment	breech baby and, 142
missing (molar pregnancy sign), 134	Hips	cleaning, 57, 58
pulse in cord, 139, 177	checking baby's, 264–265	distance from care, 104
quiet, 141	deformity in mother, 97	infection danger and, 52
as sign of pregnancy, 87	dislocated (baby), 265	lab tests, 434
slow, 141 , 172–173 , 177, 184, 208,	HIV, 99–101, 334–335	medicines from, 434
243, 255	Also see Sexually transmitted	midwives at, 440–441
stopped, 134	infections (STIs)	for pre-eclampsia treatment, 126, 12
swishy sound, 139	AIDS, 99	sonograms, dopplers, and
twins, 143 – 144	breastfeeding and, 286, 293–294	X-rays at, 434
warning signs versus healthy signs,	care for pregnant women with, 101	tools for helping sick babies, 437
141, 172–173	CD4 test, 335, 492	tools for labor and birth emergencie
Heartbeat (mother). See Pulse (mother)	cesarean surgery and, 436	435–436
leartburn, 74–75	family planning methods and,	transfusion at, 436
leart (meat), 42	300–301	transport plan for getting there, 10,
leart (meat), 42	germs and, 50, 51	106–107, 164, 438
leart monitors, 437	helping to stop, 100	for twins' birth, 144
Also see High blood pressure	how it is spread, 99–100 , 286	types of help provided by, 433–437
		21 11 21
pregnancy problems and, 97 signs of, 78	instrument birth and, 435 medicines for, 101, 335, 492–498	unnecessary practices and, 433, 441 House conditions, 104
leat. See Fever; Temperature	pregnancy and, 335	Household bleach. See Bleach
lee breathing, 170	pregnancy problems and, 97, 101	HPV (Human Papilloma Virus), 333,
Helper for birth, 151, 223	preventing after accidental exposure	380
· ·		
Helping Children Who Are Blind, 267	or rape, 493	and cancer of the cervix, 380
Helping Children Who Are Deaf, 267	preventing mother to child transmission of, 495	genital warts, 333 , 380
Helping Health Workers Learn, 5, 41		test for, 380 , 383
lematoma (blood blister)	protecting against, 99–101, 334	Human Immune Deficiency Virus. See
in baby's head, 260	signs of, 334	HIV/AIDS
in vagina after birth, 248–249	spermicides and, 305	Human Papilloma Virus. See HPV
lemorrhage. See Bleeding	tests for, 99, 100, 334	Hurrying labor. See Encouraging labor
lemorrhoids (piles), 77	HLD (High Level Disinfection) , 59. <i>Also see</i> Sterilizing equipment	Husband. See Partners



Hydrogen peroxide

for sterilizing tools, 64 washing floor with, 57

Hypodermic syringes. See Injections; Needles (hypodermic)

Hypothyroidism, 38, 117



Ideas about food, health and, 39-40 Illness

Also see Infections; Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after); specific illnesses

breastfeeding by sick mother, 292 keeping away from, during

pregnancy, 45

keeping sick people away

from births, 50-51

medical help needed for, 97 medicines listed by, 472

pregnancy health history, 97-101

Immunizations. See Vaccinations Implants for family planning,

309-310

Incomplete abortion, 407-408, 417, 419

Incubator, 437

Indigestion. See Stomach problems **Inducing labor**. See Encouraging labor Infections

Also see Sexually transmitted infections (STIs)

after abortion or miscarriage, 406,

409-411, 419

after birth, 251

in baby, 255, 256, 277-279

bacterial vaginosis (BV) or gardnerella, 328

basic rules for preventing, 52

bladder, 77, 97, 120, 128-129, 179

breast (mastitis), 289 chancroid, 330, 331

chlamydia, 50, 323-325

during labor, 178-179

from female genital cutting,

368-369

fever from, 120

germs and, 49-51

gonorrhea, 50, 323-325

hepatitis, 336

herpes, genital, 331-332

HIV and, 101

HPV (Human Papilloma Virus), 333,

379, **380,** 383 IUD dangers for, 49, 390, 399

kidney, 97, 128-129, 179 labor not starting and signs of, 176 medical help needed for, 106 in past pregnancies, 95

pregnancy problems and, 97

preventing, 42, 49-69 preventing, for people with HIV, 101,

335. **478**

rescue breathing and, 243

syphilis, 329-330

thrush (yeast infection), 290

trichomonas (trich), 326

urethra, 128, 129

vaginal, 272

womb, 120, 179, 185, 271, 399 yeast, 101, 115, 290, 326-327

Infertility, 30-31

Injectable contraceptives, 309 Injections, 345-349

Also see Medicines; Needles (hypodermic); Vaccinations allergic reactions to, 345

dangers of, 345 drawing up the medicine, 346-348

how to give, 346-349

infection danger and, 50, 51, 56, 345 numbing torn area before sewing,

360-361

numb the cervix during MVA, 424 times when helpful or necessary, 345 using ampules of medicine, 346, 347 using liquid in a bottle, 346, 347 using only when necessary, 344 using powder in a bottle, 346, 348 vitamin, 42

where to inject, 348

Injury inside the body (internal injury), 413

Insomnia, 75

Instrument birth, 435-436

Instruments. See Sterilizing equipment; Tools and supplies

Intrauterine devices (IUDs), 389-399

advantages and disadvantages of, 390

after inserting, checking, 398-399 before inserting, explaining about,

before inserting, sterilizing tools, 392 before inserting, things to check,

before inserting, things to know, 389 Dalkon Shield, removing, 399

dangers for some women, 390 described, 389

disadvantages and risks of, 311 for emergency contraception, 316

for family planning, 301, 310-311 helping a woman decide about,

390-391

infection from, 49, 390, 399

inserting, 392-398

loading the Copper TIUD, 393-394

removing, 399

tools for inserting, 392

warning signs, 311

Intravenous solution (IV), 350-351

Inverted nipples, 287

lodine, 38, 117 Iron. 36, 74, 116

Irritability during pregnancy, 82 Isopropyl alcohol

alcohol and glycerine hand cleaner,

soaking thermometers in, 65

for sterilizing tools, 64 washing floor with, 57

Itching genitals, 77,326, 327, 328 IUDs. See Intrauterine devices (IUDs)

IV (intravenous solution), 350-351



Jaundice signs in baby, 266, 279 Joint aches and pains, 79, 81 Judgment, avoiding, 6



Kegels (squeezing exercise), 44 Kicking by baby

months pregnant and, 87 painful, 80 position of baby and, 138 as sign of pregnancy, 87 stopped, 80, 134

Kidney infection, 128-129

labor and, 179 pregnancy problems and, 97 signs of, 128 treating, 129

Kidney (meat), 42

Knots

4-layer, 364 square, 214



Labor and birth

Also see Contractions; Encouraging labor; First few hours after birth; First weeks after birth; specific stages of labor

baby does not fit through pelvis, 189, 204

baby not born after 1 or 2 hours of

pushing, 203-205 baby stuck at shoulders, 210-212

basic pattern, 146

bladder of mother full and, 203, 352 bleeding during, 183, 205



caring for the mother during labor,	Labsticks, 126	Loading the Copper T IUD, 393–394
157-163, 169-170, 200-202	Lab tests, 379, 380, 434	Lockjaw. See Tetanus (lockjaw)
cesarean surgery (birth by	Large baby, 258	Long labor, 186-191, 202-205
operation), 96	medical help needed for, 258	Also see Encouraging labor
changing bedding under mother,	in past pregnancies, 94, 115	active labor, 188
163	tired, weak, or sick, 254, 258	baby does not fit through pelvis,
changing position every hour	Late labor	189, 204
in labor, 162	Also see Encouraging labor	baby in difficult or impossible
clearing baby's nose and mouth,	described, 167	position, 190–191 , 204
208–209, 213–214	long labor and, 189	baby not born after 1 or 2 hours of
cord around baby's neck, 209		
	normal and safe range, 88	pushing, 203–205
dead baby and, 135, 243	Laughter during pregnancy, 82	bladder of mother full and, 203, 35
delivering baby's body and giving	Laxatives, avoiding, 77	exhaustion from, 188–189
baby to mother, 212	Leafy vegetables , 36, 37, 39, 42	fear or tension and, 187–188
delivering baby's shoulders, 210–212	Leaking breasts, 76	late labor, 189
drinking during labor, 159–160	Learning by midwives	light labor, 188
early birth, 83, 88, 94, 221 , 292	about medicines, 466	medical help needed for, 106,
eating during labor, 160	before doing dangerous procedures,	204–205
first few hours after birth, 157,	21	number of previous babies and, 91
247–267	at hospitals, 440, 441	in past pregnancies, 94
guarding the labor, 158	as lifelong process, 1–2	position of mother and, 203
guiding the labor, 159–163	Legal concerns	problems from, 186
helper for, 151	for inserting IUDs, 389	twins and, 220
helping the mother relax, 169–170	for manual vacuum aspiration (MVA),	watching the speed of birth,
home methods for starting labor,	417	202–205
341–344		Loose stool See Diarrhea (loose stool)
	Legs	
keeping sick people away, 50–51	checking baby's, 264–265	Lugol's iodine, 38
late, 88	cleaning mother's after birth, 247	Lump (abscess) in breast, 288
long labor, 91, 94, 186–191	clot, warning signs, 273	Lung problems (baby)
not lying flat on back, 162, 200	constant pain in one leg, 81, 113	chlamydia or gonorrhea and, 324
overview, 155–157	cramps, 80–81	infection (pneumonia), 278
pain, easing, 169–170 , 187–188, 193.	pain in, 113–114	Lying down
in past pregnancies, 94	red, hard, swollen, or painful	Also see Rest; Sleep
pelvic exam and, 374	(mother), 273	during labor, changing position
preventing problems, 163	relaxing when pushing, 201	every hour, 162
record keeping, 164–165 , 170	Legumes, 35, 41	during labor, not flat on back, 162,
resting between contractions, 161	Length of labor. See Encouraging labor;	200
signs of labor starting soon, 149–151	Long labor	during labor, on side, 200
signs of stage 2 near or starting, 195	Length of pregnancy	during pregnancy, 78
slowing the birth of the head,	due date prediction, 88–89 , 130, 133 ,	duming pregnancy, 70
207–208	527	M
		(IVI)
speed of birth, watching, 202–205	early birth, 83, 88, 94, 221 , 292	Macrolides, 471
stage 1 (opening), 146, 155–156 ,	figuring months or weeks pregnant,	Magnesium for leg cramps, 81
167–193	88, 89, 90	Main foods (carbohydrates), 34, 35
stage 2 (pushing), 146, 156 , 195–221	late labor, 167, 189	Maize , 35, 38
stage 3 (birth of the placenta), 146,	normal duration, 88	Malaria, 98–99
157, 223–245	Lentils , 35, 41	anemia caused by, 37
supplies to have, 152–153	Ligaments, pain in, 79	infertility and, 31
supporting labor, 158 , 169–170 ,	Light color . See Pale color; White color	labor and, 179
200–202	Light labor , 167, 188	miscarriage from, 91
swollen veins around genitals and,	Limits, knowing yours, 20-21	•
76	Lips	pregnancy problems and, 97
transport plan for medical help, 10,	cleft (harelip) in baby, 261–262	preventing, 98–99
106–107, 164, 438	dry (mother), 159	rapid test for, 99
urinating during labor, 161	Liquids . See Water and liquids	treating, 98–99
vaginal exams during, 186, 339–340	Listening in pregnancy care, 7, 70	Malnutrition. See Poor nutrition
warning signs (medical help	Liver disease. See Hepatitis	
needed), 147, 163, 204–205	Liver (meat), 42	
when to go to birth, 151	Living conditions, 104	



Manual vacuum aspiration (MVA), 417–421
before doing, things to know, 417
cannula becomes clogged during, 429
cannula comes out of womb during,
428
checking on woman after, 430–431 choosing a cannula, 425
family planning and, 431
getting ready, 419–421
helping the woman be comfortable, 419
how to do, 422–428
infection danger and, 49
injection to numb the cervix, 424 overview, 417
preventing pain, 421, 424
problems that can be caused by, 430 problems with, 428–430
safety concerns, 92, 417, 418
staying healthy after, 431
sterilizing tools, 420–421
syringe is full during, 429
tools and supplies, 419–421 uses for, 417
vagus nerve and, 426
warning signs versus healthy signs
after, 430–431
when to do, 418–419
womb is too big to empty, 430
Mask of pregnancy, 79
Massage between contractions, 169
Mastitis (breast infection), 289
Materials for teaching. See Models for
teaching
Maternity center. See Hospital or medical center
Measles, German (rubella), 45, 95
Measuring medicines, 468–469
Measuring the womb, 130–135
for checking baby's growth, 130
cloth tape measure for, 132
determining months pregnant, 90 , 130
for due date prediction, 130, 133
feeling the womb, 130-131
finger method for, 131–132
warning signs, 132–135
ways of measuring, 90, 130–132
womb growing too fast, 133–134
womb growing too slowly, 134–135
Meat, 35, 42 Meconium (baby's first stool)
defined, 174
in waters, 174–175, 209, 213
Medical alcohol. See Alcohol (medical)
Madical conter See Hospital or modical

Madical was as as as to at 07
Medical pregnancy test, 87
Medication abortion, 92
Medicines, 462–497
Also see Injections; Vaccinations
specific medicines, 473–497
for allergic reactions, 465
allergic reactions to, 103, 465-466
amount to take, 464, 466, 468–469
antibiotics, 470-471
avoiding during pregnancy or
breastfeeding, 45, 463
for bacterial vaginosis (BV or
gardnerella), 328
benefits and risks of, 16
for birth of the placenta (stage 3),
224, 225, 228 , 231 , 233 , 237
for bladder infection, 129
breastfeeding and, 292
for breast infection (mastitis), 289
for chancroid, 331
for chlamydia, 324, 325
choosing safe and helpful medicine
19
combinations, avoiding, 464
dosage, 464, 466, 468–469
for emptying womb after
incomplete abortion, 408 "families" of, 103
for fever, 119
forms of, 467 for genital herpes, 332
for gonorrhea, 324, 325
greed and, 19
health history, 103
to help the womb contract, 224
hepatitis B and, 336
for HIV and AIDS, 101, 335, 492–49 8
from hospitals or medical centers,
434
how to take safely, 464–466
how to take, 467–470
for HPV (genital warts), 333
for infection after abortion or
miscarriage, 410
for kidney infection, 129
knowing about, 466
listed by problem treated, 472
for malaria, 98–99
measuring, 468–469
for medical abortion, 92
for meningitis (brain infection), 279
for migraines during pregnancy, 81
names of, 467
non-Western systems, 17
for numbing torn area before
sewing, 360
for pelvic inflammatory disease (PIE
325

plant medicines for starting labor, 344 for pneumonia (lung infection), 279 poisoning from, 466 for pre-eclampsia, 181-182 to prevent infection after birth of the placenta, 231, 233 for preventing pain during MVA, 421 for sexually transmitted infections, 322 side effects, 464-465 signs of problems with, 464-466 for starting labor, 175, 191 to stop bleeding from the womb, 231, 237 for syphilis, 330 for tetanus (lockjaw), 278, 411 traditional medicine, 17, 463 for trichomonas (trich), 326 types of, 17-19, 470 Western medicine, 17, 18 when to take, 469-470 when to use, 463 for womb infection, 179 for yeast infection, 327 Meningitis (brain infection) in baby, Menopause (end of monthly bleeding), 31, 86 Menstruation. See Monthly bleeding Mercury in fish, 35 Midwives, 1-11 emotional support after early end to pregnancy, 403-404 helping to stop HIV, 100 at hospitals, 440-441 knowing your limits, 20-21 learning lifelong for, 1-2 prenatal care and, 70-71 protecting yourself from infection, sharing what you know, 3-6 supplies to have at birth, 152-153 unnecessary practices at hospitals and, 433, 441 working for the joy of it, 11 working to improve women's health, working with hospitals and doctors, 438-441 Migraine headaches, 81 Milk. See Bottle feeding; Breastfeeding

center

Minerals defined, 29 Newborn. See Baby; First few hours after heavy, IUD dangers and, 390 calcium, 37-38, 74, 81 birth; First weeks after birth menopause and, 31 Nightmares, 82 to eat every day, 36-38 glow foods, 34, 35 predicting due date using, 88-89, **Nipples** iodine, 38, 117 Also see Breastfeeding 133 iron, 36, 74, 116 stopped, as sign of pregnancy, 86 during breastfeeding, 282 magnesium, 81 stopped, with birth control pills, 307 flat or inverted, 287 potassium, 81 Months pregnant, figuring, 88, 89, 90. fluid leaking from, 76 preventing leg cramps, 81 Also see Length of pregnancy sore or cracked, 290 Miscarriage, 401–415 Moon, figuring due date by, 89 stimulating to encourage labor, 192 Morning sickness, 73-74, 86, 110-111. Also see Manual vacuum aspiration thrush (yeast infection), 290 Also see Nausea (MVA) Nitrazine papers, 174 bleeding too much after, 406, Mouth Nitrous oxide, 383a 412-414 checking baby's, 261 Non-Western systems of medicine, 17 defined, 91 cleft lip (harelip) or cleft palate, Nose, checking baby's, 261 diabetes and, 93 261-262 Numbing emergency care for problems, Mouth care, 43 cervix during MVA, 424 406-414 Movements by baby torn area before sewing, 360-361 emotional support after, 403-404 months pregnant and, 87 Numbness of feet, 117 finding care after, 401-403 painful kicking, 80 Nutrition. See Bottle feeding; helping a woman after, 401-415 position of baby and, 138 Breastfeeding; Eating and food history of, 91 as signs of pregnancy, 87 Nuts, 35, 38 HIV and, 101 stopped, 80, 134 infection after, 406, 409-411 Moving to encourage labor, 192 O IUD dangers after, 390 Mucus Observing in pregnancy care, 70 physical care after, 404-405 plugging cervix, 28, 150, 155 Ointments. See Medicines preventing, 91 show (mucus tinged with blood), Opening of the vagina, enlarging. See problems from, 401-405 150-151 Episiotomy (cutting the vaginal shock after, 409, 414 Mucus bulb (bulb syringe), 66, 209 opening) spotting during cramps and, 79 Mucus method of fertility awareness, Opening (stage 1 of labor), 167–193 tetanus (lockjaw) after, 411 Also see Encouraging labor; Labor warning signs, 79, 112 Mumps, infertility and, 31 and birth: Signs (mother in warning signs versus healthy signs, Muscle tone (baby), 244 labor, birth, and after) 404 **MVA**. See Manual vacuum aspiration active labor, 167 Misoprostol baby does not fit through pelvis, 189 to empty womb after baby's heartbeat, checking, 172-173 incomplete abortion, 408 baby's position, checking, 170-171 to help the placenta come out, 224, Nausea baby's position, difficult or 228 Also see Vomiting impossible, 190-191 to stop bleeding from the womb, causes other than pregnancy, 86 bag of waters, 174-177 231, 232, 234, 237 drinking during labor and, 159 bleeding during labor, 183 Models for teaching liquids easier to drink, 159 blood pressure, checking mother's, baby, 459 morning sickness, 73-74, 86, 180-182 basic methods for making, 447 110-111 breathing by the mother, 170 birth, 461 warning signs versus healthy signs, convulsions (fits) during, 181–182 cord, 458-459 110-111 cord coming in front of baby pelvis, 448-449 Neck, checking baby's, 262 (prolapsed), 176-177 placenta, 456-457 Needles for sewing tears, 56, 362, 366 helping the mother relax, 169-170 pregnancy, 454-460 Needles (hypodermic) keeping germs out of vagina, 175 sources for other teaching materials, Also see Injections labor patterns in, 168 461 caring for, 66-67 late labor, 167 vagina, 452-453, 454 disposing of, 68, 69 light labor, 167 womb, 450-451, 454-457 drawing up medicine into, 346-348 long labor, 186-191 Molar pregnancy (tumor), 134 HIV spread and, 99, 334 overview, 146, 155-156, 167-168 Money preparing for injections, 346 pain in the womb, 183-185 eating well with little, 41-42 reusable and disposable syringes, 66 parts, 167 pregnancy problems and, 104 safe handling of, 56 pre-eclampsia and, 180–182 Monthly bleeding (menstruation) sterilizing, 66-67 pulse, checking mother's, 178 and tests for cancer, 379

used, dangers of, 349



pushing, avoiding, 186, 196

signs for the midwife to check, 170–193	Pains, labor. See Contractions Palate, cleft, 261–262	Penicillins, 471 Penis
signs of progress, 185	Pale color	Also see Sexually transmitted
size of fully open cervix, 156	baby, 244–245 , 266	infections (STIs)
sounds that are helpful, 169	cord white after birth, 157	baby's, 263, 264
temperature, checking mother's,	inside of eyelids, fingernails,	partner's, 29, 83
178–179	and gums, 116	People . See Community; Family;
touching the mother, 169	shock and, 239	Partners
vaginal exam, 186	Panting , 170, 201	Pesticides, 31, 47
when you first arrive, 168	Pap test for cancer or pre-cancer, 379,	Pharmaceutical drugs. See Medicines
Operation, birth by. See Cesarean	381–383	Physical discomforts during
surgery (birth by operation)	Paper mache models, 447	pregnancy, 76–81
Opium, 46	Paper pelvis model, 448–449	Physicians . See Doctors; Hospital or
Organ meats, 42	Parasites, 37, 74, 86, 111, 118	medical center
Ovaries	Partners 105	PID (pelvic inflammatory disease),
bimanual (2-hand) exam, 387	abusive, 105	325 , 383a
illustrated, 28, 29	family planning and, 318	Pilles (hemorrhoids), 77
Overweight mother, 115, 118	feeding first, 9	Pills. See Medicines
Oxygen, giving to baby, 241, 437	helper for birth, 151	"Pill, the," 307–308
Oxygen tent, 437	for improving women's health, 9	Placenta
Oxytocin	as people who affect a woman's	Also see Birth of the placenta (stage
in "active management" of stage 3,	health, 8–9	of labor)
225	permission for care from, 107	birth of (stage 3 of labor), 146, 157 ,
to help the placenta come out, 224,	sex during pregnancy and, 83	223–245
228	support from, 105, 106	checking after birth, 233–234
to help the womb contract, 236	women's health affected by, 8–9	covering the cervix (placenta previ
not giving at home, 434	Patterns. See Models for teaching	112, 183, 374
to stop bleeding from the womb,	Peas, 35, 41	detached (abruption), 114 , 180, 18
230, 231, 232, 234	Peeing. See Urinating	205 , 219, 354
P	Pelvic exam, 373–387	disposing of, 67, 235
	asking about history before, 375	guiding out by the cord, 228–229
Packaged foods, 39	before the exam, 375–376	heavy bleeding before birth of, 226
Pain	bimanual (2-hand) exam, 373, 384–387	helping the mother push it out, 227–231
Also see Signs (baby); Signs	making safe, 374–375	helping the womb contract after
(mother during pregnancy); Signs	Pap test for cancer or pre-cancer,	birth of, 224, 231, 236–238
(mother in labor, birth, and after)	379, 381–383	illustrated, 30
baby kicking, 80	parts of, 373	model for teaching about, 456–45 °
back, 80 , 113–114	speculum exam, 373, 377–383	460
belly, 79 , 109, 113–114 , 125	tools for, 376	piece left inside womb, 234–235
changes and discomforts in	uses for, 373	problems in past pregnancies, 95
pregnancy, 76–81	vinegar test for cancer or pre-cancer,	pushing on mother's belly and, 20 !
between contractions, 184	379, 380, 383b	separation from womb after birth,
easing during labor, 169–170,	visual exam, 373, 376	157
187–188, 193	when to do and not to do, 374	signs of separation from womb,
gas pains (colic) in baby, 291	Pelvic infection	226–227
headaches, 81 , 109	(pelvic inflammatory disease or	taking out by hand, 230–231
joints, 79, 81	PID) , 325 , 383a	womb comes out with, 232–233
legs, 113–114	Pelvis	Placenta previa, 112, 183, 374
lower belly, 128	Also see Pelvic exam; Pubic bone	Plant medicines for starting labor,
lump (abscess) in breast, 288	baby does not fit through, 189, 204	344
in one leg, constant, 81, 113	baby moving down through, 137,	Plastic bags as gloves, 54
preventing during MVA, 421, 424	171	Plastic waste, safe disposal of, 68
stomach (heartburn), 74–75	baby stuck at shoulders, 211–213	Pneumonia (lung infection) in baby
unusual pains during pregnancy, 81	illustrated, 27	278
on urination, 77, 128	model for teaching about, 448–449	Poisoning from medicine, 466
vagina, after birth, 248–249	not formed well in mother, 96	Poisonous chemicals, 47
warning signs versus healthy signs, 113–114	small, symphysiotomy for, 436	Polyvidone iodine, 38
	SITIALI, SYLLIPLIYSIOLOLLIV IOL. 430	Polyvidone lodine, 36

3

in womb during labor, 183–185

Position of the baby, 135–144,	Pregnancy	checking the mother's body,
170-171, 190-191, 215-219	Also see Abortion; Family planning;	116–129
breech (bottom down), 137, 138,	Health care in pregnancy;	importance of, 70–71
142-143, 190, 215-219,	Miscarriage; Prenatal checkups	pregnancy health history, 85–107
369–371	age and, 90	record of prenatal care, 145
checking early in labor, 170–171	antibiotics and, 471	scheduling, 144
difficult or impossible position,	breastfeeding during, 292	talking with the mother, 109–115
190–191, 204	caring for body during, 42–44	Pressure steaming, sterilizing tools
face first or forehead first, 190, 204	changes and discomforts, 76–81	by , 61–62
facing back, 136 , 171	distance from care and, 104	Preventing
facing stomach (posterior), 136, 171,	due date, 88–89 , 130, 133 , 527	Also see Family planning
190, 204	eating and digestion changes in,	abortions, unsafe, 415
feeling the mother's belly, 135–138	73–75	anemia, 36
finding by listening to heartbeat, 140	eating well, 33–42	bladder infection, 129
finding the head, 137–138	family support during, 105–107	blindness (baby), 260–261 , 324
head to one side (asynclitic), 204	feelings and emotions in, 82–83	cancer of the cervix, 379, 383
heartbeat of baby and, 139–141	figuring months or weeks pregnant,	constipation, 76
kicking or other movements and,	88, 89, 90	fistula (hole in the vagina), 22, 273
138	harmful diet beliefs, 39–40	goiter, 38
medical help needed and, 190–191	health history, 85–107	health problems, community
moving down through pelvis, 171	hepatitis B and, 336	changes for, 23–25
recording, 140	herpes and, 332	heavy bleeding after birth, 248
sideways, 143 , 191 , 219, 220–221 ,	HIV and, 335	HIV, 99–100, 335
369, 371	how the baby grows, 30	infection, 42, 49–69
turning a breech or sideways baby,	how women get pregnant, 29	labor problems, 163
369–371	illness during, 97–101	leg cramps, 81
twins and, 219, 220–221	living conditions and, 104 , 104	malaria, 98
vertical (up and down), 136	mask of, 79	miscarriages, 91
warning signs versus healthy signs,	medicines and, 45, 103 , 463, 471	sexually transmitted infections (STIs
135	menopause and, 31	336–337
Position of the mother during birth	model for teaching about, 454–460	tears, 206–208 , 356
baby stuck at shoulders and, 212	molar (tumor), 134	tetanus (lockjaw), 102, 278, 411
changing every hour, 162	money and, 104	yeast infection, 327
delivering baby's shoulders and, 211	number of previous babies and,	Primaquine, 98
good for pushing, 200	90–91	Privacy, 7
letting her choose, 200	problems with medicines and, 103	Processed foods, 39
long labor and, 203	problems with past pregnancies or	Prolapsed cord (coming in front
not lying flat on back, 162, 200	births, 93–97	of baby)
Posters, making from slides, 447	sex during, 83	episiotomy for, 354–355
Potassium for leg cramps, 81	sexual and reproductive parts, 27–28	footling breech (feet first) and, 218
Poverty. See Money	signs of, 86–87	slowing birth not recommended for
Practice contractions, 150, 155	sleeping changes in, 75	208
Pre-cancer, 379–380	syphilis and, 330	twins and, 219
Pre-eclampsia	tetanus vaccination and, 101–102	watching for, 176–177
caring for, 127	things to avoid during, 45–47	what to do about, 177
•		
checking for, 126–127 , 180	transport plan for medical help, 10,	Protective clothing for preventing
convulsions (fits) from, 93, 126,	106–107, 164, 438	infection, 56
181–182	woman's body in, 27–30, 73–83	Protein in the urine
during labor, 180–182	work and, 105	as bladder infection sign, 128
medical help needed for, 106, 125, 126, 127, 180–181	Pregnancy health history . <i>See</i> Health history	as pre-eclampsia sign, 125, 126–12 180
in past pregnancies, 93, 97	Premature birth. See Early birth	Proteins (grow foods) , 34, 35, 250
signs of, 76, 81, 122, 125-126 , 180	Prenatal care. See Health care in	Pubic bone
	pregnancy	Also see Pelvis
	Prenatal checkups, 109–145	baby stuck at shoulders, 211–213
	Also see Signs (baby); Signs (mother	illustrated, 27
	during pregnancy)	symphysiotomy (cutting in middle)
	after the checkup, 144	436
	checking the baby, 130–144	using to feel for baby's head, 137
	J	J



Pulling out (withdrawal) during sex, supporting the mother, 200-202 getting up and down during 301, 317 supporting the vaginal opening, 206 pregnancy, 78 Pulse in cord, 139, 177. Also see too early, before cervix is dilated, heartburn and, 75 Heartbeat (baby) 186, 196 for high blood pressure, 124 Pulse (mother) warm cloths around the vaginal sleepiness during pregnancy, 75, 86 in belly, 139 opening, 207 Rh incompatibility, 504 checking during labor, 178 Role playing, 4 checking during pregnancy, Root causes of health problems 120-121 finding, 21-22 Quarter-circle scale, homemade, 446 fast, 116, 121, 159, 178, 239, 251 making changes in community, Questions shock and, 239 23-25 Also see Talking Rubella (German measles), 45, 95 slow, 178 about eating habits, 34 warning signs versus healthy signs, answering family's questions, 267 120 finding root causes of health Purgatives, avoiding, 77 problems, 21-22 Salt, high blood pressure and, 125 Purple color in pregnancy health history, 85-107 Sand timers, 443-444 line between buttocks as stage 2 in prenatal checkup, 109-115 Scales approaches, 195 homemade, 445-446 midwives asking "why", 2, 21-22 spots on skin, 79 weighing baby using, 258 Pus, draining from vaginal infection, Scars circumcision (female genital cutting), Rashes Pushing (stage 2 of labor), 195-221 206, 354-355, 367-369 avoiding during pregnancy or Also see Contractions; Encouraging on womb from abortion, 92 breastfeeding, 45 labor; Labor and birth; Signs on womb from cesarean surgery, 96 from medicine, 103 (mother in labor, birth, and **Schedules** poor nutrition and, 117 after) prenatal checkups, 144 Razor blades, 65 baby does not fit through pelvis, 204 signs to check during stage 1 of Records baby not born after 1 or 2 hours of labor, 170 baby's position, 140 pushing, 203-205 tetanus vaccinations, 102 baby's physical signs in first few baby stuck at shoulders, 211-213 Seeds, 35, 37 hours, 253 bladder of mother full and, 203, 352 Seeing. See Eyes of labor, 164-165, 170 breathing by the mother, 201 Seizures. See Convulsions (fits) prenatal care, 144-145 checking physical signs of mother Semen. See Sperm (semen) womb measurement, 131, 132 and baby, 199 Sewing a tear or episiotomy, 356-366 Rectal fluids, giving, 342 clearing baby's nose and mouth, general rules, 361 208-210 Rectal sphincter, sewing, 366 getting ready, 359 Red color cord around baby's neck, 210 how to sew, 362-365 baby, 266 crowning, 197 judging whether stitches are legs (mother), 273 cutting the birth opening needed, 356-358 Reflexes (episiotomy), 206, 354-355 medical help needed for, 358 baby, 244 delivering baby's body and giving numbing the torn area, 360-361 over-active (mother), 125 baby to mother, 214 preventing tears, 356 Rehydration drink, 159-160 delivering the baby's shoulders, rectal sphincter, 366 Relaxation 211-213 safe handling of needles, 56 Also see Rest head of baby begins to show, sewing within 12 hours, 358 between contractions, 161 196-197 testing for torn muscle around anus, helping mother during labor, helping the mother give birth, 357 187-188 206-215 tools for, 358-359 Removing helping the mother push, 201-202 tying stitches, 364 intrauterine devices (IUDs), 399 how the baby moves through the Sex milk from breasts, 284–285 vagina, 197-198 Also see Family planning; Sexually Rescue breathing, 242-243 overview, 146, 156, 196-198 transmitted infections (STIs) Respirator, 437 position of the mother, 200 abusive partners, 105 Rest safe birth, helping, 199–202 after birth, 269 Also see Relaxation; Sleep; Tiredness signs that stage 2 is near or starting, during pregnancy, 83

between contractions, 161

first weeks after birth, 269

during pregnancy, 44



without intercourse, 301, 312

HIV spread and, 99, 334

pulling out (withdrawal) during, 301,

signs to watch for, 202-205

slowing the birth of the head, 207-208

Sexually transmitted infections (STIs) Shoulders (baby) not breathing, 241-243 Also see HIV checking, 262 not gaining weight or growing affecting whole body, 334-336 delivering, 210-212 normally, 276 bacterial vaginosis (BV or episiotomy for stuck shoulders, not urinating or passing stool in first gardnerella), 328 354-355 day, 275 chancroid, 330, 331 Show (mucus tinged with blood), physical signs during 2nd stage, 199 chlamydia, 323-325 150-151 position, 135-144, 170-171, community and, 337 Sickness. See Illness; Infections; specific 190-191, 215-219 discharge (wetness from vagina), sicknesses prenatal checkup, 130-144 323-328 Side effects recording signs in first few hours, of hormonal methods for genital herpes, 331-332 germs and, 50 family planning, 306 reflexes, 244 gonorrhea (gono), 50, **323–325** of medicines, 464-465 stuck at shoulders, 211-213 Sideways baby temperature low, 255-256 hepatitis B, 336 how they are passed, 322 checking for, 136 thrush (yeast infection), 290 twins, 133, 138, 143-144 HPV, 333, 380, 383 dangers of turning, 369 infertility and, 31 medical help needed for, 136, 191 vomit "shoots" from mouth, 256 itching of the genitals, 328 turning, 369, 371 weight, 256-258 IUD dangers and, 390 twins and, 219, 220-221 womb growing too fast, 133-134 labor not starting after breaking of what to do about, 143 womb growing too slowly, 134-135 waters and, 176 Sight. See Eyes Signs (mother during pregnancy) Also see Infections; Pain; Signs miscarriage from, 91 Signs (baby), 252-267 overview, 321 Also see specific conditions (mother in labor, birth, and pelvic inflammatory disease (PID), breathing problems, 240-241, 254, after); specific conditions 325 262 after abortion or miscarriage, 404, breathing rate, 254 preventing, 336-337 406, 409, 411, 412, 413, 414 sex during pregnancy and, 83 breech (bottom down), 137, 138, allergic reactions to medicine, 103, 142-143, 190, 215-219 465-466 signs of, 321 sores on the genitals, 329-333 checking after birth, 240-245, anemia, 78, 81, 116 syphilis, 329-330 252-267 back pains, 80, 113-114 treating, 321, 322 checking in womb, 130-144 bladder infection, 77, 128 trichomonas (trich), 326 bleeding from vagina, 109, 112 chlamydia and, 324 yeast infection, 326-327 bleeding, heavy, 106 cleft lip (harelip) or cleft palate, bleeding in early pregnancy, 79 Shame, pelvic exam and, 375 261-262 color, 244-245, 266, 279 Sharing knowledge blurred vision, 109, 125 cord around neck, 210 Also see Teaching breasts leaking, 76 with the community, 4-6 cord coming in front (prolapsed), burning sensations, 74-75, 77 with other health workers and 176-177, 208, 218, 219, 354 changes and discomforts in midwives, 3-4 dehydration, 275 pregnancy, 76-81 Sharp wastes, disposing of, 67 dislocated hip, 265 constipation, 36, 76-77 Shit. See Stool drops lower in belly, 149 cramps (womb), 79 Shock first hours after birth. 252-267 dehydration, 111 depression, 82 after abortion or miscarriage, 409 first weeks after birth, 274-279 414 gas pains (colic), 291 detached placenta, 114, 219 after female genital cutting general appearance, 253-254 diabetes (blood sugar disease), 93, (circumcision or FGC), 368 gonorrhea and, 324 **115**, 133 after heavy bleeding, 239 heartbeat (checking), 139-141, diarrhea, 50, 111 allergic reaction to medicine, 172-173, 243, 262 discharge (wetness from vagina), 50, 465-466 heartbeat fast, 173, 243, 255 signs and treatment, 239 heartbeat slow, 141, 172-173, 177, dizziness, 81, 109 Shortening labor. See Encouraging 184, 208, 243, 255 double vision, 125 infection, 255, 256, 277-279 fever, 97, 101, 109, 112, 113, 119, 120 Short labor in past birth, 94 kicking stopped, 80, 134 general health, 110 Shortness of breath (mother), 78, 103, length, 259 headaches, 81, 109, 125 114 limp, weak, or does not wake up, high blood pressure, 81, 93, 122, Shots. See Injections 124-125, 134, 97 253-254 low blood pressure, 122, 180 iodine lack, 117 measuring the womb, 90, 130-135 itching, 77 moving less or not at all, 184 kidney infection, 128



leg cramps, 80–81	cervix visible at vaginal opening after	Single mothers, 105
measuring the womb, 90, 130–135	birth, 249	Sitting up when pregnant, 78
medical help needed (most	checking genitals for tears and	Size
important signs), 106, 109, 147	problems, 248–249	Also see Weight
medicines, problems with, 464–466	checking physical signs after birth,	large baby, 254, 258
miscarriage, 79, 112	247	large baby in past, 94, 115
nausea or vomiting, 73–74 , 86,	clot in leg, 273	measuring the womb, 90, 130–135
110–111	convulsions (fits), 181–182	small baby, 125, 221 , 254, 256–257 ,
pain in belly, back or legs, 113–114	cord coming in front of baby	292
pain in one leg, constant, 81, 113	(prolapsed), 176–177 , 208, 218,	small baby in past birth, 94
placenta previa, 112, 374	219, 354	womb bigger than normal, 115
poor nutrition, 117	dehydration, 159 , 178	Skin
pre-eclampsia, 76, 81, 125–126 , 127	detached placenta (abruption), 184,	Also see Color (mother)
of pregnancy, 86–87	205 , 219, 354	checking baby's, 265
prenatal checkup, 109–129	eating and drinking, cannot or will	color (baby), 244–245 , 266 , 279
pulse fast, 120, 121	not after birth, 250	dark patches, 79
purple spots on skin, 79	episiotomy needed, 354	loss of stretchiness, 159
scars on womb, 92, 96	fever, 178–179	pale, shock and, 239
sexually transmitted infections (STIs),	first few hours after birth, 247–252	purple spots, 79
321, 323–335	fistula (hole in the vagina), 273	Sleep
shortness of breath, 78 , 103, 114	genitals torn after birth, 248	Also see Rest; Tiredness
sleepiness, 75, 86	hematoma (blood blister) in vagina	during pregnancy, 44, 75
spotting, 79, 112	after birth, 248–249	getting up and down during
stools black, 36	infected womb, 185	pregnancy, 78
sweating during pregnancy, 78	infection after birth, 251	heartburn and, 75
swollen face and hands, 76, 81, 126,	labor starting soon, 149–151	strange dreams and nightmares, 82
127	leaking urine or stool, 273	Sleepiness
swollen feet, 76	legs red, hard, swollen, or painful,	Also see Tiredness
tiredness, 35, 75, 86, 93	273	causes other than pregnancy, 86
tubal pregnancy, 79, 113	medical help needed, 176 , 177, 179,	during pregnancy, 75, 86
tumor (molar pregnancy), 134	180–181, 204–205	Slides, making posters from, 447
urethra infection, 128	medicines, problems with, 464–466	Slow birth. See Encouraging labor; Loi
urination frequent, 77 , 86	nausea or vomiting after drinking,	labor
urination painful or burning, 77	159	Slow heartbeat (baby), 141, 172–173
vaginal infection, 77	not interested in her baby, 251	177, 184, 208, 243 , 255
vagina smells bad, 77	pain in the womb, 183–185	Slow pulse (mother), 178
weakness, 111	placenta previa, 183, 374	Small baby, 221, 256–257
womb growing too fast, 133–134	placenta separated from womb,	Also see Early birth
womb growing too slowly, 134–135	226–227	breastfeeding and, 292
igns (mother in labor, birth,	position of the baby, 170–171 ,	causes of, 257
and after)	190–191	
•		limp, weak, or does not wake up, 2! medical help needed for, 221, 256
Also see Contractions; Signs (mother	pre-eclampsia, 180	the state of the s
during pregnancy); specific	progress of labor, 185	in past pregnancies, 94
conditions	pulse, 178	problems possible for, 256
allergic reactions to medicine,	sexually transmitted infections (STIs),	what to do for, 257
465–466	321, 323–335	Smelly vagina, 77, 321
baby does not fit through pelvis,	shock, 239	Smoke, avoiding during pregnancy
189, 204	speed of birth, watching, 202–205	104
baby stuck at shoulders, 211	in stage 1 (opening), 170–193	Smoking. See Tobacco
bag of waters, 174–177	in stage 2 (pushing), 202–205	Sodium hypochlorite solution.
being ready for emergencies,	stage 2 (pushing) near or starting,	See Bleach
163–164	195	Soft spots in baby's head (fontanels
bleeding after birth, preventing, 248	temperature, 178–179	259
bleeding before placenta is born,	thrush (yeast infection), 290	Sonogram, 90, 433, 434
226	torn womb, 185 , 205	Sore nipples, 290
bleeding during labor, 183, 205	vaginal infection, 272	Sores
blood pressure, 180–182	watching for, 163	on genitals (genital ulcers), 329–33
breast infection (mastitis) 289	when to go to birth 151	poor nutrition and 117

womb infection, 179, 185, 271



from medicine, 103

razor blades, 65

Also see Heartbeat (baby) by steaming, 62-63 veins (varicose veins), 76 helping the mother push, 201 storing tools and supplies, 64-65 Symphysiotomy, 436 making in stage 1 (opening), 169 thermometers, 65 Symptoms. See Signs (baby); Signs Speculum exam, 377-383 tools, 59-64 (mother during pregnancy); Signs described, 373 Stethoscopes, 139, 445 (mother in labor, birth, and after) giving, 377-379 STIs. See Sexually transmitted infections Syphilis, 329-330 Pap test for cancer or pre-cancer, **Syringes** 379, **381-383** Stitches. See Sewing a tear or Also see Injections; Needles vinegar test for cancer or pre-cancer, episiotomy (hypodermic) bulb syringe, 66, 209, 213 379, **380,** 383b Stomach problems Speeding labor. See Encouraging labor; nausea (morning sickness), 73-74, for manual vacuum aspiration (MVA), Long labor 86, 110-111 419, 420 Spermicides, 301, 304, 305 pain (heartburn), 74-75 Sperm (semen) poor nutrition and, 117 germs in, 49, 50 Stool Tablets. See Medicines reproduction and, 29, 30 baby does not pass in first day, 256 **Talking** Sponge method for family planning, black, 36 about difficult subjects, 7 constipation, 36, 76-77 keeping things private, 7 Spontaneous abortion. See Miscarriage diarrhea (loose stool) in baby, 275 listening more than, 7 **Spots** diarrhea (loose stool) in mother, 50, with mother in prenatal checkup, rubella (German measles), 45, 95 111, 150, 343 109-115 disposing of, 67 on skin, 79 to women about food, 34-39 Spotting, 79, 112. Also see Bleeding enemas, avoiding during pregnancy, TB. See Tuberculosis Spring scale, homemade, 446 77 **Teaching** germs in, 49 Square knot, 214 classes in the community, 4-5 Squeezing exercise (Kegels), 44 leaking freely after birth (mother), finding materials for, 461 Stage 1 of labor. See Opening (stage 1 273 helper for birth, 151 meconium (baby's first stool), of labor) homemade materials for, 447-461 Stage 2 of labor. See Pushing (stage 2 174-175, 209, 213 how to prevent STIs, 336 of labor) in waters, 174-175, 209, 213 to prevent health problems, 23-25 Stage 3 of labor. See Birth of the Stopping pregnancy. See Abortion; as purpose of pregnancy care, 70 placenta (stage 3 of labor) Miscarriage sharing knowledge, 3-6 Starting labor. See Encouraging labor Storing **Tears** Steaming bedding, 58 Also see Fistula (hole in the vagina); gloves, 66 tools and supplies, 64-65 Sewing a tear or episiotomy sterilizing tools by, 61-63 Strengthening labor. See Encouraging degrees of, 356-358 Sterile gloves. See Gloves labor genitals, checking after birth, 248 Suction trap, 213 Sterile packets, 65 judging whether stitches are Sugars (go foods), 34, 35 Sterilization for family planning, 301, needed, 356-358 Sulfas (sulfanomides), 471 medical help needed for, 184, 205 Sterilizing equipment Supplements in health history, 103 preventing, 206-208, 356 Also see Cleanliness Supplies. See Tools and supplies pushing on mother's belly and, 205 Supporting labor, 158, 169-170, by baking, 61 sewing, 356-366 bedding, 58 200-202 testing for torn muscle around anus, before birth, 153, 168 Surgical birth. See Cesarean surgery before inserting IUDs, 392 (birth by operation) time for sewing, 358 before manual vacuum aspiration Suture lines in baby's head, 259 vagina, 239 (MVA), 420-421 Sutures, 358 vaginal infection, 272 by boiling, 62 Sweating vaginal opening, during birth, 206 chemicals for, 63-64 during pregnancy, 78 womb during labor, 184-185, 205 defined, 59 shock and, 239 **Teas** Swelling gloves, 66 for bladder infection, 129 High Level Disinfection (HLD) and, 59 breasts (engorged), 76, 288 to help sleep, 75 infection prevented by, 51 face and hands (warning sign), 76, for migraines during pregnancy, 81 items requiring sterilization, 60 81, 109, 126, 127 for nausea relief, 74 mucus bulb (bulb syringe), 66 feet. 76 Teeth, caring for, 43 needles, 66 with headaches, 81

legs red, hard, or swollen, 273



by pressure steaming, 61–62

Sounds

Temperature	Time	Tooth care, 43
Also see Fever	Also see Early birth; First few hours	Torn flesh. See Tears
checking baby after birth, 255–256	after birth; First weeks after	Touching inside the vagina
checking mother after birth, 251	birth; Long labor; Schedules	Also see Intrauterine devices (IUDs);
checking mother during labor,	for cutting the cord, 157	Pelvic exam
178–179	delayed labor, 88	avoiding during birth, 195, 206
checking mother during pregnancy,	due date, 88–89 , 130, 133	baby stuck at shoulders and, 213
119	early end to pregnancy, 401–415	cryotherapy, 383a–383c
hot feeling during pregnancy, 78	to go to birth, 151	pelvic exam, 373–387
low (baby), 255–256	homemade timers, 443–444	piece of placenta left inside womb,
warning signs (mother), 109, 119 ,	between labor start and	234–235
178	breaking of waters, 175–176	pressure to stop bleeding after birth,
Tension	months or weeks pregnant, 88, 89,	238
helping mother relax, 169–170	90	taking out the placenta by hand,
187–188	for sewing tears, 358	230–231
long labor and, 187–188	short labor in past, 93	vaginal exams during labor, 186,
when pushing, avoiding, 201, 202	signs of labor starting soon, 149–151	339–340
Testicles	to take medicines, 469–470	womb comes out with the placenta,
Also see Sexually transmitted	Timers, homemade, 443–444	232–233
infections (STIs)	Tiredness	Touch in stage 1 (opening), 169
baby's, 263, 264	Also see Anemia; Weakness	Toxemia of pregnancy
father's, 29	dehydration and, 159	See Pre-eclampsia
Tests	go foods for energy, 35	Traditional medicine, 17, 463
for anemia, 116	in past pregnancies, 93	Training . See Learning by midwives;
blood pressure, checking the	sleepiness during pregnancy, 75, 86	Teaching
mother's, 122–124, 180–182	as warning sign, 116	Transfusion (giving blood through an
CD4, 335, 492	Tobacco	IV), 436
for cancer of the cervix, 379–383	avoiding during pregnancy or breastfeeding, 46	Transport plan for medical help , 10, 106–107, 164, 438
for diabetes, 115		
for HIV, 99, 100	avoiding smoke during pregnancy,	Treating health problems, 13–25
for HPV, 380	104	Also see specific health problems
lab tests, 434	infertility and, 31	avoiding unnecessary procedures, 20
for malaria, 99	small baby and, 134, 257 Tonics , 103	benefits and risks, 16–17
measuring the womb, 90, 130–135 for pregnancy, 87	Tools and supplies	finding root causes, 21–25 finding the best treatment, 16–21
	• •	· · · · · · · · · · · · · · · · · · ·
for protein in the urine	Also see Homemade equipment;	finding the causes, 13–15
(pre-eclampsia sign), 126–127	Sterilizing equipment; specific	knowing your limits, 20–21
pulse, checking mother's, 120–121	tools and supplies	steps for solving problems, 13–15 types of medicine, 17–19, 470
temperature, checking the mother's,	blood pressure, 122	and the second s
for too much water in the womb,	bulb syringe, 66, 209	Trichomonas (trich), 326
· · · · · · · · · · · · · · · · · · ·	caring for, 65–67	Tubal litigation (sterilization
134	cloth tape measure for womb, 132	for women), 315
Tetanus (lockjaw)	cryoprobe, 383a–383b	Tubal pregnancy, 79, 113 Tuberculosis
after abortion or miscarriage, 411	disposing of wastes safely, 67–69	
cutting the cord and, 214	at hospitals or medical centers,	HIV and, 492
means of infection with, 102	435–437	infertility and, 31
protecting against, 102, 278, 411	for inserting IUDs, 392	pregnancy problems and, 97
signs in baby, 278	items requiring sterilization, 60	vaccination (BCG), 267
signs in mother, 411	for listening to heartbeat, 139	Tubes
vaccinations, 102	low-cost and homemade, 443–446	illustrated, 28, 29
Tetracyclines, 471	for manual vacuum aspiration (MVA),	tubal litigation (sterilization for
Thermometers, 65, 119. Also see	419–421	women), 315
Temperature	for pelvic exam, 376	tubal pregnancy, 79, 113
Thin mother, 118	for sewing tears, 358–359	Tumor (molar pregnancy), 134
Three-minute hand wash, 53–54	sterile packets of, 65	Turning a breech or sideways baby,
Thrush (yeast infection), 290	storing, 64–65	369–371

suction trap, 209

Toothbrush, homemade, 43

supplies to have at birth, 152–153



Thump test for water in the womb,

134

Twins, 143–144

breastfeeding and, 291 dangers of twin births, 219 delivering, 220–221 listening to heartbeats, 143–144 medical help needed for, 144 signs of, 133, 138, 143



Ulcers. See Sores Ultrasound, 90

Umbilical cord. See Cord; Cutting the

Upset stomach. *See* Stomach problems **Urethra**

caring for infection, 129 illustrated, 27, 376 signs of infection, **128**

Urinating

Also see Sexually transmitted infections (STIs) baby does not urinate in first day, 256 blood in urine, 128

catheter (tube to help urinating), 249, **352–353** during labor, **161**

telining labor, 101 frequent, 77, 86, 115 helping mother after birth, 249 to help the womb contract, 236 leaking freely after birth, 273 painful or burning, 77, 128 protein in the urine, 125, 126–127, 128, 180 squeezing exercise (Kegels) and, 44 ways of encouraging, 249, 352

Uristicks, 126 Uterus. See Womb (uterus)



Vaccinations

Also see Injections about, 276 hepatitis B, **267** tetanus, **102**, 411 tuberculosis (BCG), **267**

Vacuum aspiration, 92. *Also see* Manual vacuum aspiration (MVA)

Vacuum extractors, 435 Vagal reaction, 426 Vagina

Also see Bleeding; Genitals; Pelvic exam; Sexually transmitted infections (STIs); Touching inside the vagina cervix visible at opening after birth, 249 fistula (hole in the vagina), 22, 94, 186

hard lump under skin, 272 hematoma (blood blister) in,

248-249

how the baby moves through,

197-198

illustrated, 27, 28, 29, 376

infection, 272

keeping germs away, 175 menopause and, 31

models for teaching about, 452-453,

454, 460

pain after birth, **248–249** preventing tears, **206–208**, 356 show (mucus tinged with blood),

150-151

smells bad, 77, 321 spotting, 79, 112

squeezing exercise for (Kegels), 44 supporting opening during birth,

206

torn, 239

touching during birth, avoiding, 195, 206

vaginal exams during labor, 186,

339-340

warm cloths around opening, 207 wetness from (discharge), 77

Vaginal exams during labor, 186, 339–340

Vaginal infection, 272

Vagus nerve, 426 Varicose veins, 76

Vasectomy (sterilization for men), 315

VD (gonorrhea), 50, 323–325 Vegetables, 35, 36, 37, 42

Vehicles or transportation, 10, 106–107, 164, 438

Veins

giving fluid through (IV), **350–351** swollen (varicose), 76

Vicryl sutures, 358

Vinegar test for cancer or pre-cancer,

379, **380**, 383b

Vision

Also see Eyes blurred, 109, 125 double, 125

Visual pelvic exam, 373, 376

Vitamin A, 39 Vitamin B-6, 73 Vitamin C, 116

Vitamins

Also see specific vitamins buying, avoiding, 42 to eat every day, 37, 39 glow foods, 34, 35 injections, 42 pills, 36, 42

Vomiting

Also see Nausea drinking during labor and, 159 "shooting" from baby, **276** warning signs versus healthy signs, 110–111

Vulva. See Genitals



Walking to encourage labor, 192

Warning signs. See Signs (baby); Signs (mother during pregnancy); Signs (mother in labor, birth, and after)

Warts, genital (HPV), 333, 380 Washing

Also see Cleanliness; Sterilizing equipment bedding, 58 hands, 53–54, 153, 168

mother after birth, 247

tools, 59

Waste disposal

placenta, 67, 235 safe, **67–69**

Water and liquids

Also see Dehydration
after birth, 250
boiling to kill germs, 54
breastfeeding and, 283
constipation and, 76
dirty, germs in, 50
drinking during labor, 159–160
for fever, 178
first weeks after birth, 269
giving fluid through a vein
(intravenous solution or IV),

350–351 in healthy diet, 39 high blood pressure and, 125

rehydration drink, 159–160

Water in the womb. See Bag of waters Water retention. See Swelling

Waters. See Bag of waters

Water weight See

Water weight. See Swelling

Weakness

Also see Anemia; Tiredness in past pregnancies, 93 poor nutrition and, 117 as warning sign, 111, 116

Weeks pregnant, figuring, 88, 89, 90.

Also see Length of pregnancy



Weight

Also see Size baby not gaining, 276 checking the baby's, 256, 258 checking the mother's, 118-119 large baby, 254, 258 large baby in past, 94, 115 overweight mother, 115, 118 small baby, 221, 254, 256-257, 292 small baby in past birth, 94 sudden gain by mother, 118, 119 thin mother, 118

Western medicine, 17, 18 Wetness from vagina. See Discharge (wetness from vagina)

Where There Is No Doctor, 41, 115, 328 Where Women Have No Doctor, 46,

105, 111, 322 White color. See Pale color White discharge. See Yeast infection Womb (uterus)

Also see Contractions; Manual vacuum aspiration (MVA); Measuring the womb; Placenta; Position of the baby; Touching inside the vagina bigger than normal, 115 bimanual (2-hand) exam, 385-386 comes out with the placenta, 232-233

cramps in early pregnancy, 79 feeling baby inside, 87 first weeks after birth, 270-271 growing too fast, 133-134 growing too slowly, 134-135 helping contract after the placenta is born, 224, 236-238 how a baby grows, 30 how women get pregnant, 29 illustrated, 28, 29 infection, 120, 179, 185, 271, 399 infection in past pregnancies, 95 measuring, 90, 130-135 models for teaching about, 450-451, 454-457, 460 pain during labor, 183–185 piece of placenta left inside, 234-235 position of the baby, 135-144, 170-171, 190-191 pushing on mother's belly and, 205 rubbing after the placenta is born, 224, 236 scar from cesarean surgery, 96 scars from abortion, 92 signs that the placenta has separated, 226-227 sore after birth, 159 staying soft after placenta is born,

236-238

tissue coming out, after abortion, 408 torn, 184-185, 205 water in, too little, 134 water in, too much, 133

Work

breastfeeding and, 284-286 in pregnancy health history, 105 Working with chemicals, 47 Worms. See Parasites

Worry during pregnancy, 82

X-rays, 434



Yeast infection, 326-327 frequent, diabetes and, 115 preventing, 327 signs of, 326 thrush, 290 treatment, 327

Yellow color (baby), 266, 279 Young mothers, 22, 105