



10 Things... What Every Woman Should Know About BIRTH

Reframing Birth Perspectives

Think about this... Imagine a setting where there is limited transportation, no phone, no internet, no access to hospitals, very little money, etc. **If you were pregnant and ready to give birth, what would you do? What would you need?**

- **What is a DOULA?**
 - What African Americans used to do and be
 - How African American women assisted during birth
 - How being familiar with birth was a necessity because of disenfranchisement
- **Understanding the Difference**
 - Television Birth
 - Real Birth
- **It's not normal anymore:**
 - Have you observed a birth?
 - Have you observed a breastfeeding mother?
- **The Glory of the Woman's Body**
 - Nurture life within (nine months)
 - Nurture life through breastfeeding (at least a year after birth)
- **Using your community**
 - Allowing people to help in ways that feel comfortable to you
 - Allowing people to love your baby



Understanding Birth in a Modern Context

1. Making important choices about:

a. *Your medical professional*

b. *Birth facility*

- i. Know policy before being admitted
- ii. Understanding liability
- iii. Statistics about Black Women
- iv. Stereotypes about Black women

c. *Support People*

- i. How many people will your facility allow in the birthing room?
- ii. What role will each person serve?

2. **IF your water breaks remember your C.O.A.T.**

- a. **C**olor - no brown and no bright red
- b. **O**dor - odor could be sign of infection
- c. **A**mount - a little or a lot (lay down and change position)
- d. **T**ime - when it happens

3. **B.R.A.I.N.**

- a. **B**enefits
- b. **R**isks
- c. **A**lternatives
- d. **I**ntuition
- e. **N**othing



4. Medical Interventions

- a. Monitors and IVs
- b. Medications (pain management, blood pressure, etc.)
- c. Inductions (cervix dilation, pitocin, etc.)
- d. Internal monitors
- e. Breaking bag of waters
- f. Forceps and suction

5. Bishop Score - think about puckered lips to open mouth, also use thumbs example

- a. Softness - Firm (tip of nose), Medium, Soft (ear lobe)
- b. Dilation - Closed, 1-2cm, 3-4cm, 5+cm
- c. Effacement - 0-30%, 40-50%, 60-70%, 80+%
- d. Position - Back (Posterior), Middle, Front (Anterior)
- e. Station - -3, -2, -1 or 0, +1 or +2

6. P.A.I.N.

- a. *Purpose*
- b. *Anticipated*
- c. *Intermittent*
- d. *Normal*
- e. Holding ice
 - i. It will come in waves
 - ii. Every 5 min, 12 times in one hour

7. Getting comfortable with birthing

- a. Birthing Better Childbirth Preparation Online Course
- b. Fingertip stress

- c. Kegels vs Relaxing
- d. Pooping

8. Bonding with the Baby - Making the Transition

- a. Five senses experience before and after birth
 - i. Sight
 - ii. Sound
 - iii. Touch
 - iv. Smell
 - v. Taste
 - vi. 6th sense - spiritual
- b. Baby's first experiences in birth facility

9. *Apgar - Baby's first test at 1 and 5min

- a. Appearance (skin color)
- b. Pulse (heart rate)
- c. Grimace (reflex irritability)
- d. Activity (muscle tone)
- e. Respiration (breathing)

10. Breastfeeding (Normal, but not normal anymore)

- a. It is a relationship
- b. Breast crawl
- c. How baby's tummy grows (little at a time)
- d. Breastfeed however is best for you
- e. Wives Tales about Breastfeeding
 - i. Spoils the Baby
 - ii. Can't get pregnant/ no period
 - iii. Babies teeth