

SIMPLE TIPS ON ENJOYING
**PREGNANCY
& DELIVERY**

special features:

- Answers to burning questions about pregnancy & delivery
- Baby's sex selection
- Caring for the Newborn
- Maternity Ed/Things to buy
- Spiritual tips for safe delivery



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CONTAINED IN THIS BOOK

- ✓ Pre-Pregnancy Tips
- ✓ Early Pregnancy Tips
- ✓ During Pregnancy Tips
- ✓ Delivery/Labour Tips
- ✓ After Birth Tips
- ✓ Other Vital Tips
- ✓ Prayer For Safe Delivery

PRE-PREGNANCY TIPS

- ✓ Pregnancy may be delayed up to 6 months in healthy couples even when there is no problem.
- ✓ If pregnancy does not occur after one year of regular unprotected intercourse, then you can seek help from a gynaecologist.
- ✓ Avoid termination of pregnancy/induced abortion.
- ✓ Avoid sexually transmitted infections.
- ✓ Visit the gynaecologist for check-up if you suspect any problem.
- ✓ Avoid use of fertility enhancing drugs without prescription and specialist follow up.
- ✓ Avoid other hormonal drugs without prescription.
- ✓ Seek proper treatment for pelvic infections.
- ✓ Have specialist treatment for chronic diseases like diabetes mellitus and hypertension.
- ✓ Most fibroids don't cause infertility.
- ✓ Ectopic pregnancy is an emergency.

PRE-PREGNANCY TIPS

women are encouraged to go for a check-up while preparing to get pregnant so that they can be medically prepared to get pregnant



EARLY PREGNANCY TIPS

How do you know you are pregnant?



Morning vomiting



Bladder irritation



Weakness, Tiredness,
Laziness, Loss of appetite

ADVANTAGES OF ANTE-NATAL CARE (ANC)

1. ANC provides contact with a health facility.
2. It gives women room to learn about healthy living.
3. There is provision of preventive measures for many health conditions.
4. Access to treatment of diseases during pregnancy.
5. Psychological benefit.
6. ANC provides avenue to meet with new friends.
7. Medical care of the pregnancy.
8. Increased chance of having a normal outcome for the pregnancy.
9. Planning for delivery.
10. Anticipation and care in times of emergency.
11. Teaching of care for self and baby after delivery.

DURING PREGNANCY TIPS

Problems In Early Pregnancy

Many symptoms that have been discussed earlier are largely regarded as being part of the normal symptoms of pregnancy. However, these symptoms sometimes become excessive and constitute threats to the health of the woman and her unborn child. Some of the disorders include:

- i. Excessive and uncontrollable vomiting
- ii. Bleeding through the vagina
- iii. Fever
- iv. Lower abdominal pain
- v. Fainting

INVESTIGATIONS AND TESTS IN ANTE-NATAL CARE

1. Packed Cell Volume (PCV)
2. Genotype
3. Blood Group
4. Human Immuno-deficiency Virus (HIV) Test
5. Hepatitis Virus Test
6. Urinalysis
7. Urine Culture
8. Others as deemed necessary like syphilis test [VDRL], blood sugar test, etc.

9. Ultra-Sound Scan



ENJOYING GOOD HEALTH IN PREGNANCY

Avoid harmful practices in pregnancy

- ✓ Avoid patronizing untrained birth attendants, quacks, to rub abdomen or turn babies.
- ✓ Avoid self-medication, traditional herbal medicines and concoctions, alcohol and smoking as these are harmful to you and your baby.
- ✓ Avoid using hot massages, especially when a pregnant woman is ill or convulsing. She needs care at the health facility.

ENJOYING GOOD HEALTH IN PREGNANCY

VARIOUS TYPES OF FOOD NUTRIENTS INCLUDE

- ✓ Protein e.g meat, fish, egg, beans and milk e.t.c. Proteins help renew and replace worn out tissues, and also help to maintain your blood level. Proteins are also needed in the formation of the tissues of the baby.
- ✓ Moderate intake of carbohydrate e.g rice, yam, bread, cassava and beverages to give you energy to withstand the pregnancy and labour.
- ✓ Plenty fruits and vegetables. These provide you with vitality and immunity during pregnancy, and also assist you move your bowels. They also help you to fight infection and make you strong and healthy

NOTE

- ✓ Wash vegetables thoroughly with salted water before slicing.
- ✓ Drink plenty of water to aid digestion and flush the system of impurities.
- ✓ Take the blood medicine given to you by your doctors.
- ✓ Take adequate rest. Avoid strenuous exercises such as lifting and carrying of heavy loads, breaking of fire woods and pounding of yam; but gentle exercise is good for you in pregnancy.

PROPER POSITIONING IN PREGNANCY

- ✓ Good sitting position: Sit upright and rest the back. A soft pillow at the back will help.
- ✓ Wrong sitting position: Legs hanging; no back rest.
- ✓ Sleep on your side.
- ✓ Avoid sleeping on your back.

GETTING UP FROM BED

- ✓ Get up gently by the side.
- ✓ Get your legs down from the side of the bed.
- ✓ Come down from the bed.

SIGNS OF LABOUR

DELIVERY/LABOUR TIPS

Labour can present as a varied combination of the following:

- ✓ Regular painful contraction (at least, 1 every 10
- ✓ minutes).
- ✓ Liquor Drainage (breakage of bag of water).
- ✓ Show (Catarrh mixed with blood).

USEFUL TIPS

Painless contractions may occur from around 34 weeks. They are just a reminder to the mother to get ready and to “buy baby things”. If they persist or become painful, the mother should visit the hospital.

AFTER BIRTH TIPS

RESUMPTION OF MENSTRUATION AFTER DELIVERY

Resumption of menstruation varies from one individual to another whether following normal vaginal delivery or following delivery by caesarean section. Menstruation may start from as early as 6 weeks to as long as 2 years following delivery. Many women may not menstruate as long as they are exclusively and effectively breast feeding, usually for the first 6 months. This period also gives significant protection against unplanned pregnancy. This is referred to as lactational amenorrhoea.

AFTER BIRTH TIPS

RESUMPTION OF MENSTRUATION AFTER DELIVERY

However, there are many reported cases where women have gotten pregnant despite exclusive breast feeding without menstruating. These are the women who suddenly notice some symptoms of pregnancy within a few months of delivery despite not having seen their menses. They are very surprised to find that pregnancy test is positive. It is based on many of these reports that women are advised to consider their preferred choice of family planning within 6 weeks of delivery.

BREAST FEEDING

- ✓ Breast milk alone is the food and drink an infant needs for the first six months of life.
- ✓ It is the baby's first immunization.
- ✓ Breast milk contains high quality digestible protein, fats and carbohydrates in appropriate quantities for your baby.
- ✓ Breast feeding protects your baby against diarrhea, ear and chest infections and other dangerous illnesses.
- ✓ It can protect babies from developing allergies.
- ✓ Breast feeding will boost the child's intelligence.
- ✓ It creates a special bonding between mother and child.

BREAST FEEDING

- ✓ It is cheap, convenient and always available.
- ✓ It prevents financial burden on the family.
- ✓ Commence exclusive breast feeding within 30 minutes of birth, till six months of age, and ensure continuous breast feeding till 2 years, even after introduction of complementary feeds.
- ✓ For HIV/Hepatitis positive mothers, they should discuss with their doctors the various feeding options for their babies which may vary with each individual's specific circumstances.
- ✓ Those with other specific conditions or difficulties should also discuss with their doctors/nurses for preferred feeding options.

Tips to increase the flow of breast milk

- ✓ Avoid stress and tension.
- ✓ Be relaxed.
- ✓ Adopt good sitting position.
- ✓ Ensure adequate diet.
- ✓ Drink a lot of fluid, including milk.
- ✓ Put the baby frequently to the breast, whether flowing or not.
- ✓ Make sure the breast is well into the mouth of the baby.
- ✓ - Let doctors check the drugs being taken.
- ✓ - Use breast pump or manually express regularly if advised to.

CARE FOR THE NEW BORN

- ✓ While bathing your baby, you must avoid water and soap entering the nose, ears or eyes of the baby. You must use mild soap on the baby's skin.
- ✓ The cord should be kept dry as much as possible. The children's doctor [paediatrician] or nurse should be contacted if there is an unusual state of the cord, e.g smell, redness and swelling around the cord.
- ✓ Clothing should be in accordance with the weather. Do not over-expose the baby, neither should the baby be over-covered.

CARE FOR THE NEW BORN

- ✓ The depression on the baby's head known as the anterior fontanelle does not need any treatment. No metholatum, orioyo, silver bird, camphor, molding and massage of the head.
- ✓ There should be no drug of any kind given without prescription, e.g Grape water, Ampiclox, Abidec.
- ✓ Circumcision should only be carried out for male babies. It is not advised to circumcise female babies.
- ✓ Ensure baby's immunization is followed up until completed.

DANGER SIGNS IN THE NEW BORN

- ✓ **Baby feeling too weak and always sleeping after birth:** This may be due to low blood sugar (hunger or hypoglycaemia). The baby needs to get food immediately after delivery even though it is very small breast milk.
- ✓ **Baby's eyes are going yellow:** This abnormal sign may be noticed from birth till up to a week or more after birth. This condition is called neonatal jaundice and if serious can permanently damage the baby's brain. Blood test to check for bilirubin that causes jaundice is necessary to ascertain the seriousness.
- ✓ **Baby refusing to suck:** This is not stubbornness. The baby may be showing early sign of sickness.

DANGER SIGNS IN THE NEW BORN

- ✓ **Baby's body is hot:** This is a serious sign in the newborn and means baby is sick with infection. It must be treated in the hospital with strong medications. Don't joke with this at all!
- ✓ **Not passing stool:** The first stool a newborn passes is dark, greenish, slimy and tenacious. This is called meconium. A newborn baby should pass its first stool within 24 hours. If the baby does not pass stool at birth and none by the end of the second day, instead of giving all sorts of drugs and herbs that may harm a newborn, just take the baby for check-up to see why stool has not been passed.

DANGER SIGNS IN THE NEW BORN

- ✓ **Grunting while stooling:** This occurs in babies who are few weeks old. In this condition, the baby cries or feels discomfort before passing stool. This discomfort disappears after passing stool. It is caused by “intestinal colic”. It is not as serious as it seems. It can be reduced by making babies belch by tapping their backs gently after feeding. Babies outgrow it.
- ✓ Other signs of illness in the newborn baby include vomiting and always crying.
- ✓ If in doubt of what is happening to your baby, do not hesitate to visit the hospital.

OTHER VITAL TIPS

TIP ONE

WHAT IF I GET PREGNANT WHILE ON FAMILY PLANNING

Because every method of family planning has a chance of failure, this may happen. It is always good to visit the family planning clinic if a pregnancy is suspected or confirmed in order to have a proper evaluation.

Many pregnancies have been carried successfully with the IUCD/coil. So, it is essential to have a good check-up, especially to know the correct site of the pregnancy and make sure that ectopic pregnancy is not the case.

OTHER VITAL TIPS

TIP TWO

WHAT IF I GET PREGNANT WHILE I AM STILL BREAST FEEDING?

TIP THREE

HAVING A MALE OR A FEMALE CHILD

TIP FOUR

WHY DO COMPLICATIONS OCCUR IN PREGNANCY?

TIP FIVE

WHY WAS MY BABY SO BIG?

TIP SIX

FIBROIDS IN PREGNANCY

OTHER VITAL TIPS

TIP SEVEN

MULTIPLE GESTATION INCLUDING TWINS

TIP EIGHT

RHESUS NEGATIVE MOTHER

TIP NINE

ANAEMIA IN PREGNANCY

TIP TEN

LEG SWELLING IN PREGNANCY

TIP ELEVEN

THE BABY IS NOT LYING WELL IN THE WOMB

A WARNING

Do not take unprescribed drugs that some claim will make you urinate and reduce the leg swelling.

These drugs are dangerous and may harm the woman and the baby. Visit the clinic for a proper check-up and then do the simple tips above to reduce the leg swelling. After delivery, the leg swelling will reduce and the feet get slim and dry again

Correcting Leg swelling

- ✓ Resting the leg over a pillow while sleeping
- ✓ Stretching the leg over a low stool while sitting

PRAYER FOR SAFE DELIVERY

PRAYER

All powerful God and Father, you are the source of all life and blessings; the lover and protector of the unborn child.

I thank you for the tiny life living within my womb and for choosing me as a co-creator with you and for blessing my womb with a fruit that will enrich my home (marriage).

I surrender to you my concerns, anxieties, expectations and wishes for this child that I am yet to know or touch. Grant me the confidence and strength to dispel my fears.

Protect us both and guide our growth and development as I trust in your loving care.

Keep far from my child, every spiritual and bodily harm. Protect me from excessive pains accompanying child birth.

May my offspring be delivered safely, see the light of the day and be strong and healthy.

Anoint the hands and minds of the doctors and all other personnel involved in the delivery process that they may act according to your will and with wisdom.

May I know the indescribable joy of motherhood soon after delivery. Amen

SCRIPTURES

- ✓ Psalm 127:3
- ✓ Jeremiah 29:11
- ✓ Isaiah 66:9
- ✓ Matthew 11:28
- ✓ Galatians 6:9
- ✓ James 1:16-17
- ✓ John 14:27
- ✓ Jeremiah 1:5, 8
- ✓ Numbers 6:24-26

For further Reading

- ✓ Psalm 121
- ✓ Romans 11:36
- ✓ For strength at pregnancy and labour
- ✓ Psalm 40: 1-3
- ✓ Psalm 91
- ✓ Psalm 139