

# How to deliver a baby in an emergency

Remember this: most of the time, a baby delivers itself. Follow these pointers, though, and you'll make it easier for the mother.

If possible, have these things ready:

**Two clean pieces of cloth,** 20cm (8in) long, for tying the cord (clothes will do)

**Sterilized scissors**—boil them for 10 minutes and wrap them in a clean cloth.

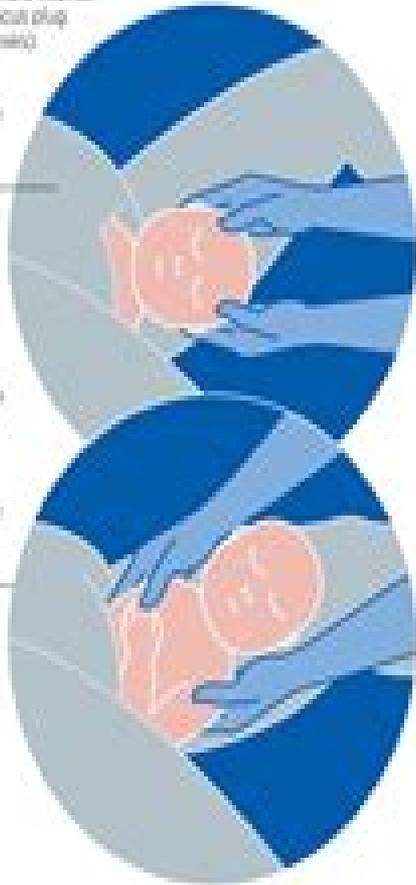
**Plastic bag** for the afterbirth.

**Soft blanket** for the baby.

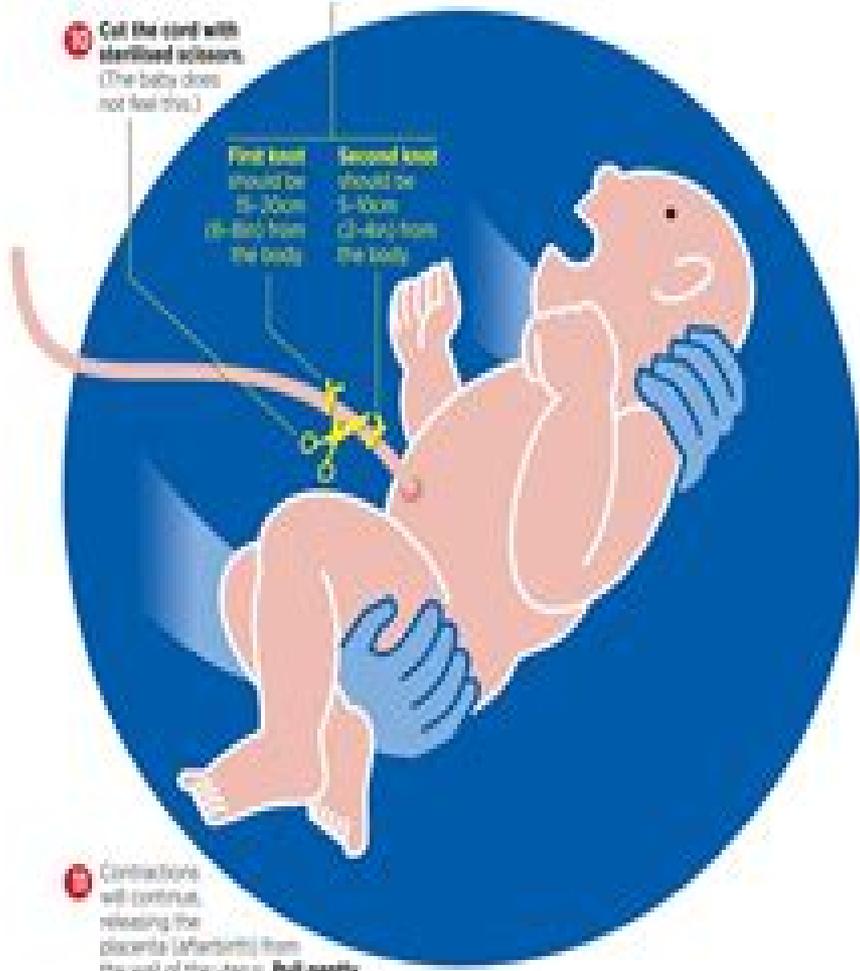
**Container** in case the mother vomits.

For some women, childbirth is a relatively painless experience. But others go through great pain. **Be prepared.**

- 1 **Wash your hands.**
- 2 You know the birth process is starting when muscles in the mother's uterus begin to contract at regular intervals. (If it's the mother's first baby, a good sign that the baby is nearly ready is when these **contractions are about 5 minutes apart and last from 40 to 90 seconds.**)
- 3 As the time between the contractions gets shorter, the mother feels them to be more intense. Her cervix dilates, and the mucus plug is discharged (her "water" breaks).
- 4 Contractions push the baby from the uterus to and through the vagina. As the baby emerges from the mother's body, **cradle the head but don't pull it.** The head usually comes out facing down, and returns to a normal position as the shoulders emerge (one at a time).
- 5 **Check if the umbilical cord is wrapped around the baby's neck.** If it is, slip it over the baby's head.
- 6 After the shoulders are out, the rest of the body should slide out easily with the next contraction.
- 7 **Wipe away any mucus** (or blood) from the baby's mouth.



- 8 **Do not slap the baby on the back.** Instead, blow on the chest or tap the feet.
- 9 When the baby has been fully delivered, **tie the umbilical cord in two places.**
- 10 **Cut the cord with sterilized scissors.** (The baby does not feel this.)



- 11 Contractions will continue, releasing the placenta (afterbirth) from the wall of the uterus. **Pull gently on the umbilical cord to remove the placenta** through the vagina. Put this afterbirth into a plastic bag.

# The Baby Emergency

**Rosina Ehmann**



## **The Baby Emergency:**

*The Baby Emergency Handbook* Lawrence E. Shapiro, Richard Jablow, Julia Holmes, 2008-07-23 When your baby faces a medical emergency what should you do Sometimes your intuition is spot on but other times it's entirely wrong With this life saving guide close at hand you'll be ready to handle over forty common infant and toddler emergencies including falls high fevers bee stings burns and more This guide makes it easy to find the information you need during even the most stressful times Most importantly you'll learn how to prevent the most common emergencies that new parents encounter The Baby Emergency Handbook will help you Learn the best ways to react in almost any emergency Know when to seek immediate medical help Get faster help in a hospital emergency room Tips on keeping your child safe *The Baby Emergency* Carol Marinelli, 2016-06-13 The doctor and the single mom When Shelly Weaver returns to the children's ward for her first night shift as a single mom she discovers it's also Dr Ross Bodey's first night back He's been working in the Outback but on discovering Shelly's newly single status he's returned for her Shelly didn't know Ross was in love with her until now And suddenly Ross is asking her to change her life forever But Shelly has her son to consider although he is falling in love with Ross as quickly as Shelly is *Detroit Emergency Hospital Reports (Clinical Department of the Michigan College of Medicine and Surgery)*. Detroit Emergency Hospital, 1893 *The Baby and Child Emergency First Aid Handbook* Mitchell J. Einzig, 1995 *The Social Emergency* William Trufant Foster, 1914 **Simmons V. Garces**, 2001 *Emergency Childbirth* Gregory J. White, 2002-05 This is the 15th printing of this popular book which contains Step by step instructions on how to deliver a baby in language that can be understood by anyone with an 8th grade education **Emergency surgery** John William Sluss, 1915 [What to do About Everything](#) Barbara Toner, 2011-08-01 Life in the modern household has become much more complicated than it was for previous generations Our roles are increasingly multi layered our ambitions further reaching and our expectations completely unreasonable Juggle a successful and fulfilling career with raising children pets servicing the car bike maintaining a social life exercising cooking a balanced diet repairing the broken kitchen pipes and managing a regular grooming schedule Completely doable in theory But how exactly What to Do about Everything is the ultimate householders guide to twentyfirst century living It covers everything from changing a tyre to surviving divorce and addresses all sorts of households not just the traditional nuclear family Applying cast iron information and empathy to all aspects of domestic life Barbara Toner has ensured that anyone with a roof over their head can dip into it and find the help they need whether it's how to darn a sock hire a plumber light a fire leave their husband or decide they're gay after all This comprehensive book covers household relationships time management household administration money where to live home renovations chores clothes care food home repairs transport childcare and rearing grooming and healthcare holidays home entertainment socialising etiquette life changes death job loss moving and much more Modern life is stressful Nothing contains stress better than order nothing relieves it better than knowing what must be done *Emergency Care and*

*Transportation of the Sick and Injured* American Academy of Orthopaedic Surgeons. Committee on Injuries,1971     Blue V.  
Environmental Engineering, Inc ,2004     *Poultry Tribune* ,1918     **The Health-care of the Baby** Louis Fischer,1925  
**The Child in the City** Chicago. Child Welfare Exhibit, 1911,1911     **The Social emergency** ,1914     *New York Court*  
*of Appeals. Records and Briefs.* New York (State).,     *The Common-good of Civic and Social Rochester* ,1910  
**Emergency Childbirth: The Baby Is Coming Now!** Victor Berman,Salee Berman,Marjie Hathaway,2020-03-25 A book  
to help during unexpected birthing situations     *Emergency Relief After the Washington Place Fire, New York, March 25,*  
*1911* Charity Organization Society of the City of New York. Red Cross Emergency Relief Committee,1912     **Hygeia** ,1942

## Adopting the Melody of Appearance: An Psychological Symphony within **The Baby Emergency**

In a global taken by screens and the ceaseless chatter of quick connection, the melodic beauty and emotional symphony created by the prepared term often fade into the back ground, eclipsed by the relentless noise and distractions that permeate our lives. But, situated within the pages of **The Baby Emergency** a wonderful literary prize overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that charming masterpiece conducts readers on an emotional journey, well unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths with this moving assessment, we will examine the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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