



# Birth is Normal.

The baby was on the inside and now is on the outside. Nourishing foods and fluids feed the mother so the mother can feed her baby.

## You did it!

You helped a mother and baby be born. Their short and long term health and happiness have been greatly aided by your calm presence. We of the Global Midwifery Council thank you. Your experiences are welcomed. Please feel free to write us:

[Sister@sistermorningstar.com](mailto:Sister@sistermorningstar.com)

## Emergently The simple facts

- 1 Privacy – warmth – dark
- 2 Skin to skin
- 3 Calm Companion

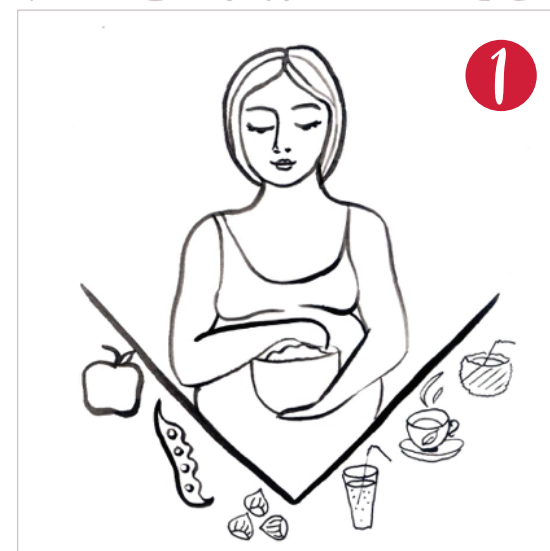


[GlobalMidwiferyCouncil.com](http://GlobalMidwiferyCouncil.com)  
[WorldBirthHub.com](http://WorldBirthHub.com)

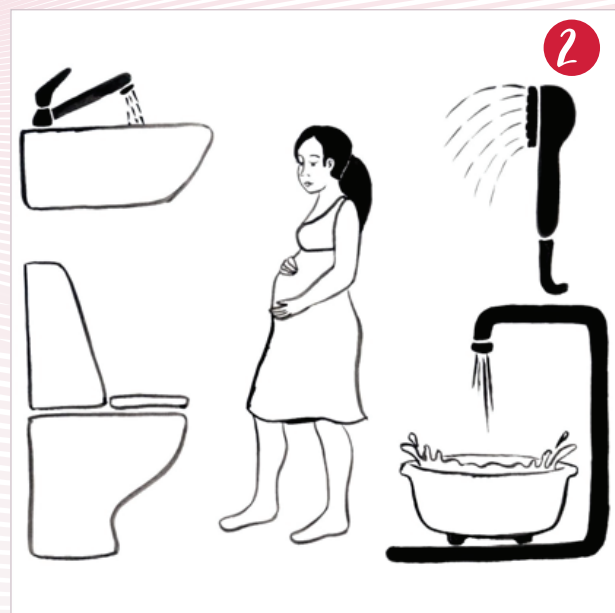
## GET READY!

You are about to attend the birth of a mother and baby. If all you can do is create a warm, quiet space away from the eyes of others, you will have gone a long way in making the birth safe. Look over this instructional guide twice. You are here to keep the calm so whatever happens can happen in the best possible way.

## Birth is NORMAL



Pregnant mothers need nourishing foods and fluids to grow healthy babies and make breast milk.



Laboring mothers  
need freedom of  
movement, comfort,

access to toilet, food, water and calm  
companionship. She may pass fluids which  
may be clear or pink or brown.

It is normal.



Birthing mothers need privacy away from the eyes of others, dim lighting, warmth, dry clean surface, calm and quiet companionship.

**They may choose to birth in many varied positions.**

They may touch their birthing baby. Some fluids and blood may come. It is normal.

Birthing Mothers and babies need unrushed time to bond.

Skin to skin, the baby will keep warm and begin to lick, nuzzle and root for the breast. This will encourage the placenta or afterbirth to come out with the cord attached. Leave the cord alone. There may be a gush of blood with more fluids.

**It is normal.**



Breastfeeding will keep baby fed and warm and protected from sickness. Breastfeeding will keep the mother from excessive bleeding, and will increase her breast milk. In the presence of excessive bleeding a small piece of the cord or placenta can be placed inside the cheek of the mother to stop the bleeding.

**Mother-baby are safe and happy breastfeeding.**



There is no hurry to cut the cord. The placenta can be wrapped next to the baby. If the mother wishes, the cord may be severed when it is limp and white. Sever the cord with a clean knife, scissors or by burning or the mother chewing. Leave 4-6 inches of cord attached to the baby. The cord will dry, shrink and fall off in a few days.

