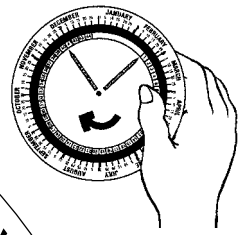
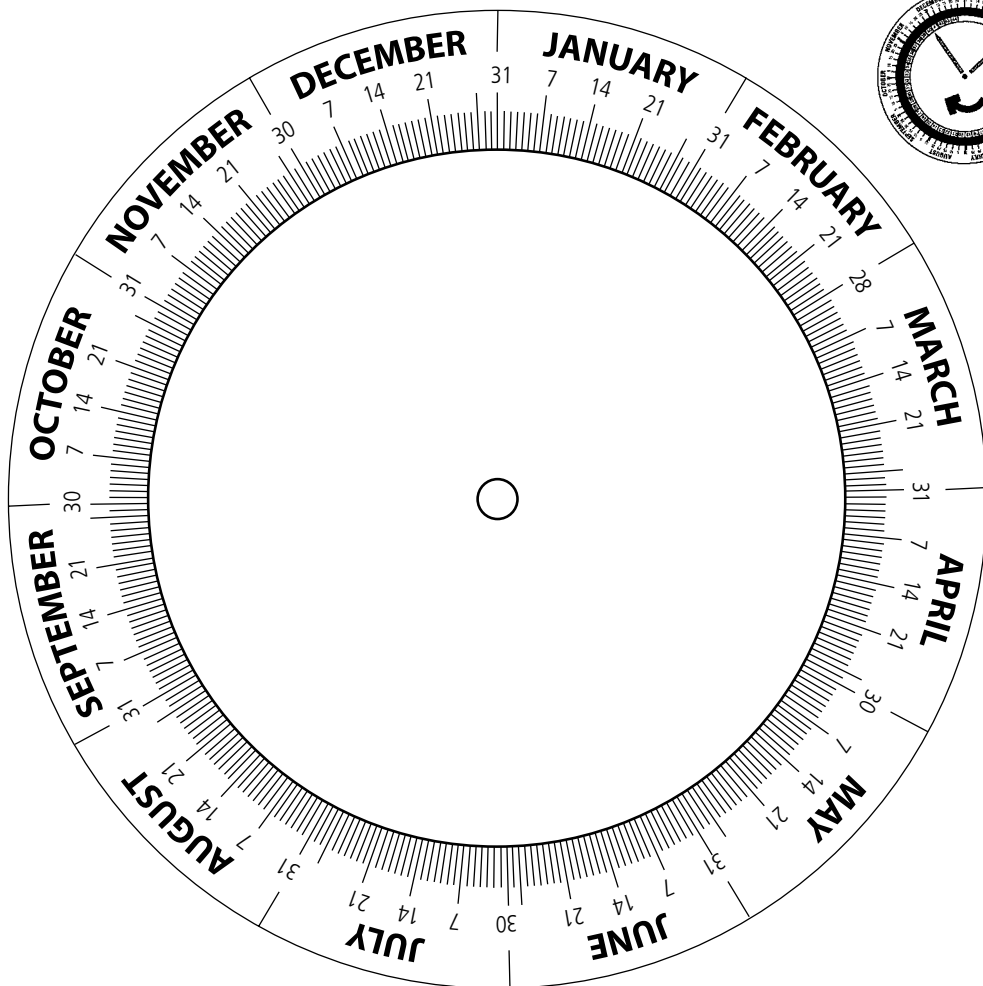
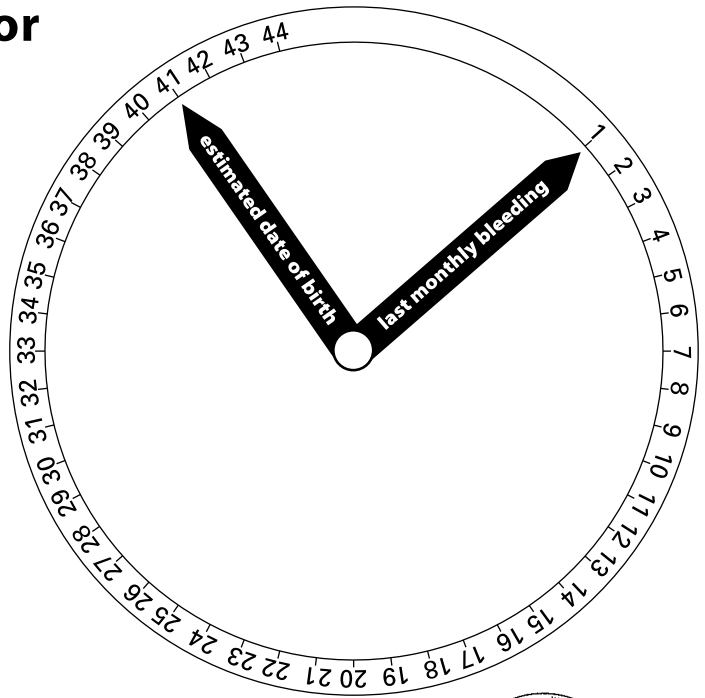


# Due date calculator

This simple tool can show you what a woman's due date will be. See page 88 to learn more about due dates.

Copy this page and paste it onto a piece of cardboard or stiff paper. Then cut the circles out. Put the smaller circle on top of the larger circle and fasten them together through the center.

To use the wheel, point the arrow that says "last monthly bleeding" to the first day of the woman's last monthly bleeding. The other arrow will then be pointing to the baby's estimated date of birth.



## Other books from the Hesperian Foundation



**A Health Handbook for Women with Disabilities** by Jane Maxwell, Julia Watts Belser and Darlena David provides women with disabilities and their caregivers suggestions on disability-friendly health care, caring for daily needs, having healthy and

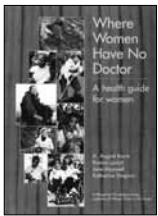
safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence and abuse. The book also focuses on social stigma and discrimination. 406 pages.



**Where There Is No Doctor**, by David Werner with Carol Thuman and Jane Maxwell. The most widely used health care manual in the world provides vital, easy to understand information on how to diagnose, treat and prevent common diseases.

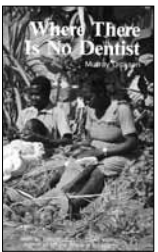
An emphasis is placed on prevention,

including cleanliness, diet, vaccinations and the importance of community mobilization. 512 pages.



**Where Women Have No Doctor**, by A. August Burns, Ronnie Lovich, Jane Maxwell and Katharine Shapiro, combines self-help medical information with an understanding of the social factors that limit women's health. Essential information on problems that affect only women or

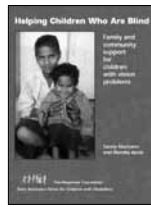
affect women differently from men. 584 pages.



**Where There Is No Dentist**, by Murray Dickson, shows how to care for teeth and gums at home, and in community and school settings. Detailed and illustrated information on dental equipment, placing fillings and pulling teeth, teaching hygiene and nutrition, and HIV and oral health. 208 pages.



**Disabled Village Children**, by David Werner, covers most common disabilities of children. It gives suggestions for rehabilitation and explains how to make a variety of low-cost aids. Emphasis is placed on how to help disabled children find a role and be accepted in the community. 672 pages.

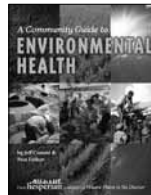


**Helping Children Who Are Blind**, by Sandy Niemann and Namita Jacob, aids parents and other caregivers in helping blind children from birth through age 5 develop all their capabilities. Topics include: assessing how much a child can see, preventing blindness, moving around safely, teaching common activities, and many others. 192 pages.



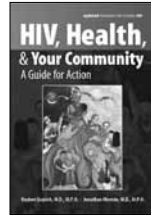
**Helping Children Who Are Deaf**, by Darlena David, Devorah Greenstein and Sandy Niemann, aids parents, teachers, and other caregivers in helping deaf children learn basic communication skills and a full language. It includes simple methods

to assess hearing loss and develop listening skills, and explores how communities can work to help deaf children. 250 pages.



**A Community Guide to Environmental Health**, by Jeff Conant and Pam Fadem, will help urban and rural health promoters, activists and community leaders take charge of their environmental health.

23 chapters address topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Includes activities, how-to instructions to make health technologies, and dozens of stories. 600 pages.



**HIV, Health, and Your Community**, by Reuben Granich and Jonathan Mermin. This clearly written guide emphasizes prevention, transmission and ideas for designing HIV treatment programs. Contains an appendix of common health problems for people with HIV, and an updated section on antiretrovirals. 245 pages.



**Helping Health Workers Learn**, by David Werner and Bill Bower, is an indispensable resource that makes health education fun and effective. Includes activities, techniques, and ideas for low-cost teaching aids. A people-centered approach to health care, it presents strategies for community involvement through participatory education. 640 pages.