

THE CHILDBIRTH PICTURE BOOK

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Original text by Fran P. Hosken

Drawings by Marcia L. Williams

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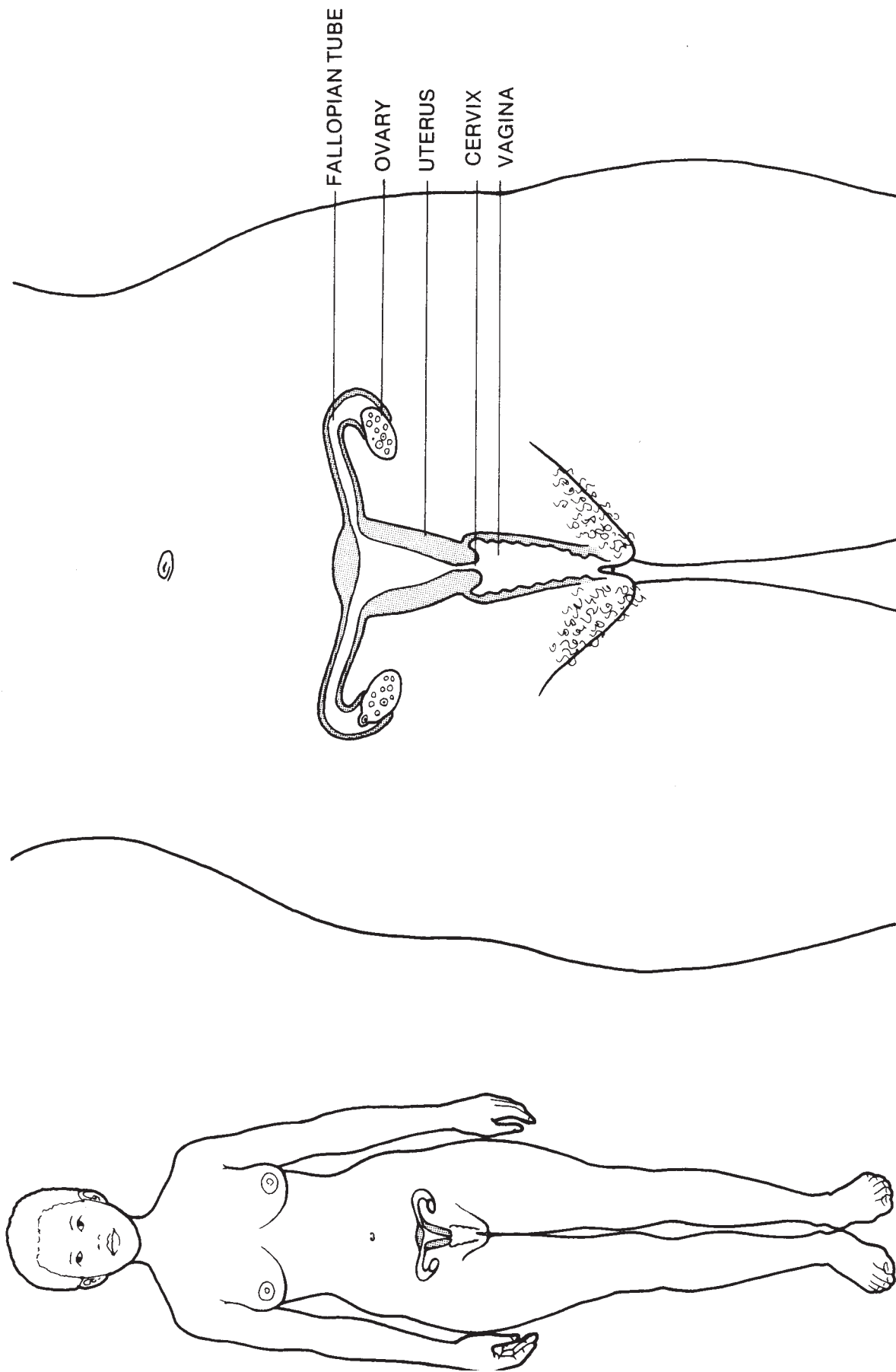
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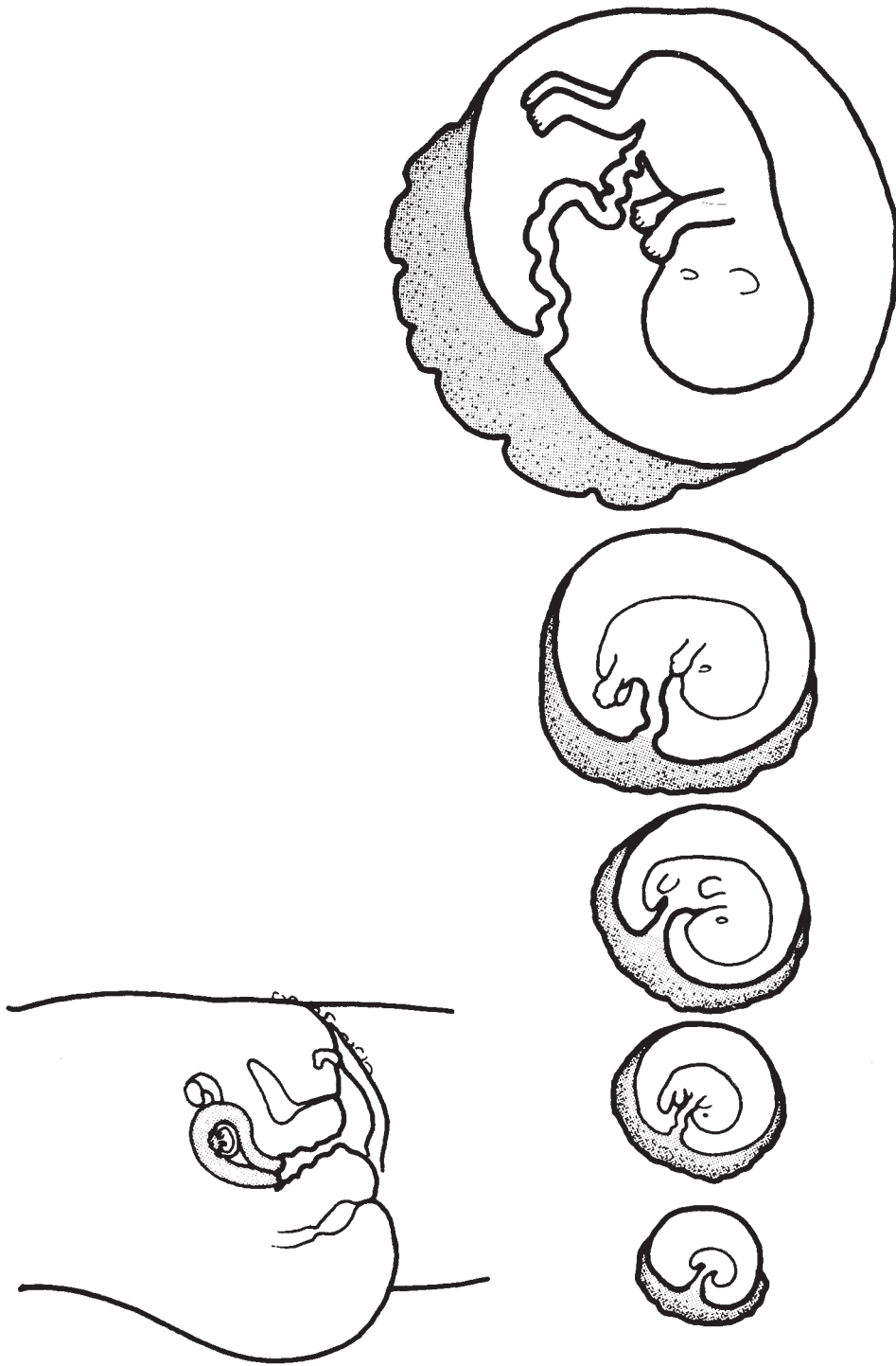
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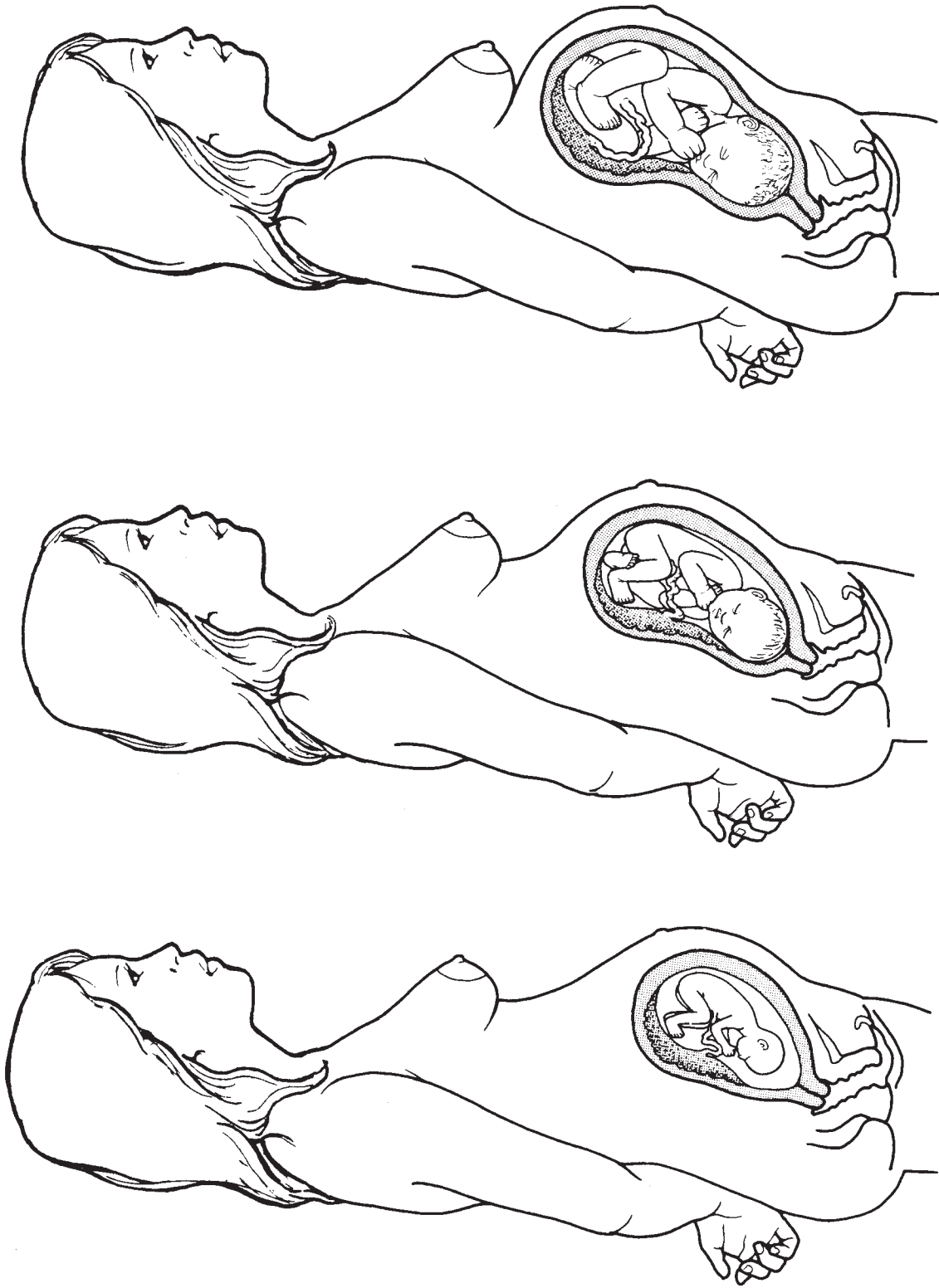


3. The internal (inner) reproductive organs (genital organs)

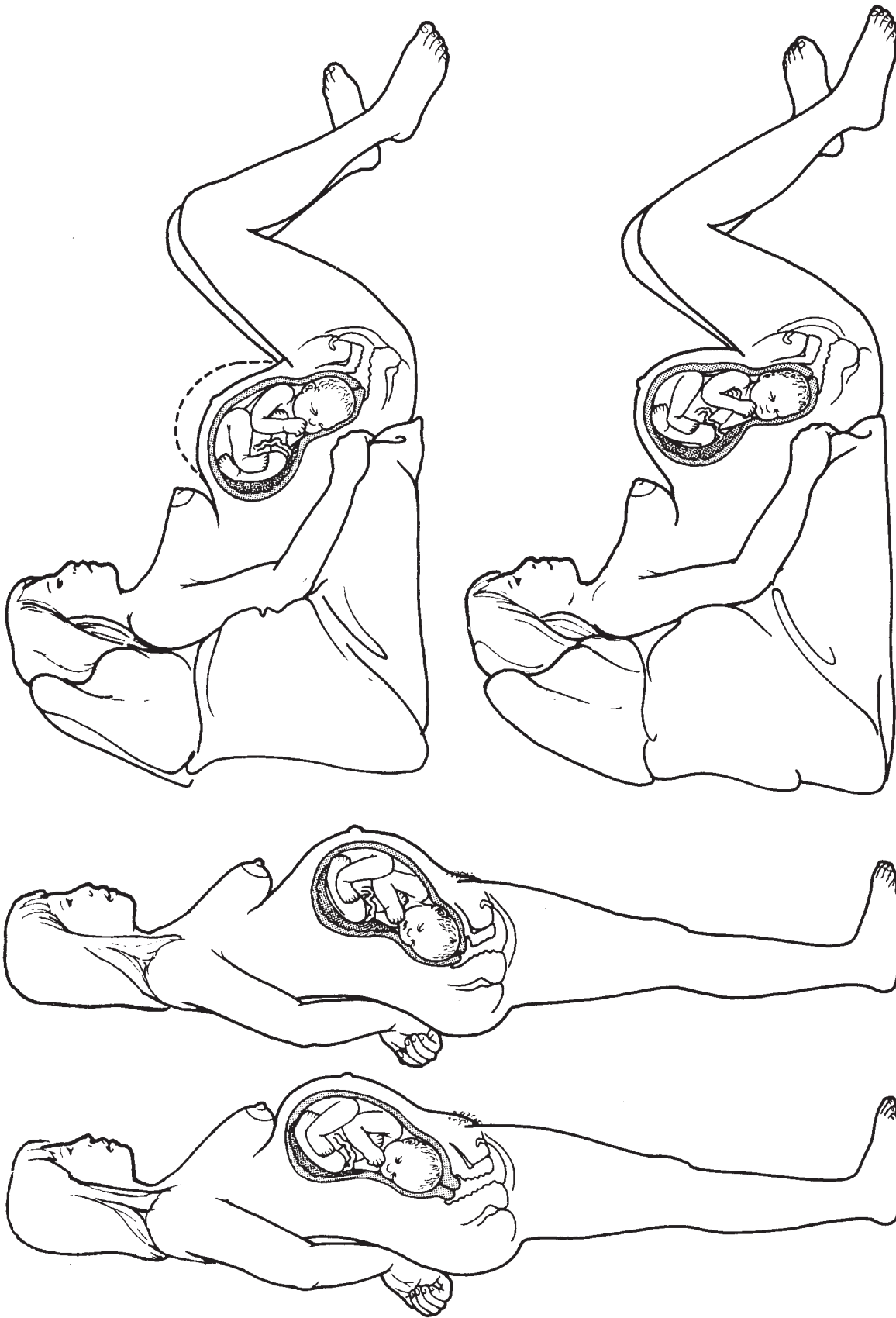
The internal, reproductive organs are the vagina, the uterus (womb), and the 2 ovaries (where egg cells are stored), which are connected by the 2 fallopian tubes.



16. Development of the embryo: The first 3 months
The embryo first develops the head and spine. It is connected by the umbilical cord to the placenta for food, oxygen, and removal of waste. Our body makes the placenta.

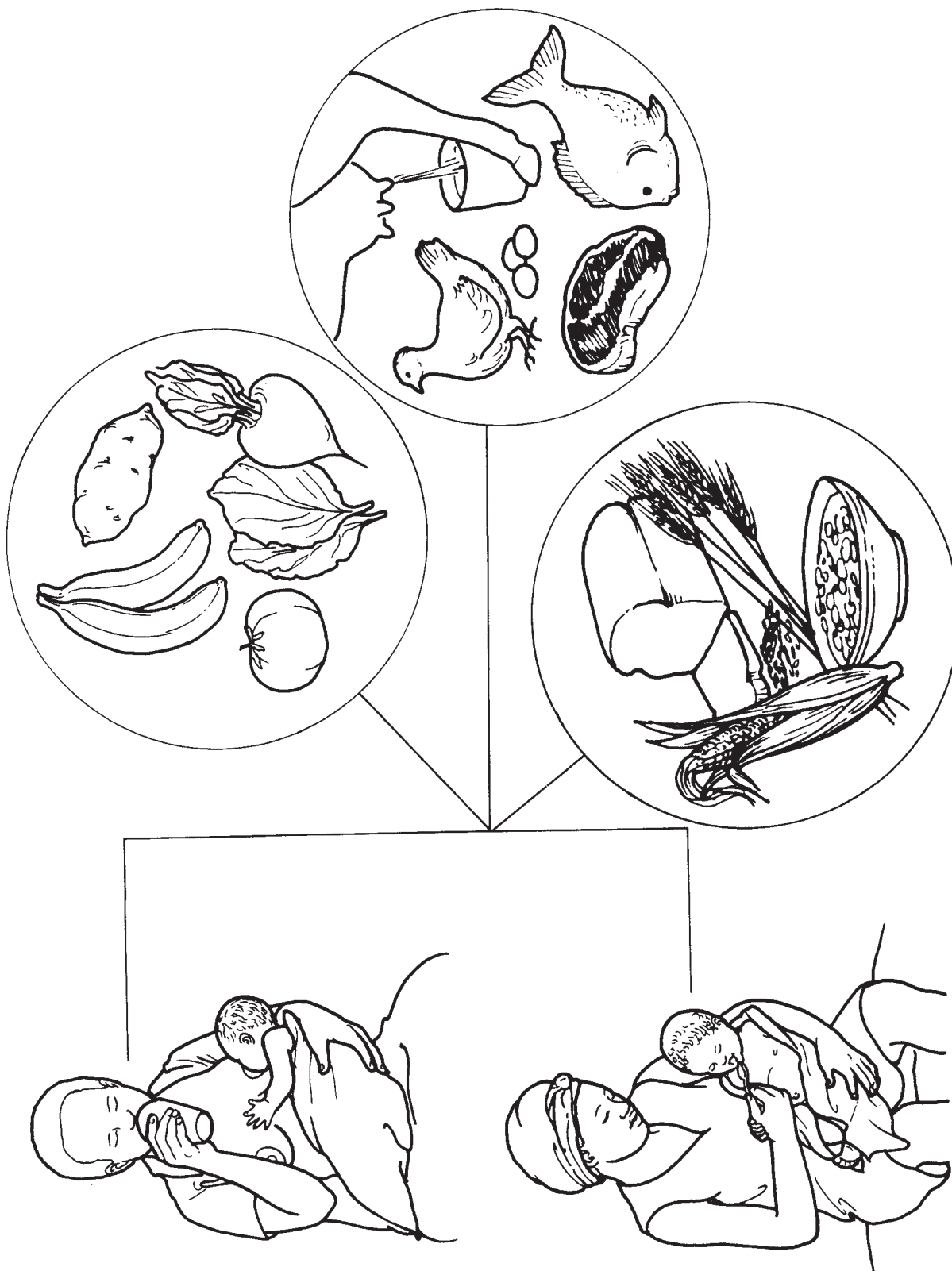


22. The development of the pregnancy
During the last 3 months, the fetus gets bigger very quickly and so does our body.



24. The beginning of labor

The fetus moves into position just before labor begins. The labor pains or contractions open the uterus and push the baby out through the vagina. The sac in which the fetus has developed breaks, and the fluid comes out.



32. Feeding mother and baby

Mother and baby need special care, rest and plenty of good food and fluids. Babies need only breast milk for the first 6 months of life. Breast milk is the best food for the baby. Other liquids are not needed and are not as safe as breast milk.

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Leader's Guide: Discussion Points

To all group leaders and teachers

These discussion points are based on the pictures of the CBPB and are designed to stimulate group participation. They are, first of all, for training workshops and childbirth classes of all kinds. They also can be used for sex and family planning education, and women's health groups. They are meant to encourage open communication on reproductive health and childbirth.

This Guide can serve women, husbands, fathers-to-be, partners, grandmothers, children, and especially teenagers. Families should be invited to special sessions to establish understanding and family support for the mother-to-be, to make the stressful process of birth into a shared and happy family event. The goal of the book is to reach the widest audiences, regardless of language and literacy: the pictures tell the story — the presentation of the text and the discussion points are based on oral communication; therefore, many important concepts are deliberately repeated and/or presented in different ways, always encouraging questions and discussion.

As leader, you might want to first review the text with the pictures. You may want to make some changes and/or add questions that might be of special interest for your particular group and locality.

The purpose of this book is to explain normal conditions which are shared by almost all women. Unusual situations are not included here, as they need special and professional attention. These discussion points are based on the most frequently asked questions concerning normal childbirth situations and reproductive health, rather than problems and exceptions which are not included in this basic program. Even when problems are mentioned (miscarriage, unusual positions of baby) they are not explained in detail. You may want to discuss "problems" in a follow up after the normal biological information has been absorbed. Other publications should be consulted for further information and special situations.

Local myths and beliefs

The biological facts in this book are often are incompatible with local myths and traditions, many of which are damaging to women (myths about menstruation/food habits and taboos, etc.). The leader will need skill and tact to lead discussions that pay respect to local beliefs, but ensure that participants understand the biological facts for what they are.

For group meetings

It is important that all participants can see the pictures during the discussion. Copies of the books can be distributed if necessary so everyone can see the pictures and participate.

The Discussion Points are grouped according to topic. The outline provided here should be amplified with local information. Birth positions and customs, as well as contraceptive practices need to have local experience and information added.

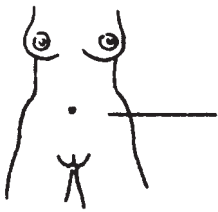
Discussion points

The following outline provides a framework for your own teaching plan. The succession of information in each picture is from left to right, and from top to bottom.

Start each presentation by going through the entire series of pictures first. Read the text out loud, allowing plenty of time with each picture, pointing to specific figures/details of the picture that is discussed.

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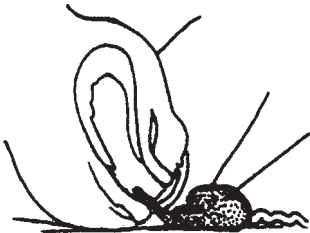
GLOSSARY



A

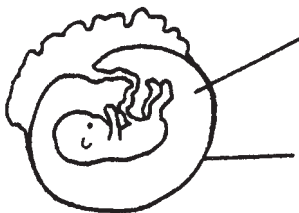
Abdomen and pelvis

The area between the breasts and the legs, containing the genital organs.



Afterbirth

The expulsion of the placenta and the contents of the uterus after the baby has been delivered.



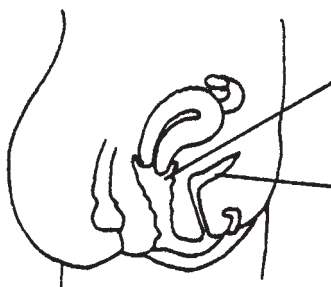
Amniotic fluid

The liquid which surrounds the baby inside the amniotic sac.

Amniotic sac

The sac inside of which the embryo/fetus grows surrounded by fluid. It develops inside the uterus from the cover of the egg cell.

B



Birth canal or vagina

The canal between the uterus and the outside, through which the baby must be pushed.

Bladder

A hollow sac where urine is stored, inside the abdomen.



Breech birth

The birth of a baby that is born feet first, or head last. Needs special assistance.