

Home Delivery

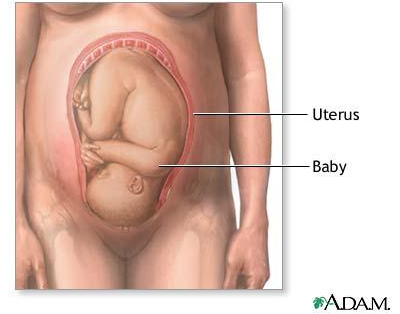
Maternal Health

Safe Delivery

Preparations

1. **Clean Hands**
2. **Clean Clothes**
3. **Clean Sterilised Blade**
4. **Clean Sterilised Thread**
5. **Clean Delivery Room**

For Emergency Transportation, Vehicle Should Be Arranged



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Measures to Be Taken By Birth Attendant

- **Nails Should Be Cut**
- Hands Should Be Washed With Soap and Dried In The Air
- **Towel / Cloth Should Not Be used For Drying Hands**
- Fingers Or Any Other Object Should Not Be Placed In Vagina As It May Lead To Infection

Home Delivery

- **Mother Should Be Encouraged To Participate in Labour Pains**
- **If Mother Gets Exhausted Due To Labour Pains, She Should Be Given Liquids Such As Tea Or Coffee**
- **Pressure Should Not Be Applied On The Mother's Abdomen Which May Damage Uterus Or Could Prove Harmful To Baby And The Mother**

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- **Cord Should Be Cut Using New Sterilized Blade**
- **Sterilized Thread Should Be Used To Tie The Cord**
- **Baby Should Be Cleaned And Wrapped Up In Clean Cloth**
- **No Substance (Like Ash Or Cow Dung) Should Be Applied On The Cord**
- **Breast Feeding Should Be Started Immediately**



Home Delivery

- **Baby Should Start Crying and Breathing Within 2-3 Minutes After Birth**
- **If Baby Doesn't Cry Then –**
 - **Baby's nose and mouth should be cleaned**
 - **Baby Should Be Kept On The Table Or Floor**
 - **Artificial Breathing Should Be given, By Slowly Blowing Air Into Baby's Mouth**

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- **Placenta Should Not Be Pulled Forcefully**
- **Mother Should Be Asked to Sit in Squatting Position**
- **Mother Should Be Asked To Urinate**
- **Breastfeeding Should Be Started**
- **These Measures Will Help In Dropping Out The Placenta**
- **Mother Should Be Given Lot of Liquids to Drink**
- **If Willing She Should Be Given Solid Food**