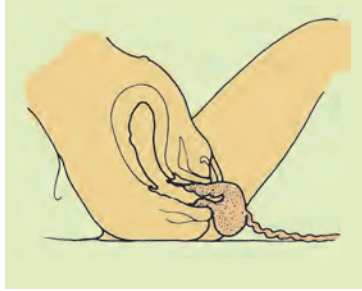


The very top of the head comes first, then the eyes, nose and mouth (d). While in most babies, the eyes are facing the floor; sometimes they are born looking towards the ceiling. When the baby's head is out, it turns to one side (e) and the shoulders and rest of the body are delivered (f). Once out, the baby will cry.

Delivery of Placenta

The cord will be connected to the placenta which is still inside the womb.



The placenta usually comes out after 15-20 minutes.

Points for you to pay attention to if you are also present at the time of delivery in the institution:

- It is not necessary to shave the area, or give an enema to the mother at the time of delivery.
- All deliveries do not require an episiotomy (cut at the perineal site).
- Fundal pressure (pushing on the abdomen) should not be applied.
- You should be alert if injections are being given to hasten the delivery process. Such injections can cause a baby who is still born, birth of a baby who is unable to breathe, or even cause the death of the newborn. However, the same injections are advisable after the baby has been born in order to control bleeding after delivery. Only the ANM or doctor should give the injection.
- When the mother and baby stay in the hospital and if you are staying with them as a birth companion, she should ensure that the mother and baby are seen by the MO and nurse at least twice a day and whenever required if there are problems.