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# SAFE, DIGNIFIED, RESPECTFUL DELIVERY

— — —  
A counseling tool  
for health workers



## Start the conversation for a dignified, respectful, healthy and safe childbirth



### — Greetings —

Now that the day of delivery is coming near, is there anything that you want to know related to childbirth? Today, let us discuss some important aspects related to childbirth that will help you to take better decisions for a safe childbirth.

Whatever we discuss will be confidential.

### • Introduction •





## Role of a partner



The presence and support of the partner is critical for completing the journey toward happy parenthood.



Show affection.



Support healthy diet.



Accompany for medical checkups.

## Natural outcome of a normal pregnancy

Just like a seed grows into a tree crossing various life stages, most women go through various stages of pregnancy and with appropriate care, at the end deliver vaginally. This is a vaginal delivery.



0 - 3  
months



3 - 6  
months



6 - 9  
months



Congratulations  
for a healthy baby!

## For a vaginal delivery the following facilities are available at the health facility:

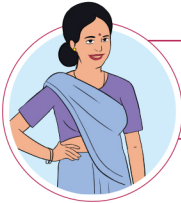


**Trained medical staff** to conduct the delivery.

**After delivery 48 hours stay facility** for mother and newborn to manage any sudden or minor complications.

**Referral** to a higher health facility if necessary.

## Some important things to know related to vaginal delivery



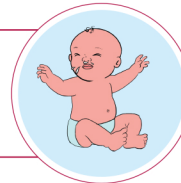
**Faster recovery** of mother after childbirth.

Mother can immediately **breastfeed the baby with ease** after delivery.



Mother has to stay at health facility for a shorter duration (**48 hours**) post-delivery.

Baby is less likely to suffer from **breathing problems and allergies**.





Is there any aspect of vaginal delivery that you would like to know more about?

## Important information:

Occasionally, the doctor/nurse need to use instruments to assist delivery through vagina. This type of delivery is called **assisted delivery**.

## Conditions when a vaginal delivery may not be possible:

Have you heard that sometimes, women do not deliver vaginally due to some reason? Sometimes the doctor gets to know of challenges in pregnancy during health checkup. Sometimes unwanted situations arise. In such cases, the doctor may suggest delivery through an **operation or a cesarean delivery** for the safety of the mother and the baby.



**Emergency conditions** such as prolonged labour (more than 12 hours), umbilical cord problems, etc.

**Pregnancy conditions** such as more than one baby (e.g twins), baby in transverse position, etc.



**ONLY THE DOCTOR CAN INDICATE WHETHER A CESAREAN DELIVERY IS NEEDED.**

# HOW TO PREPARE ONESELF FOR AN EMERGENCY SITUATION?

If you see any of these signs call me (your health worker) immediately.



Muscle cramps or seizures



Excessive swelling in hands and feet



Heavy vaginal bleeding



Heart palpitations



Blurred vision



Difficulty in walking or talking



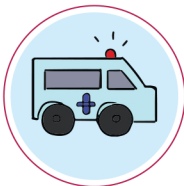
Excessive nausea or vomiting



High fever



## In emergency situations, take these important actions without delay



Call 108/104 number for ambulance services.



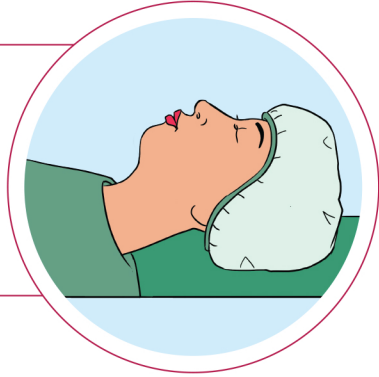
Identify and talk to the person who can accompany you to the health facility.



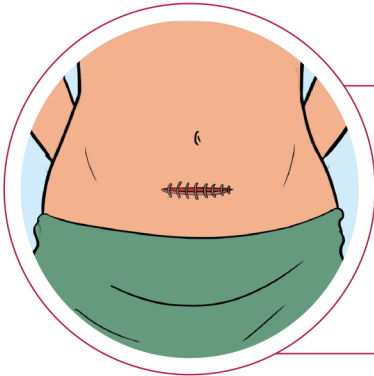
Keep important documents ready (medical reports, Aadhaar, BPL Card etc).

## During cesarean delivery

Anesthesia is given so that no pain is felt during surgery.



Incision is made on stomach and uterus.



Baby is delivered.



### NOTE

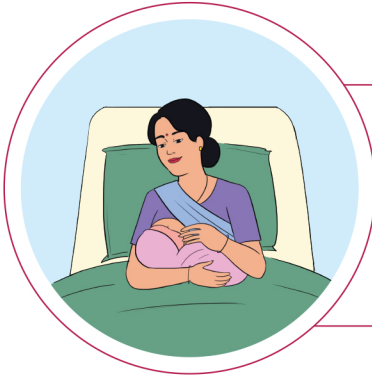
During cesarean delivery blood may be required, hence identify a person who can donate blood if necessary.

## After cesarean delivery

After delivery, the mother and the child are kept under the supervision of the doctor/nurse.



Mother can immediately breastfeed the child after delivery.



Family planning methods can be adopted as per choice.



Is there any aspect of cesarean delivery that you would like to know more about?

## For a safe childbirth do not forget to get in touch with me, your community health worker.

I am with you in your journey towards parenthood. Keep yourself prepared to handle any critical situations and do not forget to reach out to me.

I am there to talk to you about your concerns, answer your questions, and if necessary:



**Arrange for ambulance**



**Accompany you to the health facility**



**Support you in accessing referral services and followup after delivery**



## Important information for the health worker

You are already doing your best as a health worker. You may get more help in your work if you keep the following things in mind.

The couple may experience a range of emotions such as anxiety, fear, and worry related to pregnancy and childbirth. Such emotions can surface due to many reasons such as limited information, myths and misconceptions about childbirth procedures, lack of trust in the health provider, lack of partner and/or family support or past negative experience during pregnancy or childbirth.



The health worker can play an important role in preventing or reducing many of these concerns by counseling the couple and communicating correct and timely information in a respectful way. This will create trust between the health worker and the couple and their family. Encourage the couple to openly share their feelings and concerns and take the advice of the health worker.







## Respectful or empathetic communication involves:



Active listening.



Withholding judgment.



Trying to understand the other person.



Showing positive body language.



Asking open ended questions (which do not have a one word or a yes-no answer).





**The best interest of the mother,  
baby and family is served when the  
baby is healthy and the birth is safe.**

For more information, contact ASHA,  
your health worker or nearest health facility.

