

# **BIRTH IN PLACE PATCH LEADER'S HANDBOOK**



# **BIRTH IN PLACE PATCH**

## **LEADER'S HANDBOOK**

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2021 revision

# BIRTH IN PLACE PATCH

## *for GIRL SCOUTS OF THE UNITED STATES & GIRL GUIDES OF CANADA*

### **Background**

Birth happens. Sometimes women labor rapidly and give birth before professional assistance is near. Sometimes natural disaster: tornados, floods, hurricanes, blizzards or earthquakes, prevents women from reaching professional help. Most births, particularly those that happen rapidly, are uncomplicated. Support can be provided by any calm person. Knowing how to support birth helps a person remain calm.

### **The Purpose of the Birth in Place Patch**

The Birth in Place Patch gives a scout the opportunity to learn enough about uncomplicated birth to provide emergency assistance. In learning about birth and immediate newborn care, the scout can also learn about careers in women's health. All readings, worksheets, instructions and videos for this patch will be freely available online without charge at <https://advantagemidwifery.org/birth-in-place-patch>

### **Targeted Ages**

Seniors (10-11 years) and Ambassadors (11-12 years)

### **To earn this patch, the girl will**

*Choose two of these discovery activities:*

1. Read the information and instructions for helping a woman give birth titled, "Birth in Place."
2. Read the information and instructions about caring for a newborn immediately after birth.
3. Work with a group. Each scout visits one or more of these websites and investigates how the organization works to improve birth and newborn safety. Scouts then report back to the group describing the organization they investigated.
  - a. March of Dimes [www.marchofdimes.org](http://www.marchofdimes.org)
  - b. Every Mother Counts [www.everymothercounts.org](http://www.everymothercounts.org)
  - c. Maternity Worldwide [www.maternityworldwide.org](http://www.maternityworldwide.org)
  - d. Save the Children [www.savethechildren.org](http://www.savethechildren.org)
  - e. Partners in Health [www.pih.org](http://www.pih.org)
  - f. Doctors Without Borders [www.doctorswithoutborders.org](http://www.doctorswithoutborders.org)
  - g. JHPIEGO, an affiliate of Johns Hopkins University [www.jhpiego.org](http://www.jhpiego.org)

*Complete two of these skills-building activities:*

1. Watch the film on birth in place. (A link to a free video filmed for this patch will be provided.)
2. Complete the birth and the newborn care worksheets
3. Complete the birth and newborn word search.
4. Invite a midwife, labor and birth nurse or obstetrician to visit with your troop. Practice helping a woman during birth during a skill drill. (Instructions for drill and skills checklist will be available without charge online.)
5. Make an emergency birth kit by gathering the equipment listed in "Birth in Place."

*Complete one of these activities:*

1. Interview a labor and birth nurse, a midwife, doula or an obstetrician about birth and why they chose women's health care as a career.
2. Help a mother with a baby who is less than 6 months old. Ask the mother about feeding the infant and what the infant has learned to do. Change a diaper.
3. Talk to a woman who has given birth. Ask her what the birth was like. Find out what she thinks would have helped her to be more comfortable during labor.

*Complete one of these service activities:*

1. Collect gently used baby clothes and blankets. Wash them and fold them for donation to a women's center or refugee service.
2. Have a fundraiser for an organization that supports healthy birth. Suggested organizations include:
  - a. March of Dimes [www.marchofdimes.org](http://www.marchofdimes.org)
  - b. Every Mother Counts [www.everymothercounts.org](http://www.everymothercounts.org)
  - c. Maternity Worldwide [www.maternityworldwide.org](http://www.maternityworldwide.org)
  - d. Save the Children [www.savethechildren.org](http://www.savethechildren.org)
  - e. Partners in Health [www.pih.org](http://www.pih.org)
  - f. Doctors Without Borders [www.doctorswithoutborders.org](http://www.doctorswithoutborders.org)
  - g. JHPIEGO, an affiliate of Johns Hopkins University [www.jhpiego.org](http://www.jhpiego.org)

### **References for Further Reading**

Fritz J, Walker DM, Cohen S, Angeles G, Lamadrid-Figueroa H. Can a simulation-based training program impact the use of evidence based routine practices at birth? Results of a hospital-based cluster randomized trial in Mexico. *PLoS One*. 2017;12(3): e0172623. doi: 10.1371/journal.pone.0172623.

King T, Brucker M, Fahey J, Kriebs J, Gegor C, Varney H. *Varney's Midwifery, 5<sup>th</sup> Ed*. 2015. Jones & Bartlett, LLC.

Sharma D, Sharma P, Shastri S. Golden 60 minutes of newborn's life: part 2: term neonate. *J Matern Fetal Neonatal Med*. 2016;29:1-6.

Williams, D. Giving birth "in place": a guide for emergency preparedness for childbirth. *J Midwifery & Women's Health*. 2004; 49(4):48-52.

World Health Organization. 2015. Pregnancy, Childbirth, Postpartum and Newborn Care: A Guide for Essential Care, 3<sup>rd</sup> Ed. WHO: Geneva, Switzerland. Available at [www.who.org](http://www.who.org) .

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August 2017

Handbook updated 1 January 2021



**To order patches, email Cecilia Jevitt at [AdvantageMidwifery@gmail.com](mailto:AdvantageMidwifery@gmail.com)**

## SUPPLIES FOR A BIRTH IN PLACE

1. Something to provide privacy for the woman. This would be a large piece of cloth or clothing that could cover her from her waist down to her knees.
2. A washcloth so that the woman can wipe her face. This will help her stay cool.
3. Something waterproof or absorbent to soak up fluid. This could be
  - a. A large plastic trash bag
  - b. A shower curtain
  - c. Towels
  - d. A blanket or large cloth
4. Something to dry the baby. This could be:
  - a. Dry bath towels
  - b. Dry dish towels
  - c. Small blanket
  - d. Paper towels
5. Some dry cloths to cover the baby. This could be:
  - a. Small blankets
  - b. Dry bath towels
  - c. Dry dish towels
  - d. Pieces of clothing like a hoodie or a sweater

### Cloth items that will keep a baby warm

**bath towels & dish towels**



**blankets, jackets, pieces of clothing**



## BIRTH IN PLACE

### **HOW TO HELP A WOMAN GIVING BIRTH**

Labor is the process where the body prepares for birth. Women prepare for the birth by finding a safe place for birth: a birth center, a hospital, or their home. Wherever women give birth, they plan to have people skilled with health care with them for the birth. Sometimes labor happens so quickly that women aren't at the place they intend to be and need to wait for help. Sometimes in times of emergencies like hurricanes or earthquakes, women can't travel to the birth place.

Anyone can help a woman when the baby is going to be born quickly.

*How to help a woman in labor:*

- Encourage the woman and reassure her. If you say calm, the mother will be calmer. Call 911 for emergency help if you are able.
- Find a private, comfortable place for the woman. She might be comfortable walking around. She might be comfortable on hands and knees, rocking back and forth a little. She might be comfortable sitting down or resting on her side. The woman can move around as much as she wants.
- Gather these supplies together for the birth: dry cloths to dry the baby, blankets or some kind of warm covering for the baby, a pad or some kind of absorbent material to place under the mother
- The woman might be thirsty and can drink water or other drinks. If the woman is warm from the work of labor, you can fan her with anything that will move air. You can also find a cloth, wet it and dab her face.
- The woman will breathe heavily as if she's running a marathon. You can help her by asking her to breathe slowly. Coach her to breathe slowly and take deep breaths. Every 2 to 3 minutes, the uterus, the muscle around the baby will squeeze to push the baby down and out. This is called a contraction. The woman will have a concentrated look on her face and might say it hurts. Hold her hand and encourage her during the contractions.
- The fluid around the newborn is called the amniotic fluid or the bag of water. The bag of water might break before the baby is born. The amniotic fluid is usually clear but might be yellow or greenish. Put some towels of something absorbent under the woman to catch the amniotic fluid in case the bag of water breaks. If you have a large plastic garbage bag for under the towels, everything stays drier.
- Help the woman remove any pants or underwear she has on so that there is room for the baby to be born.

## Getting the mother comfortable.

**Cover the mother with a blanket or large piece of clothing.**

**Help her take her underwear off so that the baby can come out.**



### *How to help when the baby comes:*

- You don't need to do anything special to help the baby be born. The contractions of the uterus and the woman's pushing will move the baby out.
- The baby's head will be born first, then the body. You don't have to do anything special if you see the umbilical cord around the baby's neck. This happens to about 1 in 4 babies. The baby won't strangle on the cord.
- Have dry cloths ready to wipe the baby dry. Toss the wet cloths away from the baby.
- The baby might look a little blue when it's born. That will change when it cries. Put the baby skin to skin with its mother. The baby can rest on its belly on the mother's abdomen or her chest between her breasts.
- Cover the newborn with dry blankets or cloths. The baby's mother will keep it warm if it stays skin to skin.
- If the baby has fluid or mucous oozing from its nose or mouth, gently wipe it away.
- If the baby isn't breathing well or crying, you can rub its back with a dry cloth or flick the soles of its feet. Crying helps the baby breathe deeply and clear amniotic fluid out of its mouth and lungs.

### *How to help after the baby is born:*

- Don't tug on the umbilical cord. The contractions will continue until the woman pushes the placenta out. This might take 5 to 30 minutes.
- Babies lose heat easily. Keep the baby covered. Make sure the covering is away from the baby's face so that it can breathe easily.



## When the baby is born...

When the baby is born, put it directly on the mother's belly, right on the mother's skin.



Cover the baby so it stays warm. Cover the head too.



## The placenta

The placenta is an organ that circulates blood, oxygen & nutrients to the baby. It is attached to the baby by the umbilical cord.



The placenta is made of small pieces. It looks a little like liver.

Five to twenty minutes after the baby is born, the mother will push the placenta out. The placenta can stay attached to the baby until help arrives. You don't need to do anything with the cord.



*What to do if help doesn't come soon:*

- The new mother might be thirsty or hungry after the birth. She can eat or drink anything she wants.
- When the placenta is out, you can wrap it in another cloth or a bag. You don't have to cut the placenta off the baby. You can tuck it next to the baby. The cord should only be cut with a sterile blade.

*Finally, congratulate yourself! You have helped a woman give birth in place!*

## BIRTH IN PLACE

### CARE OF NEWBORN IMMEDIATELY AFTER BIRTH

- Have dry cloths ready to wipe the baby dry. Toss the wet cloths away from the baby.
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- Babies lose heat easily. Keep the baby covered. Make sure the covering is away from the baby's face so that it can breathe easily.

Babies lose heat in 4 ways: evaporation, conduction, convection and radiation. The table below explains heat loss and how keep the newborn warm.

|   |  |
|---|--|
| 1. <b>Evaporation</b> -A wet baby loses heat as its skin dries. Evaporating amniotic fluid takes heat with it.  | Dry the baby immediately after birth with a dry cloth. Toss wet cloths away from the baby.   |
| 2. <b>Conduction</b> -A baby placed on a cold surface loses heat to the cold surface.   | Put the baby skin to skin with its mother. Women use a lot of energy during labor and radiate it as heat. That heat warms the newborn. |
| 3. <b>Convection</b> -A baby loses heat in a cold, drafty room. Cold air blowing over the baby takes cools the baby.  | Make the place of birth as warm and draft free as possible for the newborn.  |
| 4. <b>Radiation</b> - A baby loses heat to a colder surrounding room. If you live in a home with a radiator, think about how the radiator loses heat the room making it warm. | Make the place of birth warm for the newborn. The mother radiates heat through her skin to the newborn to keep the newborn warm.       |

- If the baby is lip-smacking or opening its mouth and moving its head around, it might be hungry. If the mother wants to breast feed, she can put the baby's mouth right to the nipple and it will probably start sucking. New babies have reflexes that help them suck and swallow as soon as they are born.

## HELPING A WOMAN DURING LABOR AND BIRTH

### WORKSHEET

1. Describe what happens during labor.
2. What might keep a woman from having professional help with her during her labor and birth?
3. List the supplies to gather if a baby will be born in place.
4. Name at least three things you can do to reassure a woman during labor.
5. How can you help a woman prepare for the baby's birth?

## HELPING A WOMAN DURING LABOR AND BIRTH

### WORKSHEET ANSWERS

1. Describe what happens during labor.

*The uterus (or womb) contracts every three to five minutes to push the baby out. Just before the baby is born, the woman will feel the urge to push. Labor is physical work and the woman will be breathing heavily as if she's been running. The bag of water might break. The water or amniotic fluid might be clear or greenish or yellow-colored. The baby's head will be born, followed by its body.*

2. What might keep a woman from having professional help with her during her labor and birth?

*Some women labor and give birth rapidly. They might not have time to get to a hospital or birth center. Sometimes natural disasters like hurricanes or forest fires destroy roads and transportation. Women not be able to leave home for help. Sometimes women have the baby before an ambulance can arrive with help.*

3. List the supplies to gather if a baby will be born in place.

*Something to provide privacy for the woman. This would be a large piece of cloth or clothing that could cover her from her waist down to her knees.*

*A wet washcloth so that the woman can wipe her face. This will help her stay cool.*

*Something waterproof or absorbent to soak up fluid. This could be*

*A large plastic trash bag*

*A shower curtain*

*Towels*

*A blanket or large cloth*

*Something to dry the baby. This could be:*

*Dry bath towels*

*Dry dish towels*

*Small blanket*

*Paper towels*

*Some dry cloths to cover the baby. This could be:*

*Small blankets*

*Dry bath towels*

*Dry dish towels*

*Pieces of clothing like a hoodie or a sweater*

4. Name at least three things you can do to reassure a woman during labor.

*You can tell her that you will call 911 or emergency help.*

*You can have her breathe slowly when she feels a contraction. Have her take deep breaths.*

*You can help her get into a comfortable position. That might be lying down on her side or sitting up. She might be comfortable kneeling forward on all fours.*

5. How can you help a woman prepare for the baby's birth?

*You can help the woman find a comfortable position where she can open her legs and let the baby out.*

*You can help her take pants and underpants off so that the baby can come out.*

*You can find a large cloth or piece of clothing to put over the woman's legs to give her some privacy.*

*You can hold the woman's hand and tell her she's all right.*

*You can use a wet cloth to wipe her face if she's hot.*

*You can give her sips of water or juice if she's thirsty.*

*If she is pushing during contractions, you can help her take slow breaths between the contractions.*





## CARE OF THE NEWBORN IMMEDIATELY AFTER BIRTH

### WORKSHEET ANSWER KEY

7. What does a baby need immediately to stay alive?

- *The baby needs to breathe easily.*
- *The baby needs to stay warm.*

8. What should do you for the baby immediately after birth? Put the steps in order.

- *Gently lift the baby and give it to its mother.*
- *Place the baby directly on the mother's skin between her breasts.*
- *Dry the baby with a dry towel or cloth. Toss that cloth away.*
- *Cover the baby with cloth or piece of dry clothing. Cover its head but leave room for it to breathe.*
- *If the baby's nose and mouth are oozing liquid, gently wipe the liquid away.*
- *If the baby isn't crying, rub its back or flick the soles of its feet to stimulate it.*

9. Does a baby need help breathing if it is crying?

Circle one: ~~YES~~ NO

10. Does a baby need help breathing if it is mostly pink but quiet and looking around?

Circle one: ~~YES~~ NO

11. Describe how you put a newborn skin to skin.

*Lift the mother's clothing. If she is wearing a bra, remove it or move it up and over her breasts. Put the baby belly down right between the mother's breasts. The baby will turn its head to one side so that it can breathe. Dry the baby with a dry cloth or piece of clothing while it is warming on its mother. Toss that wet cloth away. Cover the newborn with a dry cloth or piece of clothing. Cover the head but make sure the face is uncovered so the baby can breathe.*

12. List four ways newborns lose heat. Then, list one way to keep a baby warm based on each way to lose heat.

| How a Newborn Loses Heat  | How to Keep the Newborn Warm               |
|---|--|
| 5. <b>Evaporation</b> -A wet baby loses heat as its skin dries.                       | Dry the baby immediately after birth.      |
| 6. <b>Conduction</b> -A baby placed on a cold surface loses heat to the cold surface. | Put the baby skin to skin with its mother. |

|   |   |
|---|---|
| 7. <b>Convection</b> -A baby loses heat in a cold, drafty room.       | Make the place of birth as warm and draft free as possible for the newborn.   |
| 8. <b>Radiation</b> - A baby loses heat to a colder surrounding room. | Make the place of birth warm for the newborn.<br>The mother radiates heat through her skin to the newborn to keep the newborn warm. |

## BIRTH IN PLACE

## WORD SEARCH

d u n t y a d b a n v n b j s  
 r e p p v m r p l p k j e v a  
 y s x o j n o j l u f f w p m  
 c s r n s i c e f a e o c b w  
 l z x m b o l b t v c o e v n  
 o g n i h t a e r b p e e d h  
 t x g r s i c c e n x q n t c  
 h j o f a c i g t h t r o t o  
 t i f e w f l c n o e l r c a  
 e s a i e l i x a a c x y n l  
 v r e t u u b l s l p i n k u  
 k h i h o i m s o a a o h i c  
 v a m b c d u o n r o b w e n  
 w h k k l r c o l d d r i n k  
 r v w h e t y n q f m o x l q

**Each of the words in bold below are hidden in the word scramble above.**

My neighbor called me to come next door and help her. She was expecting a baby and said she in labor. She had been waiting for her husband to come home and take her to the hospital. She was breathing hard and rubbing her belly. She said the labor got fast and it felt like the baby was coming. She had called the ambulance but they weren't here yet.

I wanted to **reassure** her. I helped her sit on the couch and got a drink of **cold drink** of water for her. I still didn't hear the ambulance. I got my neighbor a wet, **cool cloth** and wiped her face with it. She was breathing so fast and hard. I asked her to breathe slowly with me. We did **deep breathing** together, slow deep breaths.

Suddenly, she said the baby coming, right now! The ambulance still wasn't here. I helped my neighbor take her pants off. She started making pushing sounds. She had me open the bag she packed for the hospital. There were some baby blankets in the bag. She told me to run to the

bathroom and get some towels. We put them under her hips. Then there was a gush of water, **amniotic fluid**, the water around the baby.

My neighbor was pushing and she said the baby would be here soon. She told me to hold the baby when it came out. She pushed a little more and the baby was out. I took a **dry cloth** and wiped the **newborn** dry. Its hands and feet were a little **blue** but then it started to cry. I put the baby on the mother's **chest** under her blouse. It still had the **umbilical cord**. I knew to **wait** for the **placenta**. My neighbor told me not to pull on the cord. I took the baby blankets and covered the baby with them so it would stay warm. Now it was **pink** and blinking its eyes at me. I didn't need to **wash** the baby, just keep it warm with its mother.

Right about then, the ambulance pulled in front of the house. The paramedics were surprised when they walked through the door and said to me, "You did a birth in place!"

## BIRTH IN PLACE

## WORD SEARCH SOLUTION

```

D + + + + A D B + + + + + + +
R + + + + M R P L + + + + + +
Y + + + + N O + L U + + + + +
C + + + + I C + + A E + + + +
L + + + + O L + + + C + + + +
O G N I H T A E R B P E E D H
T + + + S I C + + + + + N T +
H + + + A C I + + + + R O T +
T + + + W F L + + + E L + + A
+ S + + + L I + + A C + + + +
+ + E T + U B + S L P I N K +
+ + I H + I M S O + + + + +
+ A + + C D U O N R O B W E N
W + + + + R C O L D D R I N K
+ + + + E + + + + + + + + +

```

Over,Down,Direction)

AMNIOTICFLUID (6,1,S)

BLUE (8,1,SE)

CHEST (5,13,NW)

COLDDRINK (7,14,E)

COOLCLOTH (7,14,NE)

DEEPBREATHING (14,6,W)

DRYCLOTH (1,1,S)

PLACENTA (8,2,SE)

UMBILICALCORD (7,13,N)

REASSURE (12,8,SW)

PINK (11,11,E)

WAIT (1,14,NE)

WASH (5,9,N)

## BIRTH IN PLACE

### WORD SEARCH

OVER →

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| d | u | n | t | y | a | d | b | a | n  | v  | n  | b  | j  | s  |
| r | e | p | p | v | m | r | p | l | p  | k  | j  | e  | v  | a  |
| y | s | x | o | j | n | o | j | l | u  | f  | f  | w  | p  | m  |
| c | s | r | n | s | i | c | e | f | a  | e  | o  | c  | b  | w  |
| l | z | x | m | b | o | l | b | t | v  | c  | e  | v  | n  |    |
| o | g | n | i | n | t | a | e | r | b  | p  | e  | e  | d  | n  |
| t | x | g | r | s | i | c | c | e | n  | x  | q  | n  | t  | c  |
| h | j | o | f | a | c | i | g | t | h  | t  | r  | o  | t  | o  |
| t | i | f | e | w | f | l | c | n | o  | e  | l  | r  | c  | a  |
| e | s | a | i | e | l | i | x | a | a  | c  | x  | y  | n  | l  |
| v | r | e | t | u | u | b | l | s | l  | p  | i  | n  | k  | u  |
| k | h | i | h | o | i | m | s | o | a  | a  | o  | h  | i  | c  |
| v | a | m | b | c | d | u | o | n | r  | o  | b  | w  | e  | n  |
| w | h | k | k | l | r | c | o | l | d  | d  | r  | i  | n  | k  |
| r | v | w | h | e | t | y | n | q | f  | m  | o  | x  | l  | q  |

DOWN ↓

DIRECTION: W ← → E

Each of the words in bold below are hidden in the word scramble above.

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packed for the hospital. There were some baby blankets in the bag. She told me to run to the bathroom and get some towels. We put them under her hips. Then there was a gush of water, **amniotic fluid**, the water around the baby.

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## BIRTH IN PLACE

### WORD SEARCH SOLUTION

```

D + + + + A D B + + + + + + +
R + + + + M R P L + + + + + +
Y + + + + N O + L U + + + + +
C + + + + I C + + A E + + + +
L + + + + O L + + + C + + + +
O G N I H T A E R B P E E D H
T + + + S I C + + + + + N T +
H + + + A C I + + + + R O T +
T + + + W F L + + + E L + + A
+ S + + + L I + + A C + + + +
+ + E T + U B + S L P I N K +
+ + I H + I M S O + + + + +
+ A + + C D U O N R O B W E N
W + + + + R C O L D D R I N K
+ + + + E + + + + + + + +

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(Over, Down, Direction)

AMNIOTICFLUID (6, 1, S)  
 BLUE (8, 1, SE)  
 CHEST (5, 13, NW)  
 COLDDRINK (7, 14, E)  
 COOLCLOTH (7, 14, NE)  
 DEEPBREATHING (14, 6, W)  
 DRYCLOTH (1, 1, S)  
 PLACENTA (8, 2, SE)  
 UMBILICALCORD (7, 13, N)

REASSURE (12, 8, SW)  
 PINK (11, 11, E)  
 WAIT (1, 14, NE)  
 WASH (5, 9, N)  
 NEWBORN (15, 13, W)



## BIRTH IN PLACE PATCH

### COMPLETION CHECKLIST

| ACTIVITIES   | DATE COMPLETED | LEADER'S INITIALS |
|--|----------------|-------------------|
| <p><i>Complete <b>each</b> of these activities:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Read the information and instructions for helping a woman give birth titled, "Birth in Place."</li> <br/> <li><input type="checkbox"/> Read the information and instructions about caring for a newborn immediately after birth.</li> <br/> <li><input type="checkbox"/> Work with a group. Each scout visits one or more of these websites and investigates how the organization works to improve birth and newborn safety. Scouts then report back to the group describing the organization they investigated.               <ul style="list-style-type: none"> <li>h. March of Dimes <a href="http://www.marchofdimes.org">www.marchofdimes.org</a></li> <li>i. CleanBirth.org <a href="http://www.CleanBirth.org">www.CleanBirth.org</a></li> <li>j. Every Mother Counts <a href="http://www.everymothercounts.org">www.everymothercounts.org</a></li> <li>k. Maternity Worldwide <a href="http://www.maternityworldwide.org">www.maternityworldwide.org</a></li> <li>l. Save the Children <a href="http://www.savethechildren.org">www.savethechildren.org</a></li> <li>m. Partners in Health <a href="http://www.pih.org">www.pih.org</a></li> <li>n. Doctors Without Borders <a href="http://www.doctorswithoutborders.org">www.doctorswithoutborders.org</a></li> <li>o. JHPIEGO, an affiliate of Johns Hopkins University <a href="http://www.jhpiego.org">www.jhpiego.org</a></li> </ul> </li> </ul> |                |                   |
| <p><i>Complete <b>two</b> of these skills-building activities:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Watch the film on birth in place. (A link to a free video filmed for this patch will be provided.)</li> <br/> <li><input type="checkbox"/> Complete the birth and the newborn care worksheets</li> <br/> <li><input type="checkbox"/> Complete the birth and newborn word search.</li> <br/> <li><input type="checkbox"/> Invite a midwife, labor and birth nurse or obstetrician to visit with your troop. Practice helping a woman during birth during a skill drill. (Instructions for drill and skills checklist will be available without charge online.)</li> <br/> <li><input type="checkbox"/> Make an emergency birth kit by gathering the equipment listed in "Birth in Place."</li> </ul>  |                |                   |
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|  |                |                   |
|  |                |                   |
|  |                |                   |

| ACTIVITIES   | DATE COMPLETED | LEADER'S INITIALS |
|--|----------------|-------------------|
| <p><i>Complete <b>one</b> of these activities:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Interview a labor and birth nurse, a midwife or an obstetrician about birth and why they chose women's health care as a career.</li> <br/> <li><input type="checkbox"/> Help a mother with a baby who is less than 6 months old. Ask the mother about feeding the infant and what the infant has learned to do. Change a diaper.</li> <br/> <li><input type="checkbox"/> Talk to a woman who has given birth. Ask her what the birth was like. Find out what she thinks would have helped her to be more comfortable during labor.</li> </ul>   |                |                   |
| <p><i>Complete <b>one</b> of these service activities:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Collect gently used baby clothes and blankets. Wash them and fold them for donation to a women's center or refugee service.</li> <br/> <li><input type="checkbox"/> Have a fundraiser for an organization that supports healthy birth. Suggested organizations include: <ul style="list-style-type: none"> <li>h. March of Dimes <a href="http://www.marchofdimes.org">www.marchofdimes.org</a></li> <li>i. CleanBirth.org <a href="http://www.CleanBirth.org">www.CleanBirth.org</a></li> <li>j. Every Mother Counts <a href="http://www.everymothercounts.org">www.everymothercounts.org</a></li> <li>k. Maternity Worldwide <a href="http://www.maternityworldwide.org">www.maternityworldwide.org</a></li> <li>l. Save the Children <a href="http://www.savethechildren.org">www.savethechildren.org</a></li> <li>m. Partners in Health <a href="http://www.pih.org">www.pih.org</a></li> <li>n. Doctors Without Borders <a href="http://www.doctorswithoutborders.org">www.doctorswithoutborders.org</a></li> <li>o. JHPIEGO, an affiliate of Johns Hopkins University <a href="http://www.jhpiego.org">www.jhpiego.org</a></li> </ul> </li> </ul> |                |                   |

# A BIRTH HERO IN A FLOOD

IN APRIL 2016 A STORM FLOODED SOUTH TEXAS,  
DROPPING 12-15 INCHES OF RAIN.

South Texas was so flooded people couldn't drive. Midwife Cathy Allen Rude couldn't drive down her street. A woman needed her help at Ms. Rude's birth center. Ms. Rude floated her birth equipment down the street on an inflatable swan until she could get to a neighbor's truck.





Birth can happen  
anywhere, anytime.  
Be prepared to  
help women give  
birth in place!

This Birth in Place  
Patch is dedicated  
to Cathy Allen  
Rude, CNM.



Prepares girls ages 10+ to provide birth support during emergencies

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Hurricanes, floods, earthquakes may leave women separated from medical health

---

Introduces immediate care of the newborn

---

Career component introduces girls to nursing, midwifery and medicine

---

Service component aids birth support organizations

## GIRL SCOUT & GIRL GUIDE PATCH BIRTH IN PLACE

*The Birth in Place Patch was released in conjunction with the 2018 annual meeting of the American College of Nurse-Midwives in Savannah, Georgia, the home of Juliette Gordon Lowe, the founder of the Girl Scouts USA.*

The Birth in Place Patch gives a scout the opportunity to learn enough about uncomplicated birth to provide emergency assistance. In learning about birth and immediate newborn care, the scout also learns about careers in women's health. Any troop can use this patch. All readings, worksheets, instructions and videos for this patch are available online without charge at <https://advantagemidwifery.org/birth-in-place-patch>

Company Name

Street Address

City, ST ZIP Code

Telephone

Web Address

Dates and Times





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