

**Afterbirth** the placenta and amniotic sac which are delivered after the baby.

**Afterbirth Pains** the contractions of the uterus after the birth of the baby. They feel like hard menstrual cramps and are most noticeable in the first few days after birth.

**Amniotic Fluid** (bag of waters) water-like fluid inside the thin membranes that surround the baby in the uterus.

**Analgesics** drugs that help relieve pain.

**Anesthetics** drug that causes loss of sensation.

**Anus** opening of the rectum through which stool passes.

**Apgar** scoring of the baby at 1 minute and 5 minutes after birth, measuring heart rate, respiratory effort, muscle tone, reflex irritability, and color. Two points are possible for each, with a possible score of 10.

**Areola** the dark ring around the nipple of the breast.

**Bladder** thin sac that holds urine.

**Bloody show** slight bit of pinkish or blood-tinged mucous (**mucous plug**) from the vagina. Seen as the cervix starts to soften or open up in the last few days of pregnancy and in labor.

**Bowel** lower part of the intestines; **bowel movement** (B.M.) stool expelled from the bowel.

**Braxton-Hicks Contractions** intermittent and usually painless contractions of the uterus occurring periodically throughout the pregnancy but noticed most often in late pregnancy. Their purpose is to enable the uterus to grow to allow for the growing baby, and later to help the baby become engaged and the cervix to become softened or "ripe".

**Breech** baby with the feet or buttocks coming first.

**Centimeters** the unit of measurement used to describe the progress of the cervix dilating in labor. A woman is said to be "**complete**" when the cervix is open enough for the baby to pass through, usually 10 centimeters.

**Cervix** the opening of the uterus into the vagina.

**Cesarean Section** surgery to deliver a baby through an incision made in the abdomen and uterus.

**Circumcision** the surgical removal of the foreskin of the penis.

**Colostrum** first milk that comes from the breasts during pregnancy and during the first few days after birth.

**Contractions** tightening and shortening of the uterine muscle during labor causing the cervix to efface and dilate, and also contributing to the downward descent of the baby.

**Dilation of the Cervix** the opening of the cervix in labor.

**EDC** (estimated date of confinement) refers to the calculated due date for birth.

**Effacement** the thinning and shortening of the cervix in labor

**Effleurage** stroking massage by a woman or her labor partner, during labor. May be done on abdomen, legs or back.

**Engagement** means the part of the baby coming first has secured itself into the upper opening of the pelvic canal and is in its beginning position for labor. Sometimes called "lightening" or "dropping."

**Engorgement** Excessive fullness - as with breasts.

**Epidural anesthesia** a type of regional anesthesia that blocks sensory impulses at the nerve roots where they enter the spinal cord; administered in the epidural space outside the spinal cord.

**Episiotomy** surgical incision made into the perineum just prior to the birth of the baby to widen the opening of the vagina.

**Fetal** refers to the unborn baby.

**Fetal heart tones** (FHT) the baby's heart rate.

**Fetal Scalp Electrode** device applied to the superficial skin layer of the baby's presenting part to allow accurate fetal heart rate monitoring. Only applied after the cervix is dilated and the bag of water has ruptured.

**Fontanelles** The "soft spot" lying between the separate bones of the baby's skull.

**Fundus** the top or upper part of the uterus.

**Hemorrhoids** distention of the blood vessels around the anus.

**Induction** initiation or starting labor by use of medication or by breaking the "bag of water."

**Involution** return of the reproductive organs to their non-pregnant state after birth.

**Jaundice** yellow coloration of the skin and mucous membranes; most often a normal variation in the newborn.

**Labor** uterine contractions causing effacement and dilation of the cervix.

**Lactation** secretion of milk by the breasts.

**LDRP** labor-delivery-recovery-postpartum room

**Lightening** descent of the baby into the pelvis

**Lochia** the vaginal discharge after delivery consisting of mucus, blood and tissue from the uterus. It may continue for several weeks fading in color gradually until involution is completed.

**Meconium** the dark green or black sticky substance present in the baby's intestines at birth; passed as the first bowel movements in the first few days of life.

**Membranes** a term used to refer to the membranous sac or "bag of water."

**Molding** slight overlapping of the newborn's skull bones to fit the maternal pelvis during birth.

**Pelvis** refers to parts of the body in or near the pelvis. The pelvis is a basin shaped ring of bones that supports the baby during pregnancy and through which the baby passes to be born.

**Pelvic floor** layers of muscle that form a sling across the base of the bony pelvis and support the bladder, uterus and rectum.

**Perineal massage** massage of the perineum to help it stretch for delivery.

**Perineum** the skin and pelvic floor muscles between the vaginal outlet and the anus.

**Placenta** spongy, blood-rich organ that is attached to the inside wall of the uterus and through which a woman's body nourishes the baby; **afterbirth**

**Ripening** softening of the cervix

**Rectum** lower 5 inches of the bowel.

**Station** how high or low the baby is in the pelvis.

**Umbilical cord** the cord containing blood vessels which connects the baby's umbilicus (navel or belly button) to the placenta.

**Urethra** the tube-like structure leading from the urinary bladder to the outside of the body.

**Uterus** (womb) the female organ which lies in the abdomen, consisting of the fundus (upper portion) and cervix (opening) and houses the unborn baby.

**Vagina** the birth canal; leads from the cervix, the lower part of the uterus, to the outside of the body.

**VBAC** acronym for vaginal birth after Cesarean.

**Vernix Caseosa** white cheesy appearing material covering the skin of the baby, provides protection to the skin.

**Vertex** a baby coming head first in the pelvis.

Take specific steps to build a happy family life, instead of waiting for one to come your way. Here are 40 simple steps everyone can take to help build happy families:

1. Say "I Love You" every day.
2. Apologize quickly and sincerely when you've made a mistake.
3. Laugh often so life doesn't get too serious.
4. Listen closely to what your spouse and children tell you.
5. Share your innermost dreams with each other.
6. Take your husband out to lunch.
7. Color with your toddler.
8. Cheer for your child from the sidelines, even if he neverscores a goal.
9. Blow on your baby's tummy.
10. Go camping as a family.
11. Ask about your children's school work every day.
12. Buy your wife new lingerie for Mother's Day.
13. Cry together during a good movie.
14. Let your 3-year-old wear whatever she wants.
15. Plan a party as a family.
16. Look at old photo albums together.
17. Go fishing with your 9-year-old.
18. Cook together in the kitchen.
19. Know that bad days are followed by good days.
20. Tell your teen you're proud of him.
21. Let your daughter keep her night light in her room as long as she needs it.
22. Talk softly to a toddler who is having a tantrum.
23. Proudly display your youngsters' school pictures.
24. Plant a garden together.
25. Eat dinner as a family.
26. Keep mishaps in perspective.
27. Go miniature golfing.
28. Read to your children nightly.
29. Speak respectfully to each other at all times.
30. Make hot chocolate on a rainy day.
31. Appreciate each family member's strengths and contributions.
32. Heal arguments quickly.
33. Decorate your walls with family photos.
34. Give each other back rubs.
35. Hold hands when you walk together.
36. Attend Back-to-School night.
37. Kiss your spouse regularly in front of the children.
38. Exercise together.
39. Listen to your children's prayers.
40. Celebrate every chance you get.



Taken from the St. Louis Post Dispatch, by Linda Lewis Griffith, Scripps Howard News Service. 12/25/96.

## PREGNANCY AND CHILDBIRTH PREPARATION

**Managing Morning Sickness: A Survival Guide for Pregnant Women**  
Miriam Erick MS RD

**Belly Laughs: The Naked Truth about Pregnancy and Childbirth**  
Jenny McCarthy

**The Working Woman's Pregnancy Book**  
Marjorie Greenfield

**The Belly Book: A Nine-Month Journal for You and Your growing Belly**  
Amy Krouse Rosenthal

**Pregnancy, Childbirth, and the Newborn: The Complete Guide**  
Penny Simkin, Janet Whalley, and Ann Keppler

**Butterflies & Hiccups: A Guided Pregnancy Journal**  
Laurie Wing

**The Complete Book of Pregnancy and Childbirth (Revised)**  
Sheila Kitzinger

**Hypnobirthing: The Breakthrough to Safer, Easier, More Comfortable Childbirth**  
Marie Morgan

**Yoga for Pregnancy: Ninety-Two Safe, Gentle Stretches Appropriate for Pregnant Women & New Mothers**  
Sandra Jordan

**Exercising Through Your Pregnancy**  
James F Clapp III

**The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions**  
Penny Simkin

**Pregnancy, Childbirth, and the Newborn: The Complete Guide**  
Penny Simkin, Janet Whalley, and Ann Keppler

## BOOKS FOR PARENTS

**The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two (Revised and Updated Version)**

William Sears, Martha Sears, Robert Sears and James Sears

**I Love You Rituals**

Becky A. Bailey

**The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer**

Harvey Karp                      Book or DVD

**The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One – to Four Year- Old      Revised Edition**

Harvey Karp

**Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation**

Becky A. Bailey

## RESOURCES FOR FAMILIES EXPECTING TWINS

**Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years**

Meghan Regan-Loomis

**When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy (Revised Edition)**

Barbara Luke and Tamara Eberlein

**Twin Sense: A Sanity-Saving Guide to Raising Twins – From Pregnancy Through the First Year**

Dagmara Scalise

**Organizations**

**National Organization of Mothers of Twins Clubs. Inc.**

2000 Mallory Lane

Suite 130-600

Franklin, TN 37067-8231

[www.nomotc.org](http://www.nomotc.org)

248-231-4480

**Twin Services**

[www.twinservices.org](http://www.twinservices.org)

510-524-0863

**Center for Loss in Multiple Birth**

[www.climb-support.org](http://www.climb-support.org)

**Publications**

**Twins Magazine**

[www.twinsmagazine.com](http://www.twinsmagazine.com)

1-888-55-TWINS

## BOOKS ON BREASTFEEDING

**The Nursing Mother's Companion: Revised Edition**  
Kathleen Huggins

**Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers**  
Nancy Mohrbacher and Kathleen Kendall-Tackett

**The Womanly Art of Breastfeeding: Eighth Revised Edition**  
LaLeche League International

**Eat Well, Lose Weight, While Breastfeeding: The Complete Nutrition Book for Nursing Mothers**  
Eileen Behan

**The Breastfeeding Mother's Guide to Making More Milk**  
Diana West and Lisa Marasco

**The Complete Book of Breastfeeding**  
Marvin Eiger & Sally Olds

**Nursing Mother, Working Mother, Revised Edition**  
Gale Pryor and Kathleen Huggins

**100 Questions and Answers about Breastfeeding**  
Karin Cadwell, Cindy Turner-Maffel, Anna Cadwell Blair

**Mothering Multiples: Breastfeeding and Caring for Twins or More!**  
LaLeche League International Book  
Karen Kerkhoff Gromada

## WEBSITES ON BREASTFEEDING

[www.kellymom.com](http://www.kellymom.com)

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

[www.bfar.org](http://www.bfar.org) (Breastfeeding after Reduction)

[www.biologicalnurturing.com](http://www.biologicalnurturing.com) (Laid Back Breastfeeding: Biological Nurturing)

[www.lalecheleague.org](http://www.lalecheleague.org)

[www.mobreastfeeding.org](http://www.mobreastfeeding.org)

[www.newborns.stanford.edu/breastfeeding](http://www.newborns.stanford.edu/breastfeeding)

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

## READING FOR SIBLINGS

**The Berenstain Bears: New Baby**  
Stan and Jan Berenstain

**Love You Forever**  
Robert Munsch

**Waiting for Baby**  
Tom Birdseye

**How You Were Born**  
Joanna Cole

**Waiting For Baby Joe**  
Pat Lowery Collins  
A book for older brothers and sisters about premature siblings.

**Kid's Book to Welcome a New Baby!**  
Barbara Coleman

**A Baby Sister for Frances**  
Russell Hoban

**A New Baby at KoKo Bear's House**  
Vicki Lansky

**The New Baby**  
Mercer Mayer

**Nobody Asked Me if I Wanted a Baby Sister**  
Martha Alexander

**Mommy Breastfeeds Our Baby**  
LaLeche League

**You Were Born On Your Very First Birthday**  
Linda Walvoord Girard

**Your Second Child - A Guide for Parents**  
Joan Soloman Weiss

**ADDITIONAL RESOURCES**

**Clothing and supplies for Breastfeeding Mothers**  
[www.motherwear.com](http://www.motherwear.com)

**ICEA Bookcenter**  
[www.ICEA.org](http://www.ICEA.org)

**La Leche League International**  
[www.llli.org](http://www.llli.org)

**Lamaze International**  
[www.lamaze.org](http://www.lamaze.org)

**Dunstan Baby Language DVD**  
[www.dunstanbaby.com](http://www.dunstanbaby.com)

[www.babyfit.com](http://www.babyfit.com)

**Car Seat Recall List**  
**National Highway Traffic Safety Administration** [www.nhtsa.gov](http://www.nhtsa.gov)  
[www.safekids.org/car-seat](http://www.safekids.org/car-seat)

**Are you a victim of Domestic and/or Sexual Violence?**

**Call for free and confidential support.**

**Local Resource: Avenues at 1-800-678-7713**

**The National Domestic Violence Hotline at 1-800-799-7233**

**The National Sexual Assault Hotline at 1-800-656-4673**

**The National Teen Dating Abuse Hotline at 1-866-331-9474**