

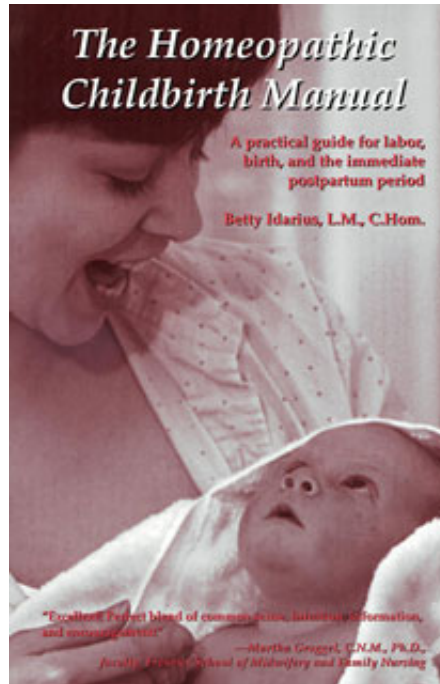
# Betty Idarius

## The Homeopathic Childbirth Manual

Leseprobe

[The Homeopathic Childbirth Manual](#)

von [Betty Idarius](#)



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Narayana Verlag GmbH

Blumenplatz 2

D-79400 Kandern

Tel. +49 7626 9749 700

Fax +49 7626 9749 709

Email [info@narayana-verlag.de](mailto:info@narayana-verlag.de)

<http://www.narayana-verlag.de>

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## *The Newborn*

The transition from womb to world can be a serene and peaceful experience for the newborn. Remembering how pure, sensitive, and vulnerable she is allows you to handle the new baby with gentleness and love. Welcome the baby with low lights, soft voices, and gentle, loving touches. Place her in mother's waiting arms. Give her lots of skin to skin contact. The calming voices of mother and father are familiar to the newborn, thus comforting and reassuring her as she adjusts to the newness of the world. (Note: As already mentioned, I have chosen to use the female pronouns "she" and "her" to represent all newborns.)

It is important to keep the newborn warm and dry. Make sure the birth room is toasty warm. Gently dry off the baby with a soft cotton towel and replace it with a dry one. Also place a dry cotton cap on her head since most of the newborn's body heat is lost from the head.

Allow the cord to stop pulsating on its own before cutting it. This provides oxygen to the baby as she begins to breathe gradually on her own, allowing a smooth transition.

The newborn baby will naturally breathe on her own within the first moments of life, turning her a

## *The Newborn*

healthy pink color, starting from her chest area, and extending to her extremities. For those that need a bit of gentle stimulation to help them fully come into their bodies, gently drying them off is usually enough. Though the newborn needs to fully open her lungs and clear out any fluid remaining there, this will be naturally accomplished by gentle deep breathing for some, while others will cry robustly for a short while. Routine suctioning is not necessary. Simply wipe away any excess blood and fluid from the nose and mouth with a soft cloth.

A few newborns will need extra stimulation to get their breathing started. You can provide this by running your fingers gently along both sides of their spine, up and down. Be sure to remind everyone in the birth room to breathe also. It is amazing how many people at a birth hold their own breath in anticipation for the newborn!

Though most natural, unmedicated births will unfold without any complications, it is important to be prepared for the rare few where problems may occur. Babies can be born stressed from a long, difficult birth, a cord complication, shoulder dystocia, placenta complication, or some other unknown cause. There may be thick meconium which necessitates deep and thorough suctioning. A baby who lacks muscle tone and does not respond to stimulation is seriously compromised and needs emergency intervention. *The birth attendant should be trained and certified in neonatal resuscitation and other emergency procedures.*

The following remedies are *not* a substitute for emergency care, but can be given along with the necessary emergency measures and/or while waiting for emergency transport to the nearest hospital.

The dose for a newborn is the same as for an adult. To prevent possible gagging or spitting out of the remedy, crush a dose between 2 spoons and place the resulting powder into the baby's mouth. You can also dissolve the remedy in water, which is especially convenient if you need to give a frequently repeated dose. Add one pellet or tablet to about 4 ounces of water, stir vigorously 15-20 times, and place a small amount in the baby's mouth. The remedy does not need to be dissolved before giving a dose. Stir vigorously again before each dose. Cover the cup with a clean piece of paper between doses.

*In critical situations, such as neonatal asphyxia, use a 200c potency, or the highest potency you have on hand. The response should be almost immediate with the right remedy. Repeat the remedy up to every 10 seconds and change it if there is no response after 2 doses. Then repeat only as needed, if symptoms should begin to return.*

#### First Remedy to Consider:

*Arnica*: The first remedy to consider after a traumatic birth, especially with any injury to the soft tissue such as bruising or cephalhematoma (a swelling containing blood on the head of the baby). The injury may have been from a variety of causes including long labor and second stage, large baby (in proportion to the size of the mother's pelvis), forceps delivery, vacuum extraction, scalp electrode, or breech birth. (Note: Second stage is from the time of full dilation of the cervix until the baby is born. This is when the mother is actively pushing.) *Arnica* will help to reabsorb the blood, reduce the swelling, and also heal any physical-emotional shock that may be there. Emotional shock,

without any physical injury, will also respond well to a dose of *Arnica*.

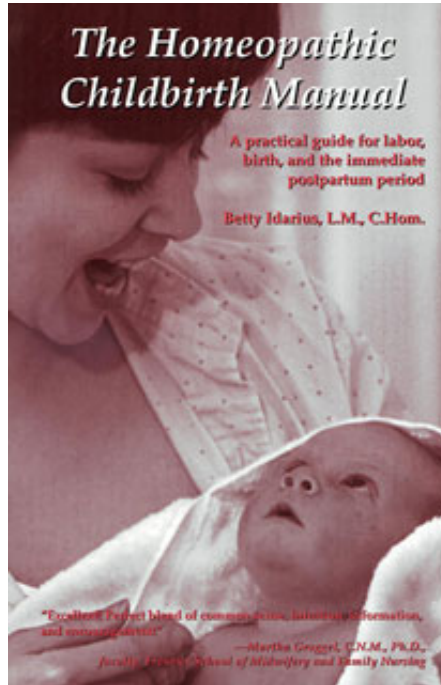
For asphyxia, especially after an instrument delivery or other traumatic birth, where the baby has been injured, particularly with bruising or cephalhematoma, give *Arnica*. It will reactivate the baby's stunned reflexes.

If the nursing mother is taking it also, it will pass through to her breastmilk and the baby will get a dose simultaneously. However, with clear indications for the baby, give it orally to the newborn as well.

Rachelle's baby girl was born after a fairly rapid 5 hour labor, including 15 minutes of second stage. Her newborn's breathing was shallow and labored. She responded minimally to tactile stimulation. Her eyes remained shut, though the lights were very low in the room, and her muscle tone was moderate. The baby seemed to not be fully in her body. I put one pellet of *Arnica* 200c in some water, stirred, and placed a small amount of this liquid in her mouth with the teaspoon. Immediately, her eyes opened and she looked intently into mine. Her breathing deepened and became more regular. She was ready to nurse at her mother's breast.

#### Other Remedies to Consider:

*Aconite*: This remedy will quickly calm an extremely frightened newborn. Use it for birth trauma where the baby is very distressed and frightened. This can be from the birth itself (traumatic, very long or very short labor) or from vicarious fears experienced by the mother during pregnancy or labor. Think of it if there has been physical abuse during the pregnancy or other frightening experiences.



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