

CONVERSATION MATERIAL FOR INFORMATION ON DELIVERY

1. Explain that you will now talk about delivery, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything unexpected, new or interesting?
- Summarize together:
 - What is a delivery?
 - How can you prepare for your delivery?
 - What can you do when the labour pains start?
 - What is a Caesarean section?
 - What happens after the child is born?
- The next of kin often accompany the woman during delivery.
- How can you be a good support for the woman who is going into labour?
- Some people feel concerned and stressed before their delivery. What can be the reason for that? What do you do to relieve fear and stress during a delivery?
- What can you do to feel safe during the delivery?
- During the delivery, it is important that the woman who is giving birth talks with the midwife or similar about what is going on in her body. Is it easy or difficult to do?
- What should you consider before a delivery if you have been genitally mutilated/circumcised?
- What happens after the child is born?

IMPORTANT TO DISCUSS:

- The woman who gives birth is the most important person during a delivery. It is important that the woman giving birth receives the support she needs.
- It is important to understand how fear and anxiety can affect the body and how you might relieve the fear and worries. That will make it easier to give birth.
- Some people feel depressed and sad after their delivery. Some may even have thoughts about injuring their child. This can be something called post-partum depression, and if you get this, there is help at hand.
- Help is also at hand in the event of any injuries of the genitals following a delivery. Contact healthcare services if this is relevant for you!



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