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Awareness**
 By: **Carinne Meyer, MA/MPH
& Suellen Miller, CNM, PhD,
Motherhood Programs at
UCSF**

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**Discussing Difficult
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 By: **Hannah Wiltshire, Everyday
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**Finding
A Nanny Is
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Task...Trust
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Lead The Way**


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Did you know that there are simple things we can do to improve women's lives in poor countries? More than 500,000 women die each year during pregnancy and childbirth in poor countries. These figures demonstrate the huge disparity between wealthy and poor countries. The risk of a 16-year-old girl dying during childbirth in Africa is 1 in 26 while in developed countries it is 1 in 7300.

Most of these deaths are preventable. There are things we can do to reduce the tragically high numbers. For example, if every woman had a skilled attendant (midwife or nurse) during childbirth, maternal death could be reduced by 1/3. However, only half of women give birth with a skilled attendant.

Until new personnel can be trained, innovative and inexpensive technologies and drugs appropriate to poor countries are renewing hope for safer motherhood worldwide. One such technology is the **LifeWrap**, a neoprene and Velcro anti-shock garment that is wrapped around a woman experiencing excessive blood loss after childbirth. The garment applies pressure to the lower body to keep blood flowing to the vital organs, reversing shock and stabilizing the woman until she can get to a hospital for treatment. Initial study results show a 50 percent decrease in maternal mortality when the garment has been used. The **LifeWrap** is just one new strategy to address maternal mortality in poor countries

As citizens of a developed country, it is important to remember to honor women all over the world who bear the heavy burdens of high maternal mortality. We as global citizens can create a world in which all women can survive childbirth.

Get informed and get involved in safe motherhood around the world. Visit:

Yikes! The questions are coming! From changing bodies, where babies come from, sex, death, divorce and many others, children have an uncanny tendency to ask the most difficult questions at the most inopportune times. While answering these questions can be a struggle, as parents we certainly want to be sure we create a comfortable environment for our children to talk.

It is important to remember that there are no "right" answers to most difficult questions. That said, there are some general guidelines to keep in mind when responding to your child:

Listen to what your child is really asking: You can ask clarifying questions such as "What do you think? Or "What have you heard/do you know about that?"

Less is more: The temptation is to go into lengthy, detailed responses making sure you don't leave out any crucial information. Overall, it is much better to stick to the facts and give short answers that really address the specific question.

It is OK not to answer immediately: If you can't respond because you are, for example, in the grocery store, or just not ready at that moment, it is fine to say, "That is a really good question. Let me think about the best way to answer and get back to you.

Be clear about your own feelings: Be very careful not to impose your feelings about a situation onto your child. For example say, "How do you feel... rather than I know this is scary."

Often these questions come at unexpected times. It is a good idea to think about how you might want to broach some of the more sensitive topics so you are not caught completely unawares! And remember - nothing is set in stone. Conversations can, and should

http://bixbycenter.ucsf.edu/research/researchareas/safe_motherhood.html.

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