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Getting Ready to be a Mother

by CAROLYN CONANT VAN BLARCOM

Revised by HAZEL CORBIN

General Director Maternity Center Association

Fourth Edition

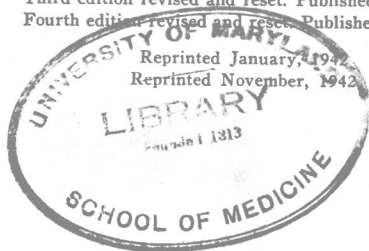


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GETTING READY TO BE A MOTHER

ACKNOWLEDGMENTS

I wish to express my grateful appreciation to Dr. Robert L. Dickinson for permission to publish photographs of the series of life-size plaster sculptures showing the baby's development from conception to birth and the return of the uterus to normal size and position after birth; to Dr. George W. Kosmak for his suggestions and helpful criticism; to Mrs. Maxine Scott and Mr. Horace H. Hughes for editorial assistance and help in preparing a new set of illustrations and decorations for this fourth edition; and to Miss Anne Stevens, Miss Sarah Ward Gould, Miss Hattie Hemschemeyer and Miss Anita Jones for suggestions throughout the book.

HAZEL CORBIN

INTRODUCTION

IT'S nice to have your babies when you are young and can grow up with them. You are less "sot in your ways" and all adjustments come easier. At whatever age you may find yourself getting ready to be a mother, enjoy it. Be cheerful, happy, kindly. Share all your hopes about the new baby with your husband, for one of life's greatest joys is making your plans together.

As soon as you think a baby is on the way, select a doctor experienced in maternity care and go with your husband to see him. You will have no worries when you go to a good doctor and do what he tells you to do.

In nearly every community in the United States and Canada there is a Visiting Nurse Service. Most of them conduct classes for expectant mothers and many have classes for expectant fathers. Attend these classes if they are available. You will learn the things your baby will need and the care both of you will require. You'll also have an opportunity to practice dressing, bathing, and feeding the rubber-doll baby.

Your baby lives nine months before he is born. Read in the following pages how he develops and enjoy him while you wait to hold him in your arms.

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Chapter I

How One Mother Got Ready

"HAPPY CORNERS"
NEW YORK

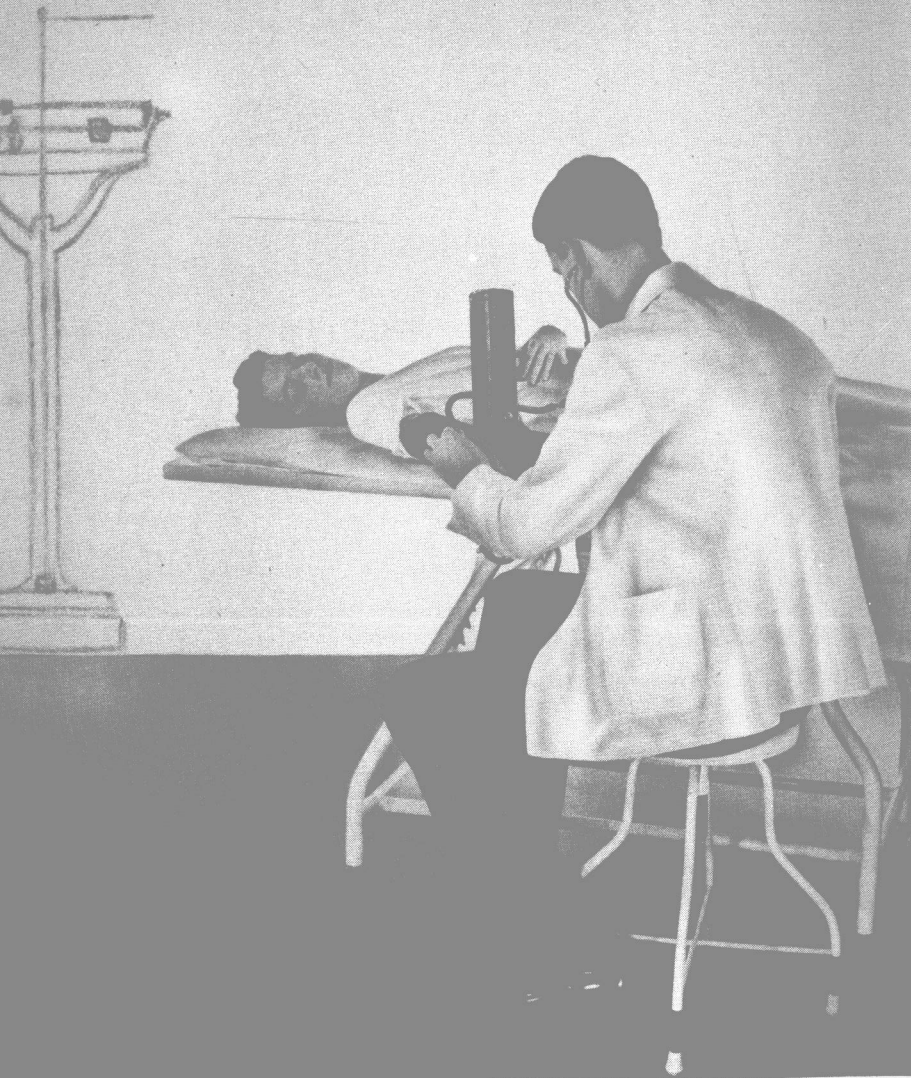
October 1

Dear Mother and Dad:

Brace yourselves for the big news! You became grandparents nearly two months ago! Don't get excited. I'm just repeating what Dr. Jones said. He looked me over even more thoroughly than when he examined Jim and me before we were married and said, "Mrs. Wilson, your baby is just six weeks old."

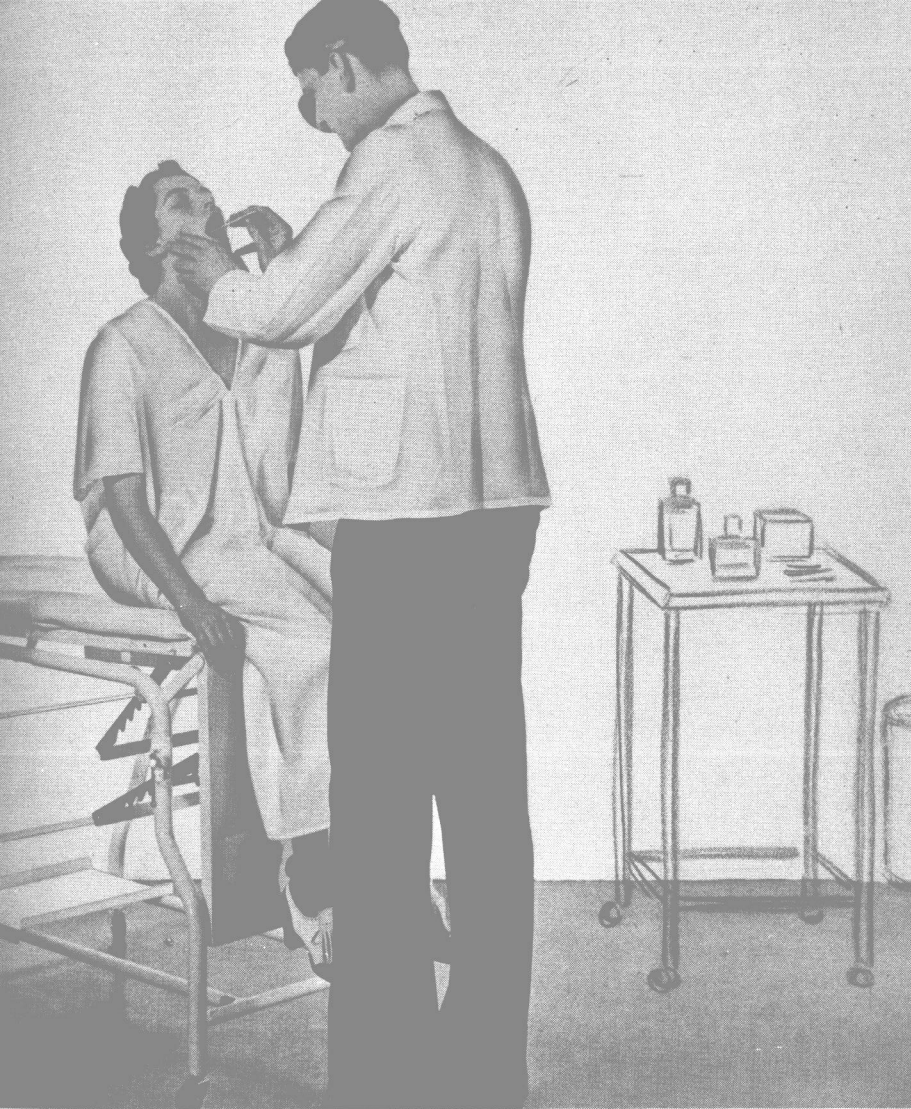
When he saw we didn't catch on, he laughed and added, "A baby lives nine months before birth and must be well cared for. That means take care of yourself and carry out my orders!" You should have heard all the questions he asked me about both of you and Jim's parents, too. He wrote all my answers on my record. I was grateful to you when I was able to tell him that I had been breast fed and had never been sick except the time I ate green apples.

*Best of love to both of you
Mary*



Courtesy of Maternity Center Association.

FIG. 1. Dr. Jones is specially trained to care for mothers and babies; that is why Jim and I went to him. What an examination he gave me! He checked my weight and blood pressure, took my temperature, felt my pulse. . . .



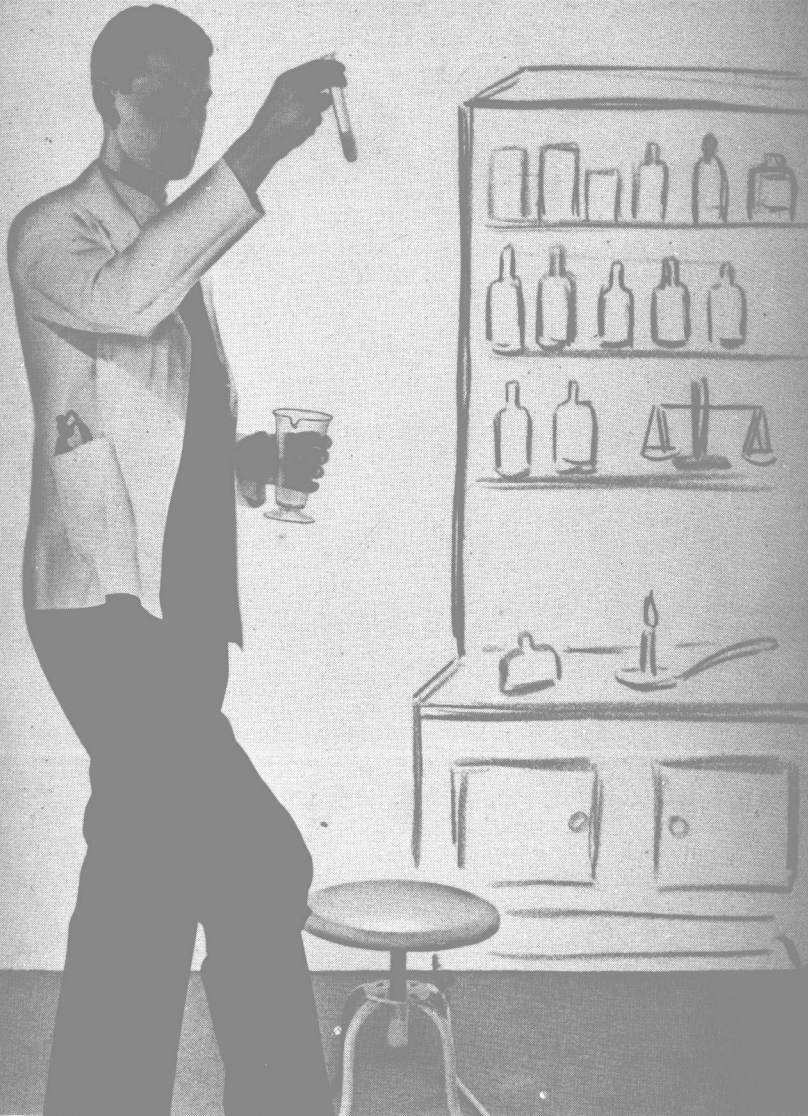
Courtesy of Maternity Center Association.

FIG. 2. Then he looked into my nose and throat, examined my neck, and told me to go to my dentist next week. . . .



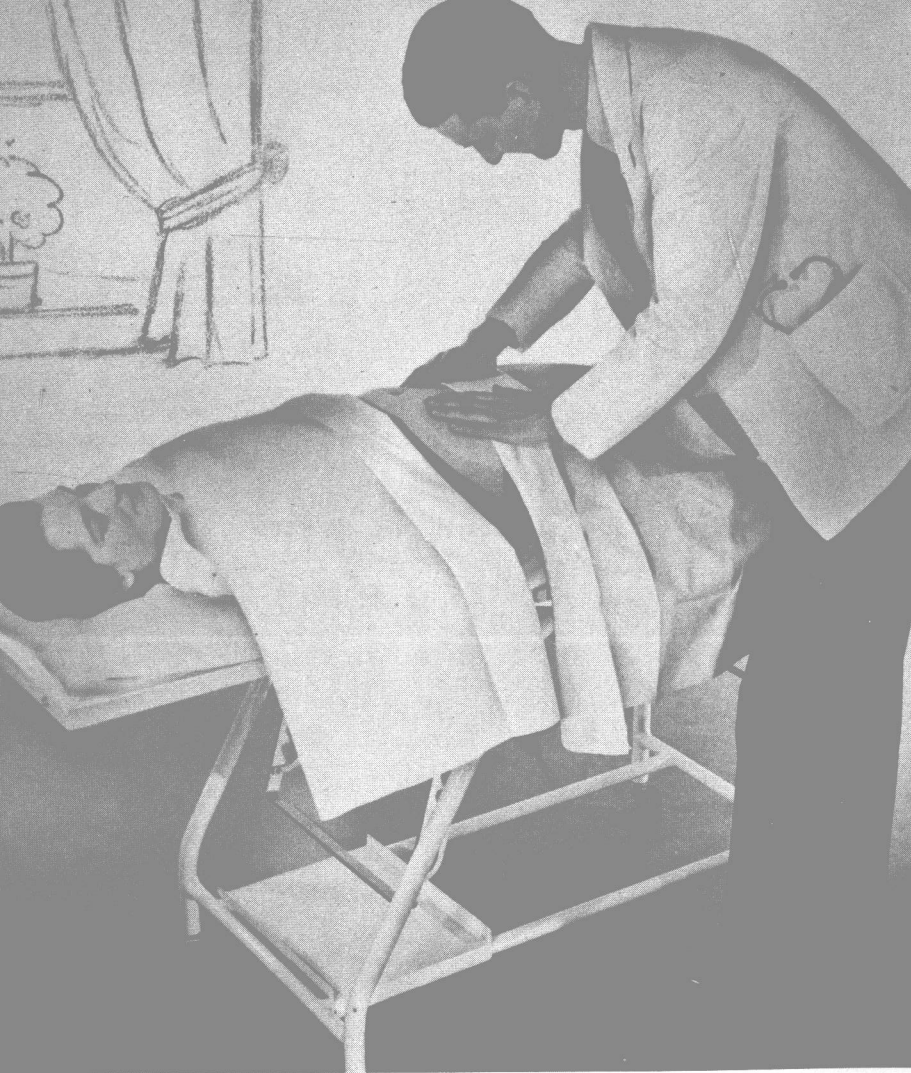
Courtesy of Maternity Center Association.

FIG. 3. Listened to my heart and lungs; examined my breasts, hands, and feet. . . .



Courtesy of Maternity Center Association.

FIG. 4. Made a test of my urine and analyzed my blood for anemia and syphilis. . . .



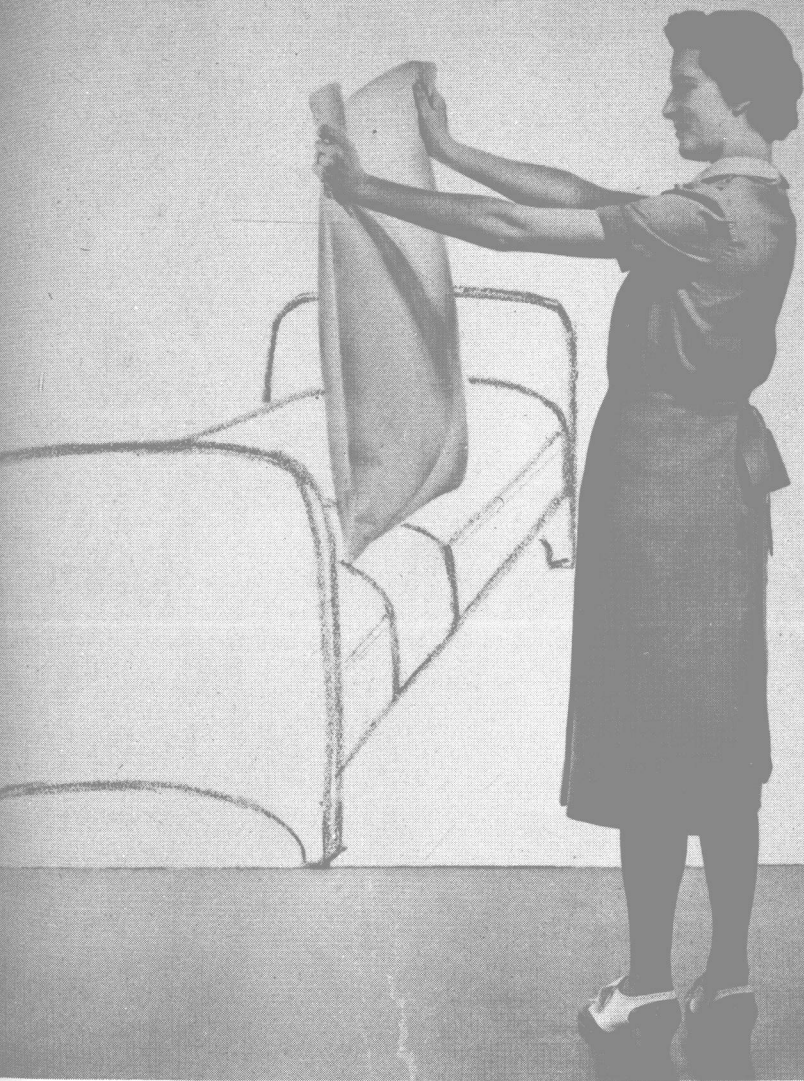
Courtesy of Maternity Center Association.

FIG. 5. Then he examined my abdomen and took measurements to see if there is plenty of room for the baby to be born.



Courtesy of Maternity Center Association.

FIG. 6. I walk to market every day. I enjoy the fresh air and sunshine and usually meet some of my friends and have a little chat.



Courtesy of Maternity Center Association.

FIG. 7. Dr. Jones says to keep on with the light housework; it's good exercise.
I really enjoy every bit of it.



Courtesy of Maternity Center Association.

FIG. 8. I have given up tennis and swimming. Jim and I go for a walk and then take it easy. It isn't hard to be lazy in the warm sun.