

CULLE COLORATE



Uno spazio aperto alle mamme di tutte le nazionalità

COLORED COTS

An open space for the mothers of all nationalities

Finanziato da



Realizzato da



In collaborazione con

Distretto I ASL RMA
Municipio Roma I Centro

PREGNANCY

If you are not sure whether you are pregnant or not, pay attention to the following signs: menstruation does not occur when expected; menstruation occurs in a very different way from the previous one. For example you may have morning sickness, vomit and the urge to urinate frequently.

If you are not sure if you are pregnant or not you can buy a pregnancy test in any pharmacy.

If you discover you are pregnant you can contact a family counselling centre where operators will welcome you and where you will be able to undergo periodic tests and examinations throughout the period of pregnancy.

Foreign women, even if not residence permit holders, may avail themselves of free medical care at any family counselling centre.

Law forbids medical staff to report any illegal immigrant using these services.

Counselling centres are a public service where confidentiality and professional secrecy are granted.

If you are expecting a baby, but you are not sure you want to go on with pregnancy, you will find specialized staff operating in counselling centres who will listen to you and support you in your choice. In Italy it is legal to terminate pregnancy within the first 90 days after conception which correspond in terms of ultrasound scan to 12 weeks and 6 days. Voluntary interruption of pregnancy is confidential. Father's consent is not needed. Foreign women, even without a residence permit, may apply for a free abortion.

Your pregnancy will last 9 months, 40 weeks from your last menstruation. Here you will find a list of tests required during pregnancy:

FIRST TRIMESTER

- a gynaecological examination
- a blood test and an urine test
- an ultrasound, in order to date your pregnancy.

SECOND TRIMESTER

- a gynaecological examination
- a blood test and an urine test
- an ultrasound, in order to control whether your baby is normal

THIRD TRIMESTER

- a gynaecological examination
- a blood and an urine test
- an ultrasound, in order to control the normal growth of the baby
- in some hospitals gynaecologists suggest patients should undergo cardiotocography (fetal heart rate monitoring).

During your pregnancy go to hospital, if you feel any pain and/or if you have blood or liquid losses.

Counselling centres offer pregnancy, post-birth assistance and breastfeeding support. If you choose to attend a preparatory course on childbirth you will be valuably informed about pregnancy and delivery, and have the opportunity of meeting other mothers to-be. In counselling centres you will be supported if you feel lonely or in difficulties.

You may find your local counselling centre at <http://consultaconsultoriroma.blogspot.it>

(testo rielaborato da Guida per la mamme migranti. Cittadinanza Attiva, 2013)

CHILDBIRTH

You can give birth, for free and in a safe environment, choosing from the hospital available in your district and equipped for childbirth. If you contact the family counselling centre, operators will put you in contact with the structures available in the area where you live and which childbirth facilities are available in the structure of your choice.

Your husband, your partner or a person of your choice may be with you during labour and delivery. In some hospitals the newborn may remain close to the mother, in others babies are kept in a special ward called "NIDO".

When should you go to hospital? Come to the hospital if:

1. contractions come at regular intervals and get closer together as time goes on. if you are pregnant for the first time and your contractions are about 10 minutes apart lasting at least 40 seconds go to hospital. You will feel your abdomen getting harder and then relaxing again. Gradually contractions will get longer, stronger and more intense. If it's not your first delivery labour might be quickest.
2. you have blood or liquid losses
3. you can not feel your baby move

Each hospital has its own procedures on labour and childbirth. When you get to the hospital, you will check in at the Labour and Delivery Desk. You will be checked for uterine contractions and assess the baby's heart rate. Your health care provider will also examine your cervix to determine how far labour has progressed.

In some cases, in presence of conditions or clinical complications that prevent natural childbirth it could be necessary to resort to a caesarean section. The caesarean section (CS) is a surgical procedure whereby the gynaecologist extracts the foetus from the mother's womb. It is an intervention which can be performed either under general or local anaesthesia.

What to pack for the hospital

- ID
- Sanitary card
- Fiscal code card
- Exams and ultrasounds performer during pregnancy
- Clothes for you and your baby. You can ask the hospital where you will give birth to your baby a list of necessary clothes.

We suggest for you to bring:

- nightgowns that open in the front, robe, slippers
- nursing bras
- maternity sanitary pads
- towels, wet serviettes
- personal toiletries (lip balm, soap, shampoo, conditioner, lotion, tooth- brush and toothpaste, etc.)
- disposable maternity panties (at least 6)
- water

For your baby:

- baby onesies (at least 4/5)
- rompers or mix and match pieces and cotton socks (at least 4/5)
- jumper or coat depending on the season
- hat, depending on the season
- a cotton or wool receiving blanket depending on the season
- diapers

BREASTFEEDING

Breast milk is best for your baby: it provides all the food and fluid your baby needs to grow, and protects him from disease and infections because of its antibodies. **Breast milk is practical, natural and free, it's just perfect!** Breastfeeding is also healthy and special for mums. Breastfeeding helps the uterus shrink to its normal size and burns extra calories, helping get in shape faster; it reduces the risk of ovarian cancer and pre-menopausal breast cancer and the risk of developing osteoporosis.

While breastfeeding a mum can give food and fluid to her baby, empty a full breast, relax and communicate with him, calm him and provide him warmth.

While suckling a baby provides himself food and fluids, he can satisfy his desire of suckling, he can feel pleasure and feel reassured. He can communicate with his mum, relax and fall asleep.

All mums can breastfeed. Breastfeeding is possible after a c-section, preterm birth, or twin baby birth.

What will help breastfeeding with satisfaction?

- **skin to skin contact and breastfeeding immediately after birth:** the baby is more likely to latch on and to latch on well. This will also help create a bond and dramatically increase the mother and baby's wellbeing. The more breastfeeding your baby does in the early days the more colostrums (first milk full of optimal nutrients) he takes in and the faster the meconium clears.
- **breastfeeding on demand** will help you have all the milk needed. The more the breast is emptied the more milk it produces.
- **exclusive breastfeeding:** this means that the infant receives only breast milk. No other liquids or solids are given, not even water.
- **breastfeed the baby until he is full**
- **when discharged from hospital ask** where you may receive counselling and support after birth and in the following months
- **become part of a mother's group**
- **learn how to hand express breast milk**, this will increase milk supply or drain the breast if you are dealing with a plugged duct or mastitis
- **rest, relax, be cuddled and eat healthy food**

What won't help:

- **mother baby separation** after birth and in the following days
- **not exclusive and on demand breastfeeding** (the baby may not eat enough and whereas stimulate a meagre production of milk)
- **test weighing baby** before and after breastfeeding. It is sufficient weighing your baby once a week in his first months and check, from his third day of birth, he wets during 24 hours 5-7 diapers and poops once or more a day. His poop should be loose in texture and mustard yellow. Newborns usually gain 150 grams a week (600 per month) but remember: each child grows in his own rhythm.
- **Using dummies and bibs in the first weeks** will confuse the baby

Breastfeeding

While observing your baby you can notice some signs that may give you useful information. Look for your baby's early signs of wanting to feed. The baby is hungry when: he opens his mouth, moves his head from side to side (rooting reflex), fidgets or squirms around a lot, fusses or breaths fast, sticks out his tongue, makes sucking motions with the lips, licks or suckles his hands fingers, toes, toys, or clothing. Crying is a late hunger cue.

Choose a comfortable position: sit or lie down comfortably. Rotate his body so his chest and tummy are directly facing you, his nose facing your nipple (tummy to mummy, nose to nipple). Use your arm and hand, plus pillows or a folded receiving blanket, to support your baby's head, neck, back, and hips. As you nurse, use your free hand to support your breast with a C-hold (four fingers underneath the breast at 9 o'clock with your thumb on top at 3 o'clock). Make sure your baby's mouth is open; stimulate him by making his lips touch your nipple. Expressing a few drops of milk will awaken your baby's senses of taste and smell.

Rest your baby's chin on the breast, nose to nipple until her mouth opens as big as a yawn and she moves her head back to take a big mouthful of the breast. You can also gently touch your baby's lips until her mouth opens very wide.

If your breasts get swollen and painful go to your local family counselling centre , ask your midwife, your paediatrician or your doctor.

Exclusive breastfeeding may delay the return of your menstruation, but ovulation can still occur, so you and your partner should discuss other birth control methods with your doctor, nurse or midwife.

How long should I breastfeed my baby?

How long to continue breastfeeding for is a personal decision for each family to make. The World Health Organization recommend **exclusive breastfeeding (i.e. no other fluids or solids) for six months** and then continued breastfeeding combined with solid foods for 12-24 months or as long as mother and baby desire. Breast milk is good all along breastfeeding.

Working and breast feeding...”if i’m back to work”?

Your baby can have all the benefits of your breast milk even if you plan to go back to work. When breastfeeding is well established, you can express milk. Your breast milk can be stored in the refrigerator or frozen. You can ask family counselling centre operators or other mums for breastfeeding advice and support. Here you will find some tips..it’s easy!

- find a comfortable position and take your time (it will take you around 20-30 minutes).
- you can give your breasts a gentle massage using your hands or a soft towel for 2-3 minutes. Just gently knead and massage the skin around both nipples to help your breasts relax and get ready to produce milk. (this helps produce and release of oxytocin; oxytocin acts on the breast to produce milk ejection)
- position the thumb (above the nipple) and first two fingers (below the nipple) about 1” to 1–1/2” from the nipple. Be sure the hand forms the letter “C” and the finger pads are at 6 and 12 o’clock in line with the nipple (a).
- push straight into the chest wall with your thumb and first finger
- roll thumb and fingers forward at the same time. This rolling motion compresses and empties milk reservoirs without injuring sensitive breast tissue (b). Repeat rhythmically to completely drain reservoirs. Position, push, roll... Position, push, roll...
- rotate the thumb and fingers to milk other reservoirs, using both hands on each breast. (c).



- Hand expression of breast milk sometimes takes a few tries to master. Try again if the first attempt does not create the results you expected, a dribble of milk will be surely released. Express breast milk several times a day, 10 minutes per each breast.

Breast milk can be *stored* at room temperature (around 25 °C) for 6-8 hours, in the fridge for 72 hours, frozen for 3 months. How to Warm the Milk? Frozen milk: thaw in the refrigerator overnight or under cool running water. Gradually increase the temperature of the water to heat the milk to feeding temperature. Refrigerated milk: Warm the milk under warm running water for several minutes. Or immerse the container in a pan of water that has been heated on the stove. Do not heat the milk directly on the stove. Do not bring temperature of milk to boiling point.

Using an artificial nipple (i.e., any nipple that’s not attached to mom) to feed a young breastfeeding infant is likely to lead to nipple confusion. Alternatives include cup-feeding or spoon-feeding. Hold the cup to baby’s lips and tilt it until the milk just reaches his lips. Be patient. Allow baby to lap up the milk and swallow at his own pace. Don’t pour the milk into baby’s mouth;

In Italy maternity protection is regulated by law and by national labour contracts: if you are a working mother get informed about your rights. You are entitled, after the birth of the child, for a year, to two hours a day for feeding time; if you work less than six hours a day you are entitled to one hour a day feeding time. In case of a multiple pregnancy feeding time for your child is doubled.

Tratto da “Allattamento materno, una goccia di saggezza una grande opportunità” a cura del Ministero della Salute, Istituto Superiore di Sanità

MATERNITY SERVICES

4.servizi

In Italy, health care is granted to all Italian and non EU immigrants regularly or irregularly present in the country.

How to register within the SSN:

Registration is free, it is also valid for dependent family members of immigrant citizens, as long as legally residing in the country; registration is valid for the duration of the residence permit and does not expire during the renewal period: it can therefore be renewed also by producing to the ASL evidence in support of the request for renewal of a residence permit; in the event of non-renewal or withdrawal of the permit, or in case of deportation registration ceases to be valid unless the person concerned proves that he or she has filed an appeal against this measure; registration must be made at the Local Health Agency (ASL).

Documents required to register within the SSN are: a personal identity card/document, fiscal code, residence permit, self-certification of residence or of domicile.

If you do not have a residence permit:

- you can benefit from urgent or essential health care and outpatient or hospital care for as long as needed in case of illness and/or accidents as well as preventive medical programs, using the STP code - Straniero Temporaneamente Presente (Temporarily Present Foreigner);access to health facilities will not in any case result in being reported to the Authorities;
- you cannot be deported if you are a **pregnant woman or within 6 months after childbirth**. In this case, you can apply for a **residence permit for medical care** (along with your **child's father if married and living together**), renewable until your child is 6 months old and can register yourself to the SSN producing documentation proving your pregnancy.
- residence permit for medical/maternity reasons does not allow you to be employed and is neither renewable nor convertible.
- you are always entitled to continuous urgent inpatient and outpatient care or to those services considered essential during pregnancy and childbirth, at public hospitals or in those structures operating within the SSN. You will receive the same treatment as any Italian citizen even in the absence of documents; you can register the birth of your child at the hospital or at the local registry office without running the risk of being reported; likewise, the father of the child, even if illegally present in the country and also in the case you are not married with him, can recognise his natural child without any risk.

If your children are minor and you do not hold a residence permit:

- you can obtain a residence permit for family reasons if your children are registered in the father's residence permit even if you are not married with him. It is essential, however, that you have had a previous residence permit which has expired within the previous year (even in the case of a residence permit granted for medical/pregnancy reasons) and the father can prove both the accommodation and income requirements foreseen for family reunification.
- even if their position is not regular, your children are entitled to health care.

Here is a list of services offered, all of which localized on the territory of ASL RMA I district – Municipio Roma I Centro:

FAMILY COUNSELLING CENTRE: Pregnancy, post-birth assistance and breastfeeding support, contraception, voluntary termination of pregnancy (VTP/abortion), cancer prevention (pap test), family mediation in support of situations of separation or divorce, fertility, infertility, violence and mistreatment against women, legal advice, psychological counseling, vaccination.

@ Ospedale San Giovanni, Sala Puccinotti, Via di San Giovanni in Laterano 155, tel 06.77305505 e in Via Angelo Emo 11/L tel 06.68354412

STP AMBULATORY: release of the STP card; Via Luzzatti 8

SA.MI.FO CENTRE (Forced Migrants Health Centre): sanitary orienteering, linguistic and cultural mediation, general medicine, psychology, transcultural psychiatry, gynaecology, infectivology, HIV counselling , screening for viral hepatitis; Via Luzzatti 8

PAEDIATRICIAN: each child from 0 to 14 years of age has the right to have his/her own doctor, who is the paediatrician. To apply for a self choice pediatrician you will need the child's birth registration released by the hospital, ID and fiscal code card; Via Luzzatti 8

You can also register your child at the **UFFICIO ANAGRAFE CENTRALE:** Via L. Petroselli 50, I floor

SEGRETIARIATO SOCIALE: the first access to Social Services, Via L. Petroselli 50 I floor , tel 06.69601665 and Circonvallazione Trionfale 19 tel 06.69617655/50

PUA c/o Casa della Salute Prati-Trionfale, Via Frà Albenzio 10, tel 06.68351 (centralino)