

Powerful Mamas® Natural Birth Course

****Focus Guide Series****

Lesson 10: The Third Stage of Pregnancy

What are 2 possible benefits to delayed cord clamping for the newborn?

- A. There are no benefits; the baby should be moved to the warmer for assessment immediately after birth.
- B. Baby will have jaundice and less blood volume.
- C. Increased blood volume and a physical connection that keeps the baby with mother.

Name 2 concerns expressed by doctors per the article by Amy Weekley regarding placentophagia.

- A. Consuming the placenta could spread disease and foodborne illness could result from unsafe handling.
- B. Doctors have no concerns with placentophagia.
- C. Americans should not consume the placenta because we are too “advanced” for this age-old practice...and it’s gross.

Summarize 3 reasons a woman might choose to consume her placenta.