

# Halachos Of Childbirth

## Labor

- Induction and/or c-section for no medical reason is not allowed without Rabbinic approval
- Pitocin etc. mid labor is allowed

## Nidda

- Mucous plug in most cases does not make nidda
- Water breaking does not make nidda. (If there's a large amount of water, ask a Sheila)
- Membrane stripping DOES make nidda. Many Doctors like to strip the membranes, sometimes even without asking. In most cases it's not worth it because labor may not start for a few days
- When it is difficult to walk in between contractions, it makes nidda
- 7 centimeters dilated, makes nidda
- C-section. Makes nidda at the onset of operation
- The husband can be in the room during delivery but he should be standing next to his wife's head and facing her head (since she's usually in Nidda, the husband can't see any parts of his wife that are normally covered)
- If there's nobody else to help then the husband can help as long as he doesn't touch skin to skin

## Shabbos

- All phone numbers should be pre-programmed into a cell phone before Shabbos. Use a shinui, like the back of the fingers etc. to dial. Best would be to talk to the phone to dial for you
- Dialing should be done with a shinui
- Let the phone hang up by itself
- If using a cell phone, the screen should be on the whole time (keep it plugged in so the battery doesn't die)
- Unless it's an emergency and there's no time to wait, a taxi should be taken to the hospital

- Money to pay the taxi should be prepared before Shabbos
- using uber/lyft is best. Use the phone with a shinui
- In the Far Rockaway/Five Towns area, using the Hatzalah card for the taxi is best
- If you can summon the car by talking to the phone that would be best
- There's really no reason for the husband to have to carry a phone on Shabbos. Most shuls have Hatzalah members that are always carrying phones on Shabbos. Get their number and the wife should call them if it's necessary for the husband to come home. Alternatively, get the phone number of security guards or janitor
- If the mother wants someone else, in addition to the husband, to come along for support etc. they can come along in the same taxi
- If a hot shower will help the mother then the hot water can be turned on by a goy. If none is available then it can be turned on with a shinui
- A doula can be called
- Only items that are necessary for Shabbos can be taken unless the home and hospital are within the same Eruv
- Since most taxis have phones, there's really no reason to take a phone with you. Certainly the phone can't be taken in order to have it for after Shabbos
- If you're driving yourself then you must take a phone with you
- A child who has no babysitter can be dropped off at someone's house, if you're being driven in a taxi
- If there's false labor and there's nowhere to stay then a goy can call you a taxi to go home if it's within the techum. If it's not within the techum, ask a shaila
- The driver should open and close the car doors for you
- A goy should take preferably take you through the electric doors of the hospital
- Elevators can be used. Preferably, the buttons should be pressed by a goy. If none is available, press the buttons with a shinui (the back of the hand or knuckles)

- From labor until 3 days after birth she becomes a סונה שישי בה סונה and all melacha can even be done by a yid. (Preferably with a shinui) However a goy should be used whenever possible
- The call button for the nurse can be used with a shinui if necessary
- The hospital bracelet should not be worn outside the hospital if there's no Eruv
- If you're released from the hospital with the baby on Shabbos and you can't convince them to let you stay until after Shabbos, then a taxi can be called by a non Jew
- People can't be called on Shabbos to be told the news about the baby. Even by a goy
- If a parent is extremely nervous about the health of the mother/baby then a goy can call to update the parent

### Shabbos candlelighting

- if the husband is sleeping at home, he should light the candles and the wife in the hospital is yotzei with his lighting. However she should turn on a light in the room lechavod Shabbos without a Bracha
- If the husband is not sleeping at home, the woman needs to light candles for herself. She should turn on a lamp or flashlight etc. and make a Bracha without hashems name. If it's an incandescent bulb then a Bracha can be made

### Kiddush/Havdala

- If there's no wine or grape juice available, kiddush can be made using two challahs
- Woman can make kiddush themselves
- If the woman is weak she can eat and drink before making kiddush
- Havdala can be made even if there's no besamim and fire
- It's preferable for a man to make havdala
- The mother can eat and drink before havdala if she's waiting for a man
- The Bracha on fire can be made on a clear incandescent bulb
- If the woman prefers, she can make her own havdala and drink it too
- If necessary, havdala can be made on coffee
- If havdala was not made on Motzai Shabbos, it can be made up until Tuesday

evening but no Bracha on besamim or fire is made

### Postpartum

- Some make a Bracha of hatov vihameitiv if it's a baby boy and shechayanu if it's a baby girl.
- The name can be put on the birth certificate before leaving the hospital
- There is a minhag that the first time a woman leaves her house (not hospital) after giving birth, it should be something holy like Davening etc. This is a minhag not a Halacha.
- As soon as the bleeding has stopped, provided that 5 days has elapsed from the birth, hefsek tahara and 7 clean days can be done. If it's a baby girl then there has to be 14 days from the birth before going to mikva
- Many doctors and Rabbanim advise to wait at least 5 weeks before attempting this. A Sheila should be asked.

### Nursing/pumping on Shabbos

- If one is in pain, or afraid that the milk supply will dry up, then pumping is allowed but soap etc. has to first be put into the bottle in order to ruin the milk. It then has to be spilled down a drain
- If the baby only drinks pumped milk and the mother is afraid that if she doesn't pump her milk will dry up then pumping is also allowed
- An electric pump on a shabbos clock is preferred
- If necessary then a goy can be asked to turn on and off the pump
- If the baby will only take breast milk and/or it's needed for the health of the baby, then do as follows: 1) Attach the pump to the breast before it turns on. 2) secure the pump so that it will stay on the breast without it having to be held. 3) Have the pump turned on by a timer or by a goy. If these steps are taken then the milk can be used
- If the above steps are not possible then ask a shaila on how to proceed