How To Deliver A Baby In An Emergency Situation

Categories: General Prepping, Health/Fitness, Self-Sufficiency

If you find yourself in an emergency or a SHTF situation Doctors or nurses may not be available. In this post learn what signs to look for and how to deliver a baby safely. This will not be like the movies where you say push and the baby comes out all clean and healthy there may be complications and you need to be prepared..

So read up and store this in the SHTF bank in case you ever need to use this knowledge for real. The following article shows graphic pictures so be prepared.

photo: doomandbloom.net

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