# "Birth"

# Frequently Asked Shaylos

Rabbi Ya'akov Trump

**Are there any special prayers for pregnancy?**

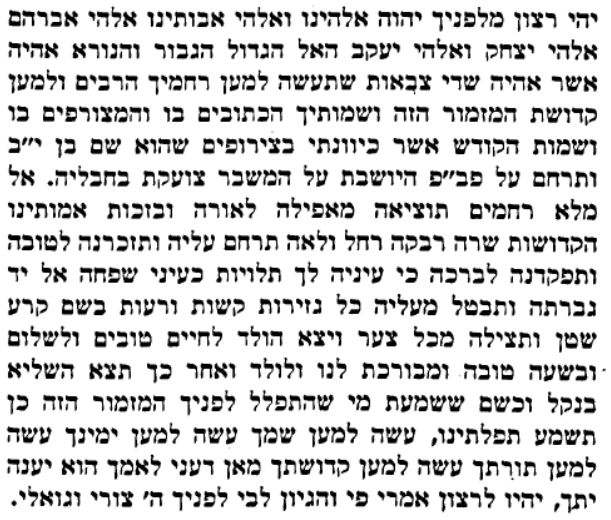
Yes. When a woman enters the 2nd trimester, this is a prayer formulated by the Chida. It is structured as a husband saying it for his wife, but it can certainly be said by the mother-to-be herself with the language amended for reflect that.

רבונו של עולם בלב נשבר ונדכה אני מתפלל לפני כסא
רחמיך והגם שידעתי שאיני כדאי כלל שמתי רחמיך לנגד
עיני כי רחום אתה ובכן יהיה רצון מלפניך יהוה אלהינו
ואלהי אבותינו שתתמלא רחמים על כל עוברות עמך ישראל
ובפרט על אשתי (פב"פ) ותקל מעליה צער העבור ועשה
למען רחמיך שיתקיים העבור בבריאות ויגמר לטובה בכל
אבריו וגידיו והכל מתוקן ולא תפיל אשתי למען רחמיך
המרובים בשמך הקדוש אל חד וימלאו ימיה ללדת ולא תהיה
משכלה כי כארץ תוציא צמחה וכגנה זרועיה תצמיח כן יהי
רצון.

When a woman enters her 9th month, there is the following prayer.

יהי רצון מלפניך יהוה אלהינו ואלהי אבותינו, שתרחם על
כל עוברות היולדות מעמך ישראל ובפרט על אשתי (פב"פ)
ובעת לידתה תקל מעליה צער הלידה ותלד בנקל בלי שום
צער בטרם יבא חבל לה והמליטה עוברה לחיים טובים
ולשלום, בשעה טובה ומזל טוב לנו ולולד ולא יארע לה ולא
לולד שום צער ושום נזק ושום מקרה רע חס ושלום, אל מלא
רחמים יהמו נא רחמיך על אשתי הנזכרת ותצילה מכל כאב
וטירוף ובהלה ותצא השליא בזמנה ותהיה בריאה וטובה
לעבודתך לב נשבר ונדכה אלהים לא תבזה ובשם אראריתא
תשמע תפלתינו ותענה עתירתנו כי רחום אתה, ושומע תפלת
כל פה, יהיו לרצון אמרי פי והגיון לבי לפניך יי צורי וגואלי.

During active labor, if there is time, one may say Mizmor 20 twelve times and then say:


יהי רצון מלפניך יהוה אלהינו ואלהי אבותינו אלהי אברהם
אלהי יצחק ואלהי יעקב האל הגדול הגבור והנורא אהיה
אשר אהיה שרי צבאות שתעשה למען רחמיך הרבים ולמען
קדושת המזמור הזה ושמותיך הכתובים בו והמצורפים בו
ושמות הקודש אשר כיוונתי בצירופים שהוא שם בן י"ב
ותרחם על פב"פ היושבת על המשבר צועקת בחבליה. אל
מלא רחמים תוציאה מאפילה לאורה ובזכות אמותינו
הקדושות שרה רבקה רחל ולאה תרחם עליה ותזכרנה לטובה
ותפקדנה לברכה כי עיניה לך תלויות כעיני שפחה אל יד
גברתה ותבטל מעליה כל גזירות קשות ורעות בשם קרע
שטן ותצילה מכל צער ויצא הולד לחיים טובים ולשלום
ובשעה טובה ומבורכת לנו ולולד ואחר כך תצא השליא
בנקל וכשם ששמעת מי שהתפלל לפניך המזמור הזה כן
תשמע תפלתינו, עשה למען שמך עשה למען ימינך עשה
למען תורתך עשה למען קדושתך מאן דעני לאמך הוא יענה
יתך, יהיו לרצון אמרי פי והגיון לבי לפניך ה' צורי וגואלי.

**Are there special Tehillim to be said?**

Yes, during labor and delivery the following are appropriate Tehillim to be said: 1, 2, 3, 4, 20, 21, 22, 23, 24, 33, 47, 72, 86, 90, 91, 92, 93, 104, 112, and 113 through 150.

**If I go into labor on Shabbos can I call the doctor?**

Yes, one should call the doctor to ask what to do. Even if it is the early onset of labor and one is not sure about something or when to go in, one may call the doctor. Using a cel phone is better than using a house phone. Speed dial is preferable in order to minimize the amount of buttons pressed. Dialing with a shinui, like with a left pinky, is preferable assuming there is no imminent time crunch that the delay could impact

**What if my husband is in shul and I go into labor. What plan should we have in place?**

The best situation is to set up a system that he davens near to home, and there is a neighbor who can run to get him. If labor has begun, it is advisable for him not to go to shul to avoid a complicated situation. If there davening is much longer like on the Yomim Noraim, please speak to Rabbi Trump.

**What is the preferable way to get to the hospital when the time comes?**

Uber is actually not the best option, since you have to start playing around with address and details which involves a lot of screen button hits and keeping the phone while waiting and driving. Pre-arranged car services are preferable. One can call up a local car service, add a card to the file, as the cost of the trip to the designated hospital. When needed, it is just one call away. If one cannot or would not leave the card on file, and they do not accept prepaid coupons, one can place the exact amount of money for the ride in an envelope in the outside pocket of the hospital bag and ask the driver to remove it when the ride is complete.

The driver needs to open and close the doors (because of the car light) and take the bags out into the hospital (lack of eruv around the hospital).

**Can my husband come with me to the hospital?**

Yes, it is important there is someone there to advocate and support a patient in hospital. The husband and wife must travel together to get to the hospital.

**What should we bring to the hospital?**

In addition to all the labor needs, the hospital bag should also include grape juice, matzos or rolls for hamotzi, husband's Talis, Siddurim, Tehillim.

**What do we do about the elevator?**

If there is a Shabbos elevator one must use that. If there is no Shabbos elevator, if one is not in a rush and the labor and delivery floor is not so high, one should try walking it. If that is not possible or one is in a rush, one may enter an elevator with another patient. One can respond what number floor they are going to.

**Can I sign documents?**
It is best to get all the necessary documents from the hospital before labor starts and fill in everything one can beforehand. If there are documents which need to be signed in the hospital and the hospital will not treat a patient without them, it is best to sign them with a shinui, like the pen held upside down in the left hand.

**May I take my phone to the hospital?**
The hospital bag is not muktzah because of all the allowed items so if the cel is there as well from before Shabbos, it can go as well.

**May I take a shower during labor to relieve the pain?**
One may a shower to relieve pain.

**When must a husband and wife separate from direct contact?**
When the wife becomes a niddah, the husband and wife may not touch each other. That begins either when she starts bleeding or when she is not able to work because the labor is so intense, even if there is no blood.

**Where may the husband stand?**
Once one's wife is a niddah, the husband may not look at the usually covered parts of his wife's body when uncovered. This can be tricky. If the labor is straightforward, the husband may stand by the headboard. If much of the wife is revealed, it is better for him to keep more distance.

**When I need the nurse, can I push the button?**
During labor, one may use the button to call the nurse.
Post labor, one should try calling. If one cannot wait, it is best done with a shinui.

**Is there any protocol for letting family members know the baby was born on Shabbos?**
One is not allowed to call or tell the nurse to call the family on Shabbos.

**If I am in the hospital as Shabbos is coming in, do I light candles for Shabbos?**
Yes. Even if someone is lighting candles in one's home, one would need to light in the hospital before the sun sets on Friday night. Being as hospitals do not allow lighting of candles, one may use electric lights. It is best to assess the lights one will want to be on over Shabbos, switch them off, turn them on then say the bracha.

**Is there a bracha to be said after childbirth?**
Yes, if one has a son both the father and the mother say the bracha of HaTov Vehameitiv. If one has a girl, both the father and the mother say the bracha of Shehechiyanu.

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| בָּרוּךְ אַתָּה ה' אֱלֹקינוּ מֶלֶךְ הָעוֹלָם, הַטּוֹב וְהַמֵּטִיב: |
| **בָּרוּךְ** אַתָּה ה' אלקינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה: |

**Do I need to say Birkas Hagomel?**
Yes. A woman who has recovered from childbirth should say Birkas Hagomel in the presence of a minyan. Some suggest waiting until after 7 days while some say until after 30 days. It is nice

idea to have the mother say it at the bris if she is well enough. If she does not feel comfortable saying it, her husband may say it on her behalf and say 'asher gemaleich kol tuv.'

**May I nurse on Shabbos into a bottle?**

A woman may nurse her child directly on Shabbos. If she is not nursing the baby directly but is feeling engorged by the build up of milk, she may express the milk but must dispose of that milk since otherwise it would be an application of the transgression of Dash. If the baby need the mother's milk but it having trouble lactating, the mother may express milk into a container for immediate use.

If one needs to express milk, there are 3 acceptable methods on Shabbos:

a. By hand
b. By a manual pump
c. By an electric pump which is set up with a timer before Shabbos to go off at the desired intervals. The mother should attach the equipment before the pump is set to start.

## For Further Reading

The Sacrifices of Childbirth, Rabbi Jonathan Sacks

https://www.rabbisacks.org/covenant-conversation/tazria/the-sacrifices-of-childbirth/