

Gentle Birth, Gentle Mothering

Birth. Birth. Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices. Indonesian Journal of Midwifery (IJM). The Influence of Health Education About Gentle Birth on The Motivation of Gentle Birth Mothers. IJM. Pengaruh Pendidikan Kesehatan Tentang Gentle Birth Terhadap Motivasi Ibu Melahirkan Secara Gentle Birth.

Gentlebirth is one way to prepare expectant mothers during pregnancy. Gentlebirth not only views birthing mothers from a physiological perspective but views birthing mothers as clients holistically as biopsychosocial and cultural beings. The midwife's communication skills are absolutely necessary, the design of the practice site which is made like giving birth at home is the main attraction of the client. The general aim of this research is to know the effect of health education about Gentle Birth on the Motivation of Mothers to Give Birth in a Gentle Birth in the Work Area of the Karang Ayu Health Center, Semarang. The type and research design used in this research is Quasi Experiment to support the results of the research. This study used an expanded Pretest-Posttest with Case Control Group design approach involving one experimental group and one control group which were not given any treatment. The population in this study were all pregnant women at the Karang Ayu Health Center from January to September 2022. The samples were taken according to the inclusion and exclusion criteria. The sampling technique in this study was by using a purposive sampling technique. The results of the Wilcoxon test gave a P value of 0.000, meaning that there was no effect on the motivation of the respondents before and after being given health education. The results of the Wilcoxon test gave a P value of 0.157 meaning that there was no effect on the motivation of the respondents before and after in the control group. The results of the Mann Whitney test yielded a P value of 0.000, meaning that there were differences in changes in respondents' motivation in the control and experimental groups. For pregnant women at the Karang Ayu Health Center in Semarang, it can increase awareness about giving birth in a gentle birth and for husbands it should motivate their wives to give birth in a gentle birth because of the many benefits. Abstrak Gentlebirth adalah salah satu

cara untuk mempersiapkan ibu hamil saat kehamilan. Gentlebirth bukan hanya memandang ibu bersalin dari segi fisiologis tetapi memandang ibu bersalin sebagai klien secara holistik sebagai makhluk biospsikososial dan kultural. Kemampuan komunikasi bidan mutlak diperlukan, design dari tempat praktik yang dibuat seperti bersalin di rumah merupakan daya tarik sendiri dari klien. Tujuan Umum penelitian ini yaitu Mengetahui pengaruh pendidikan kesehatan tentang Gentle Birth Terhadap Motivasi Ibu Melahirkan Secara Gentle Birth Di Wilayah Kerja Puskesmas Karang Ayu Semarang. Jenis dan rancangan penelitian yang digunakan pada penelitian ini adalah Quasi Experiment untuk mendukung hasil dari penelitian. Penelitian ini menggunakan pendekatan rancangan Pretest-Posttest with Case Control Group yang diperluas dengan melibatkan satu kelompok eksperimen dan satu kelompok control yang tidak diberikan perlakuan. Populasi dalam penelitian ini adalah semua ibu hamil yang ada di Puskesmas Karang Ayu di bulan Januari sampai September 2022. Sampel yang diambil sesuai dengan kriteria inklusi dan eksklusi. Teknik Pengambilan sampel pada penelitian ini yaitu dengan menggunakan tehnik Purposive sampling. Hasil uji wilcoxon memberikan hasil P value 0,000 artinya t ada pengaruh motivasi responden sebelum dan sesudah diberikan pendidikan kesehatan. Hasil uji wilcoxon memberikan hasil P value 0,157 artinya tidak ada pengaruh motivasi responden sebelum dan sesudah pada kelompok kontrol. Hasil uji Mann Whitney memberikan hasil P value 0,000 artinya ada perbedaan perubahan motivasi responden pada kelompok control dan eksperimen. Bagi ibu hamil di Puskesmas Karang Ayu Semarang dapat meningkatkan kesadaran tentang melahirkan secara gentle birth dan Bagi suami hendaknya memotivasi istri untuk melahirkan secara gentle birth dikarenakan banyak manfaatnya.

. Jurnal Gentle Birth. Jurnal Gentle Birth. jgb. Manfaat WhatsApp pada Komunitas Mama- Mama Muda “ Yoga Gentle Birth” Sidoarjo. Benefits of Whatsapp Grub Social Media in the “Yoga Gentle Birth” Community of Young Mothers in Sidoarjo. Women and Birth. Women and Birth. Gentle birth at Yayasan Bumi Sehat – A student midwife's reflections. The Gentle Craft. The Gentle Craft. Oxford Music Online. Gentle, Joe. Gentle, Joe. Nature. Nature. Gentle birth of a comet. Statistics: A Gentle Introduction. A Gentle Introduction. It Droppeth as the Gentle Rain. It Droppeth as the Gentle Rain. The Gentle Shepherd. The Gentle Shepherd (1729). Shakespeare and Animals. tercel, tercel-gentle, tassel-gentle. Gentle Craft. The Gentle Craft (The First Part). MCN: The American Journal of Maternal/Child Nursing. Gentle Cesarean

Birth. Who's Who. Woodward Gentle, Sally Claire, (born 6 Feb. 1964), Founder and Chief Executive Officer, Sid Gentle Films Ltd, since 2013. Woodward Gentle, Sally Claire, (born 6 Feb. 1964), Founder and Chief Executive Officer, Sid Gentle Films Ltd, since 2013. The IAABC Foundation Journal. iaabcfj. Gentle Yoga for Gentle Dog Trainers.

Dog training is hard, mentally and physically taxing work for the dog as well as for their human trainers. In essence, dog training is stressful. Successful dog trainers require both patience and calmness, states that, it is argued in this article, can be more easily accessed through the regular practice of gentle yoga.

. The Gentle Shepherd. The Gentle Shepherd (1725). Intellectual Property, Indigenous People and their Knowledge. Gentle on Country, gentle on people. The Italian Commedia and Please be Gentle. PLEASE BE GENTLE

the ways of white folks the small animal veterinary nerdbook the fundamentals of synthesizer programming moog music inc student guide basic complex analysis marsden performance of pleurotus florida on paddy straw substrates

THE WAYS OF WHITE FOLKS

The Ways of "White Folks": Navigating Racial Microaggressions

Introduction "The ways of white folks" is a phrase often used by people of color to describe the unspoken rules and social norms that govern white society. These norms can be subtle and difficult to navigate, leading to misunderstandings and frustration.

What are Racial Microaggressions? Racial microaggressions are brief and often unintentional slights, insults, or indignities that communicate negative messages about a person's race. They can be verbal, behavioral, or environmental and can range from casual comments to more overt discrimination.

How do Racial Microaggressions Manifest? Microaggressions can take various forms:

- **Indirect:** Example: "Where are you really from?" (implying that the person doesn't belong in the current setting).
- **Behavioral:** Example: Crossing the street to avoid walking near a person of color.
- **Environmental:** Example: A store not stocking hair products specifically designed for people of color.

Why are Racial Microaggressions Harmful? Microaggressions can have a significant impact on people of color, as they:

- Uphold and reinforce stereotypes and prejudices.
- Undermine their sense of belonging and self-worth.
- Create a hostile and unwelcoming environment.

How to Respond to Racial Microaggressions Responding to microaggressions can be challenging. Here are some strategies:

- **Stay Calm:** It's important to remain composed and not react impulsively.
- **Educate:** Politely explain to the person how their words or actions were hurtful and why.
- **Set Boundaries:** Let the person know that their behavior is unacceptable and will not be tolerated.
- **Seek Support:** Talk to a trusted friend, family member, or therapist to process your feelings and develop coping mechanisms.

THE SMALL ANIMAL VETERINARY NERDBOOK

The Small Animal Veterinary Nerdbook: Q&A

What is the Small Animal Veterinary Nerdbook?

The Small Animal Veterinary Nerdbook is a comprehensive resource for veterinary professionals specializing in small animal medicine and surgery. It covers a wide range of topics, from anatomy and physiology to diagnostics and treatment. The book is written in a concise and easy-to-understand format, making it an ideal

reference for busy veterinarians.

What are some of the topics covered in the Small Animal Veterinary Nerdbook?

The Small Animal Veterinary Nerdbook covers a wide range of topics, including:

- **Anatomy and physiology:** This section covers the basics of small animal anatomy and physiology, as well as common variations and abnormalities.
- **Diagnostics:** This section discusses the various diagnostic techniques used in small animal medicine, such as physical examination, laboratory testing, and imaging.
- **Treatment:** This section covers the various treatment options available for small animals, such as medication, surgery, and rehabilitation.
- **Preventive care:** This section discusses the importance of preventive care for small animals, such as vaccinations, deworming, and dental care.
- **Emergency medicine:** This section covers the basics of emergency medicine for small animals, such as triage, stabilization, and treatment.

Who is the Small Animal Veterinary Nerdbook for?

The Small Animal Veterinary Nerdbook is for any veterinary professional who is interested in learning more about small animal medicine and surgery. It is an ideal reference for veterinarians who are new to the field, as well as for more experienced veterinarians who are looking for a refresher on the latest advances in small animal care.

How can I get a copy of the Small Animal Veterinary Nerdbook?

The Small Animal Veterinary Nerdbook is available for purchase from the Veterinary Information Network (VIN). It is also available as a subscription-based service, which gives users access to the book's online content and updates.

What are some of the reviews of the Small Animal Veterinary Nerdbook?

The Small Animal Veterinary Nerdbook has received positive reviews from veterinarians. Many reviewers have praised the book's comprehensive content, easy-to-understand format, and up-to-date information.

THE FUNDAMENTALS OF SYNTHESIZER

PROGRAMMING MOOG MUSIC INC

The Fundamentals of Synthesizer Programming: A Q&A with Moog Music Inc.

1. What are the basic building blocks of a synthesizer?

A synthesizer consists of three key components: oscillators, filters, and envelopes. Oscillators generate the raw sound waves, while filters shape their frequency response. Envelopes control the amplitude and duration of the notes.

2. How do oscillators create sound waves?

Oscillators produce periodic waveforms, such as sine waves, square waves, and sawtooth waves. The frequency of the wave determines the pitch of the note, and the waveform's shape affects its timbre.

3. What role do filters play in synthesizer programming?

Filters remove or attenuate specific frequency ranges from the oscillator's output. They can be used to create a variety of tonal effects, from bright and airy to warm and resonant.

4. How do envelopes shape the sound of a synthesizer?

Envelopes control the attack, decay, sustain, and release stages of a note. The attack determines how quickly the note reaches its peak amplitude, the decay controls how long it takes to reach its sustain level, the sustain sets the constant amplitude it will maintain, and the release affects how it fades out.

5. What are some tips for getting started with synthesizer programming?

- Start with a simple patch and explore the controls.

- Listen to how each parameter affects the sound.
- Don't be afraid to experiment and create new sounds.
- Use online resources and tutorials to learn more about synthesis techniques.

STUDENT GUIDE BASIC COMPLEX ANALYSIS

MARSDEN

Student Guide: Basic Complex Analysis by Marsden

Q1: What is the main focus of Marsden's "Basic Complex Analysis"?

A: The book provides a clear and comprehensive foundation for the study of complex analysis, emphasizing the concepts, theorems, and techniques essential for further exploration in the field.

Q2: What are the key concepts covered in the text?

A: The book delves into topics such as complex numbers, limits, continuity, differentiation, and integration in the complex plane. It explores the relationship between complex analysis and other areas of mathematics, including real analysis and geometry.

Q3: What makes Marsden's text unique?

A: Marsden's book stands out for its clarity of exposition, rigorous proofs, and well-chosen examples. It offers a balanced treatment of theoretical concepts and practical applications, making it suitable for both undergraduates and graduate students.

Q4: What are some of the strengths of the book?

A: The strengths of "Basic Complex Analysis" include its logical organization, thorough treatment of topics, and abundance of exercises. Marsden provides detailed proofs and numerous examples to reinforce the concepts.

Q5: What are some potential drawbacks of the book?

A: Some students may find the pace of the book to be a bit slow, and the exercises can be challenging at times. The book covers a wide range of topics, which may not be suitable for all students' needs. However, the text also includes optional material, allowing instructors to tailor the course to their specific requirements.

PERFORMANCE OF PLEUROTUS FLORIDA ON PADDY STRAW SUBSTRATES

What is the best substrate for Pleurotus? Oyster mushrooms can grow on a variety of things including wood logs, cottonseed hulls, corn cobs or office paper, but in North America, cereal straws are the substrate of choice (wheat and oat straw do particularly well). Equipment is fairly simple and outstanding results are obtained relatively quickly.

What is the substrate for Pleurotus eryngii? The substrate composition may vary, but consists basically of a mixture of sawdust and more aerated materials like straw, maize stalks or cotton seed hulls, enriched with nitrogen- rich additives. A C/N ratio of 30-40 and a moisture content around 70% are optimal.

What is the most productive oyster mushroom?

What is the substrate for Pleurotus citrinopileatus? Pleurotus citrinopileatus - PC08 This oyster can be grown on logs as well as on pasteurized straw. While you may also grow golden oyster on sterilized sawdust substrate, the yields are greater with other methods. To achieve the deepest yellow color provide additional lighting (600 lux) for 10-12 hours a day.

What pH level should oyster mushroom substrate be? Additionally, another study found that oyster mushrooms grew well and gave the best yield at a pH slightly basic in nature, with a pH range of 7.2 to 8.7 resulting in optimal mycelial growth and fructification [??].

How do you increase oyster mushroom yield? There are two ways to increase the yield of oyster mushrooms: raising the nutritional value of the plant mixture with hay or legume grass straw, more on this; If you are very lucky and there are cotton products in your area, the yield on this substrate is very high.

What kind of fertilizer do you put in mushroom substrate? Supplementation with nutrient-rich additives involves incorporating materials like wheat bran, soybean meal, gypsum, or various organic composts to enrich the substrate with essential nutrients required for mushroom growth.

What is the substrate for *Pleurotus Djamor*? These are important nutrients for growing mushrooms. *P. djamor* is a white-rot fungus, meaning that it first uses substrates lignin for its growth, followed by hemicellulose and cellulose.

How do you choose a mushroom substrate? You should also choose your substrate to match the species of mushrooms you are growing. Wood-based substrates are optimal for mushrooms like reishi, lion's mane, and maitake, while oysters grow on nearly any substrate.

What is the most profitable mushroom to farm? Oyster mushrooms, a type of gourmet mushroom, are one of the most profitable gourmet mushrooms available. In addition to the high demand for them, growing them is pretty simple. Growing takes about six weeks from start to harvest, so it's possible to make a big profit reasonably quickly.

Which mushroom has the highest demand? Cultivation of button mushrooms (*A. bisporus*) started in the sixteenth century. However, on a commercial scale, the cultivation was initiated in Europe around 17th Century. Many farms for production of button mushrooms were established and this variety still dominates the world production and consumption.

What is the difference between *Pleurotus ostreatus* and *pulmonarius*? DNA evidence supports *Pleurotus pulmonarius* as a phylogenetic species and, to top it all off, there is an ecological difference: it appears in warmer weather, appearing from late April through September, while *Pleurotus ostreatus* favors cold-weather conditions and appears from October through early April.

How do you grow *Pleurotus*?

Is *Pleurotus* Saprophytic? *Pleurotus* species are considered saprophytes, and frequently grow on dead wood and decaying trees (Raman et al., 2021). Unlike many of the well-studied WRFs, several *Pleurotus* species are edible and commercially

cultivated in large-scale facilities.

How do you make the best mushroom substrate? Mixing these two materials together can create an ideal substrate for growing some types of mushrooms. Most recipes call for one part coco coir and one part vermiculite. For a standard brick of dried coco coir (about 1.5 lbs) add eight cups of dry vermiculite, along with 16 cups of boiling water.

What moisture content for oyster mushroom substrate? The suitable substrate conditions for the growth of oyster mushrooms are 60%–65% moisture and pH 6.5–7.0. Exceeding these ranges inhibits the growth of mycelium and even prevents the formation of fruit bodies (Myronycheva et al., 2017, Senghie et al., 2021).

How do you know if mushroom substrate is too dry? A) lots of water dripping shows that the substrate is too wet. b) a few drops released with some pressure show that the substrate is well watered. If it is too dry then with no drops will be released with pressure.

Can mushroom substrate be too wet? If you have insufficient moisture, as stated earlier, your mycelium growth will be stunted. However, if you have too much moisture, your mycelium will also be stunted, as it will suffocate. With too much moisture, your substrate will also have a higher risk of contamination from other organisms.

Why won't my oyster mushroom block fruit? Severe lack of fresh air &/or light: otherwise healthy block! Mushrooms are the opposite of plants in that they 'inhale' oxygen and 'exhale' CO₂: much like us humans. Oyster mushrooms in particular produce a lot of CO₂ as they grow, and need a steady supply of fresh air to develop normal fruit bodies.

What triggers oyster mushroom fruiting? Initiation of the fruiting phase of many oyster mushrooms requires a lower temperature of 20°C (68°F) and light. The completely colonized straw bags can be triggered into fruiting by transfer to a fruiting chamber.

How to speed up mushroom growth? Gypsum is a mineral that helps speed up the mushroom growing process in small amounts. A teaspoon of gypsum is added to

the supplemented sawdust mix, which also includes hardwood sawdust pellets, wheat bran and water.

What is the best substrate for *S repens*? A combination of a nutrient rich substrate (Tropica Plant Care Substrate or Aquarium Soil) in addition to supply of micro nutrients (Premium fertiliser) is necessary in order to maintain the fresh green colours of the leaves and constant, covering growth.

What is the substrate for *Pleurotus Djamor*? These are important nutrients for growing mushrooms. *P. djamor* is a white-rot fungus, meaning that it first uses substrates lignin for its growth, followed by hemicellulose and cellulose.

What is the growth medium for *Pleurotus ostreatus*? Potato Dextrose Agar medium was suitable for all strains except *P. ostreatus* strain 2460. The best growth rate of *P. ostreatus* 2462 strain on solid culture media was 15.0 ± 0.8 mm/day, and mycelia best growth on liquid culture media— 36.5 ± 0.2 g/l.

How do you grow *Pleurotus*?