

The University of Illinois, located at Champaign-Urbana, has enabled a rise in diversity in the local community. Many international students from the East have immigrated here to attend school. More than half the international students enrolled at the university come from China (University of Illinois at Urbana Champaign, 2020). Due to the school's prestige and global institutional partnerships with other countries, there has been a growth in diversity, specifically in the Chinese population in the Champaign-Urbana area.

During the prenatal period, traditional Chinese rituals and customs ensure the mother and baby's health. Many Chinese families provide offerings and prayers to the Gods to guarantee safety for mother and child (Withers et al., 2018). Mothers are also discouraged from saying "offensive/bad" words that may offend spirits (Withers et al., 2018). Usually, the woman's mother or mother-in-law accompanies them rather than the father during labor. Traditionally, Chinese women are often more conservative and opt for female providers than males.

The mother understands that pain and suffering during this time are expected. To combat this imbalance, they compensate through diet. The concept of balance is ingrained in Chinese culture through the principle of Yin and Yang. It's believed that when blood is lost during birth, the mother falls into yin/coldness. She must restore yang/heat to regain balance (Zheng et al., 2018). The postpartum Chinese diet consists of "hot foods" such as pork, beef, chicken, and other medicinal broths (Withers et al., 2018). Broths and soups are good meals suitable after labor. It is a complete liquid diet that mothers can tolerate and can be ordered from the hospital.

Post-natal confinement is an ancient tradition that many mothers may choose to uphold. Also known as "sitting of the month," new mothers confine themselves in their homes for 30-40 days to facilitate recovery (Zheng et al., 2018). The mother promotes healing through rest and diet. They are encouraged to isolate, eat hot heat food, dress warmly, and limit showers (Zheng

et al., 2018). This tradition is contradictory to today's western practices of ambulating mothers to limit complications. However, the mother's postpartum process is her own, and it is essential to respect their wishes. Nonetheless, if the mother chooses to uphold this ritual, teaching an active range of motion exercises and postpartum hygiene is necessary. A discussion on diet plans should be considered to ensure that the mother is getting a balanced diet. Educating on the signs and symptoms of postpartum depression is also essential as isolation may increase their risk.

All the while, the woman's mother takes on the care of the baby and household chores. The elders play a significant role in Chinese culture. They help care for the newborn and communicate and teach past experiences and wisdom of raising a child (Withers et al., 2018). Traditionally, the husband does not directly take on the role of the child's caregiver, as their primary concern is providing for his new family. It's essential to include the patient's mother during the labor process. They will also be involved in caring for both patient and child. The use of an interpreter may be needed during moments of education.

## References

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