

## Guyana

The majority of Guyana practice Hinduism and Christianity. The official language is English and Guyanese-Creole. During childbirth, a woman assists the mother. During the birthing process, the mother is alone with the midwife in an isolated room from the family.

In this, cultural pain is considered a punishment for a bad deed done in a previous life. It is essential to respect their beliefs on illnesses. They often try to heal without traditional medications first. They use many different home remedies and herbs to treat pain and illnesses. Most of the healing traditions are passed down from generation to generation. After childbirth, it is essential to know the baby's time of birth to research their horoscope. The mother is still away from the family until the last stage is completed due to the belief of nine months of blood coming out. On the first day of birth, the family and the priest hold a small ceremony in which he ritually brews herbal tea in the company of the women of the maternal and paternal extended family.

The typical family structure is often extended and complex. It is common for many generations to live together. The elders of the family are considered sacred and treated with respect. It is essential to include extended family in medical decisions. In the past, men were the providers, decision-makers, and the head of the household. The women stayed home with the children and took care of her husband. In modern-day, women now

play a significant role in society as teachers, nurses, clerks, civil servants, home-workers, and farmers. In the past, women were meant to be silent and didn't have the same privileges as men. The men were in charge of all the decisions.

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### References

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