**上海外国语大学 2020 –2021学年第一学期**

**期末考试试卷**

课程名称 中国文化概要

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94

**Please write an essay about 500-800 words in English, explaining a cultural phenomenon in China. A comparative perspective is encouraged.**

**Recently, there has been a growing preference to not get married or have children. Asian countries, including western countries, also showed a tendency for women to no longer marry or give birth. There may have career disconnection, but I think people might have an underlying idea of avoiding the pain that accompanies childbirth because it is physically difficult to return to their pre-childbirth bodies.**

**Childbirth is noble and difficult in any country, and I wondered what the process is after childbirth in Asian countries and what is it like in Western countries. In Asian countries such as China, you have to take good care of your body after giving birth, and if you do not take good care of it, the aftereffects are great. However, according to rumors, some foreign mothers took cold showers and exercised even after giving birth, and they were curious find out that the body care after childbirth is different from culture to culture.**

**First, how do mothers in China take care of their bodies after giving birth?**

**In Asian countries, especially China, watching your body after giving birth is considered important. After giving birth to a child, the bones are crushed, and the bones and joints of the whole body are sore, so if you carry a heavy thing or do a little too much work, you will suffer from aftereffects forever. So it is also celebrated when a child is 100 days old, and actually this holiday to celebrate the birth of a child is the celebration of the 100th day because not only the child is alive and well, but the mother is alive and well for 100 days.**

**For this reason, a new institution called postnatal Care center has recently emerged to take care of the bodies of new mothers. They can learn how to hold their child, how to feed their child, how to drain their breast milk in advance, massage and do sit-down bath frequently, have three meals and three snacks to watch their bodies. Mothers are advised to drink water frequently to make breast milk come out well and drain edema fluid, and breast massage is required before breast contraction, and they must wear leggings and socks to keep themselves warm and compression stockings to remove swelling. They can also kick the wrist guard so they don't strain their wrists. What's important is that postnatal care centers exist separately in China and Asian countries.**

**Second, how do mothers in the Americas and western European countries take care of their bodies after giving birth?**

**Similarly in the Americas and Western Europe, mothers need to have a good maternity period after childbirth to be healthy. But four to six weeks is the recovery period, as opposed to what China and Other Asian countries consider to be at least two to four weeks. The reason is that it is different from the postnatal care methods of China and Asian countries.**

**In Most cases, Chinese women give birth in maternity hospitals and are admitted to facilities to take care of their bodies during childbirth, during which they focus solely on taking care of their bodies. If you take good care of it after giving birth, you can recover faster.**

**However, in the United States and European countries, the burden of medical expenses is high. And especially in the United States, there is a perception that childbirth is a natural phenomenon, so in most cases, doctors and midwives are requested separately to help deliver babies in the mothers’ own homes and provide postpartum care. In China, there are unimaginable remedies. For example, there are folk remedies such as drinking 2 litres of cold orange juice a day to prevent dehydration when giving birth, and drinking beer when milk is not flowing well.**

**In America, babies sleep as long as they do. And mothers would ask someone else to carry food or goods or call family and friends to do odd jobs. Mothers are also advised to go out of the house and take short trips to refresh themselves with new changes, and to drink fluids frequently for smooth breastfeeding.**

**Through my research on this topic, I realized that the process of cooking after childbirth varies from country to country. Besides, the medical insurance system supported by each country is different, and the culture is different, so there are differences from the process of preparing for childbirth to the period of recovery after childbirth.**

**However, there is one thing in common across countries and cultures. It is universal to respect and protect the mother who is giving birth, and there is always the same view that not only the new-born, but also the mother, has completed a great task. Through this assignment, I am able to realize the differences and commonalities of cultures, and through this class, I am able to learn how to accurately portray Chinese culture abroad.**