

Name some signs that labor *may* be starting

Name some signs that mom is *definitely* in labor.

What should you do when you are in early labor?

What are good things to eat in labor?

What kinds of food should you avoid?

If you think you are in labor, when should you call your doctor/midwife?

When should you go to the hospital / birth center? (Or call midwife to come to your home?)

What are some things that will help second stage (pushing) go as smoothly as possible?

What are some things which *may* speed labor up?

What *may* slow labor down?

What are the 3 R's of Labor Support?
(hint: Rhythm is one)

What can partners do to help a mom in labor?

What should you do if water breaks?

Should Do: Do things which help you feel confident, relaxed, and physically comfortable. Do things which help mom feel loved and safe. Eat, drink. (Call doula.)

“Shouldn’t”: Usually no need to rush off to hospital when labor first begins.

Possible Signs (Maybes): backache, cramps, ‘nesting urge’, diarrhea, flu-like symptoms.
Preliminary (Probably): bloody show / mucus discharge, trickle of fluid, contractions felt only in belly, don’t get stronger/more regular.
Positive: Gush of water from vagina, contractions felt in back and belly; contractions longer, stronger, closer together.

Call care provider if water breaks, or anytime you need advice about what you should do.

Go to hospital: 5-1-1 plus mom’s mood changes. (contractions 5 minutes apart, 1 minute long, for at least 1 hour. Mom can’t walk or talk, focused between contractions.)

Good: protein foods like eggs, nuts, low-fat dairy. Carbohydrates like noodles, rice, pasta, crackers, apples, pears, bananas

Bad: Fatty, Spicy, Acidic Foods.

May speed it up: mom feeling safe, loved, and loving; walking or being in upright positions; orgasm; nipple stimulation; acupressure

May slow it down: anxiety (adrenaline), warm bath

To help pushing go well:

Try a variety of positions: semi-sitting, side-lying, hands and knees, kneeling, squatting.

Ask your care provider or nurse about warm compresses, perineal massage, seeing baby in a mirror. Don’t be afraid to poop.

Notice Color, Odor, Amount, and Time.

Call doctor / midwife to report. They may tell you to come to hospital, may tell you to just wait at home to see how labor progresses.

Relaxation, Rhythm, and Ritual
Help mom stay as relaxed as possible: use breathing techniques, relaxation techniques and massage. Offer a drink of water after every contraction.

Remember, if mom has Rhythm, she’s coping. Help to reinforce what she is doing (create a Ritual)