

Labor Review

Name some signs that labor may be starting, or may begin soon:

What should you do when you are in early labor?

What should you eat when you are in early labor?

If you think you are in labor, when should you go to the hospital?

Where should you park when you arrive at the hospital?

Where do you go to check in?

What are five ways to cope with active labor?

- 1.
- 2.
- 3.
- 4.
- 5.

Name the three stages of labor:

- 1.
- 2.
- 3.

What should a partner give a mom after each contraction? What should s/he remind mom to do at least once an hour?

What are three other ways a partner can help a laboring woman?

Discuss over lunch: What are your fears about the birth? At other times in your life when you've been afraid, what has helped you cope? When you're sick, or tired, what can other people do for you that helps? Who do you want at your birth, and what will each of their roles be?