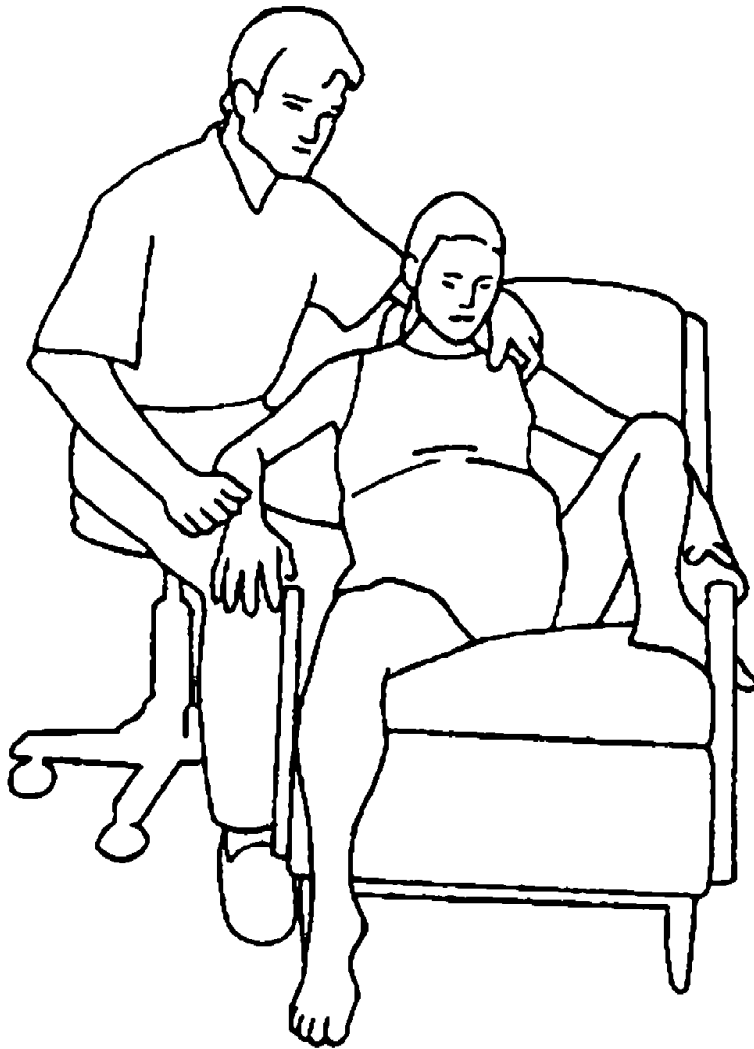


Early Labor - Relaxing

Mild contractions 20 minutes apart, 30—40 seconds long.

Breathe: Deep, abdominal breaths, cleansing breaths.

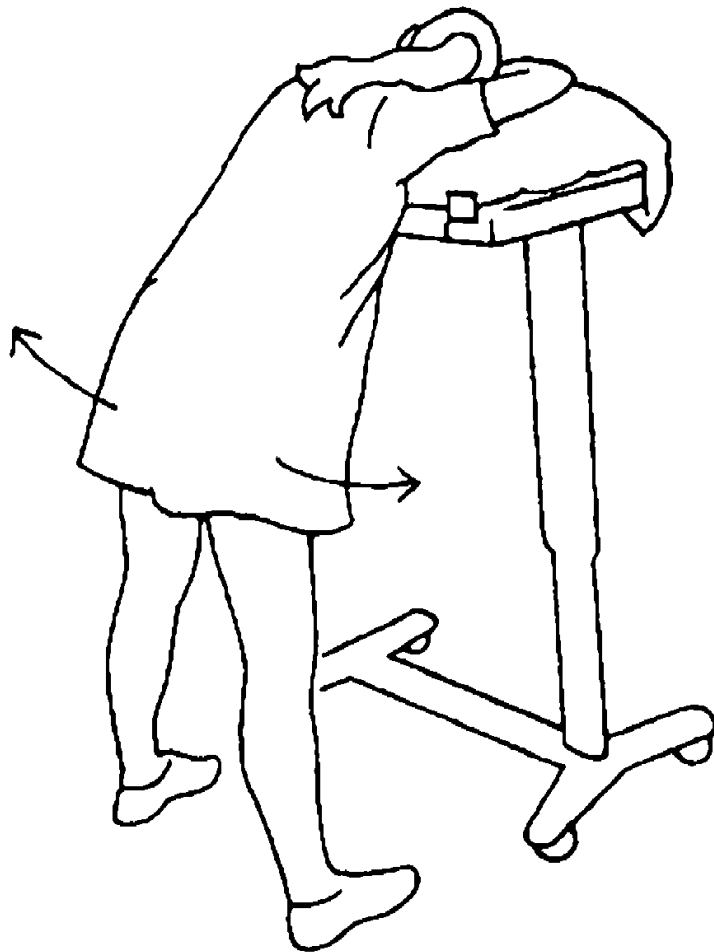
Comfort: Touch relaxation—partner looks for someplace mom is holding tension, and touches her there, stroking lightly to remind mom to relax.



Early Labor

Contractions are uncomfortable; you could walk during them if necessary, but it's more comfortable to stop and lean forward.

Breathing: Cleansing breath; then deep, abdominal breathing.

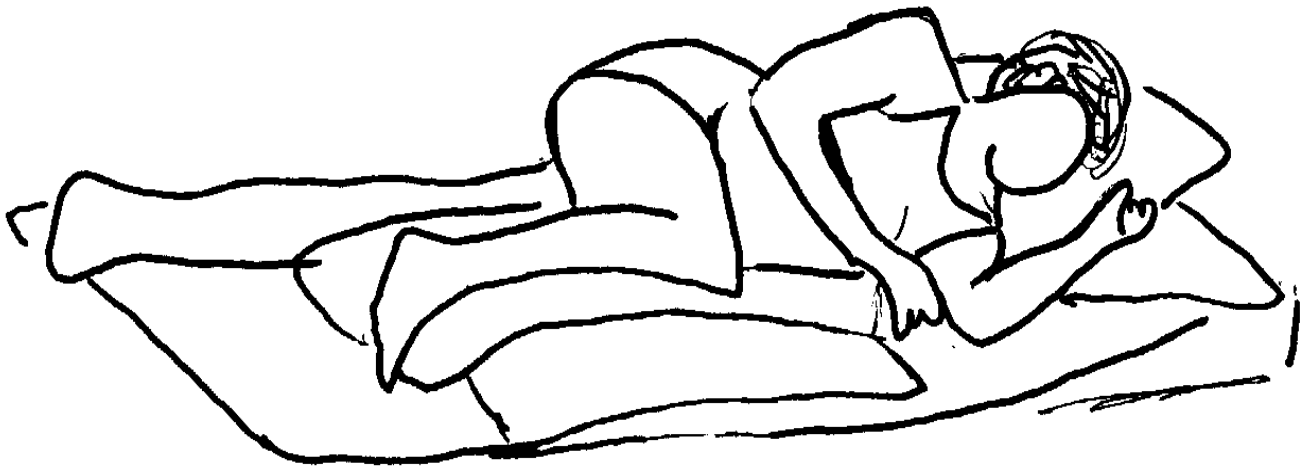


Early Labor - Night-time

Contractions are strong enough to wake you up, but you can sleep in between contractions, which are 10 minutes apart.

Breathing: Deep, abdominal, or normal sleep-like breaths.

Comfort: Partners, talk her through a visualization, "Imagine yourself floating in a warm ocean... the water is holding you up, so you can let your whole body relax... your uterus muscles will do the work they need to do, but let your other muscles relax."

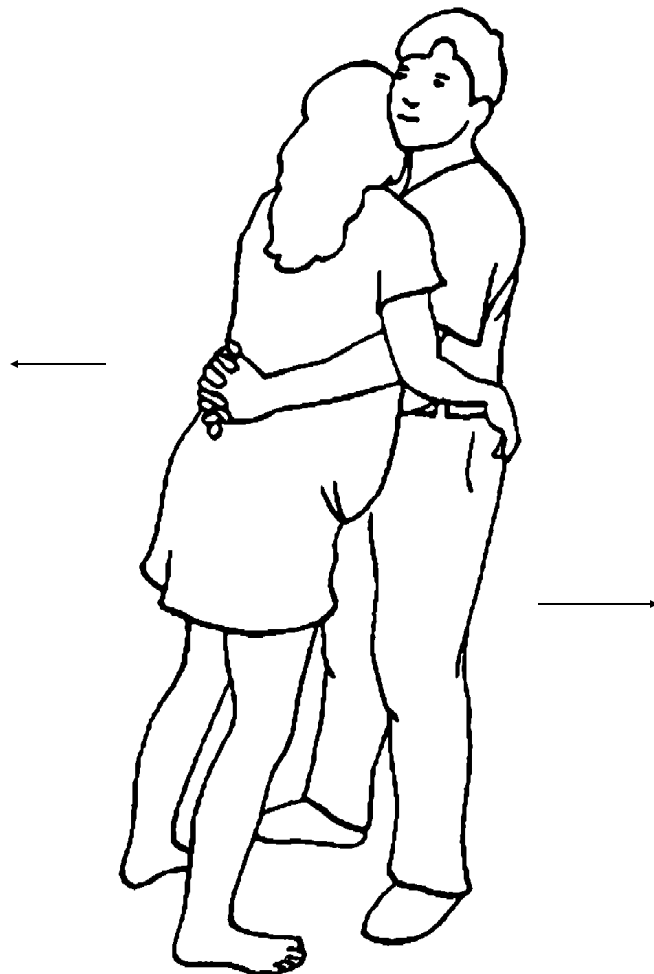


Active Labor

Contractions 5 minutes apart, last 50 seconds. Painful at the peak. In between contractions, mom can relax muscles, but wants to focus on labor.

Breathing: Deep abdominal breathing, hee-hee breathing over the peak of the contraction.

Comfort: Sway back and forth. Partner can sing to her, if desired, or "Whisper sweet

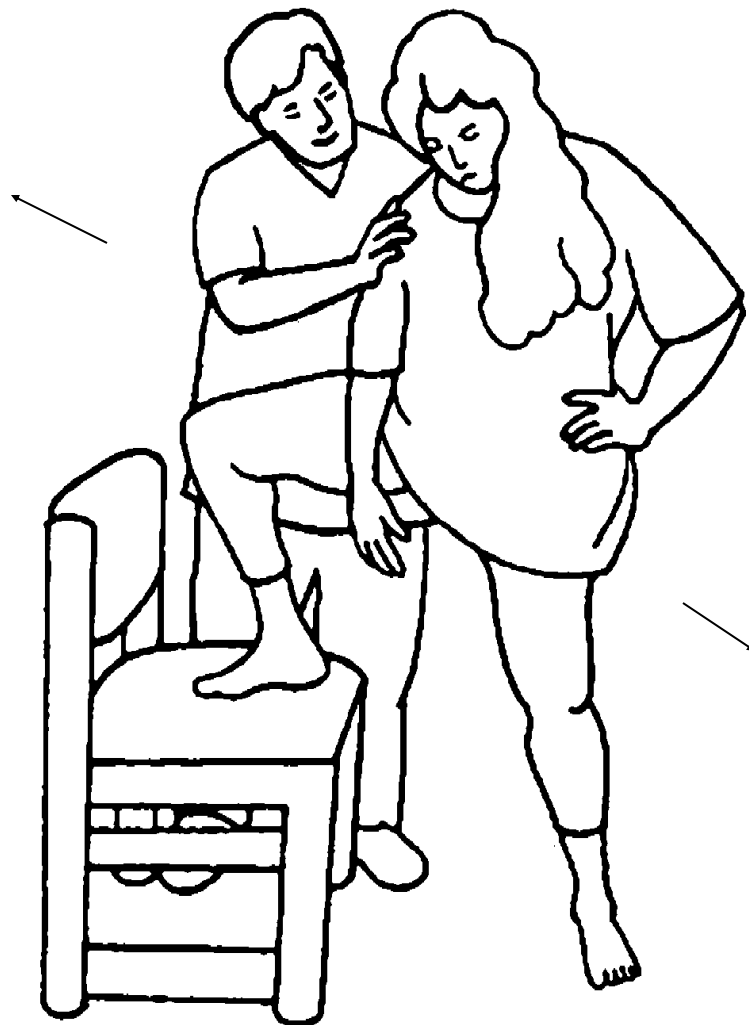


Active Labor

Contractions 4 minutes apart, 60 seconds, intense. You feel you need to be active during them.

Breathing: Cleansing breath at beginning and end. Hee-hee breathing throughout contraction, starting slow, faster over the peak, slow at end.

Comfort: Partner supports lunging. Encouragement!

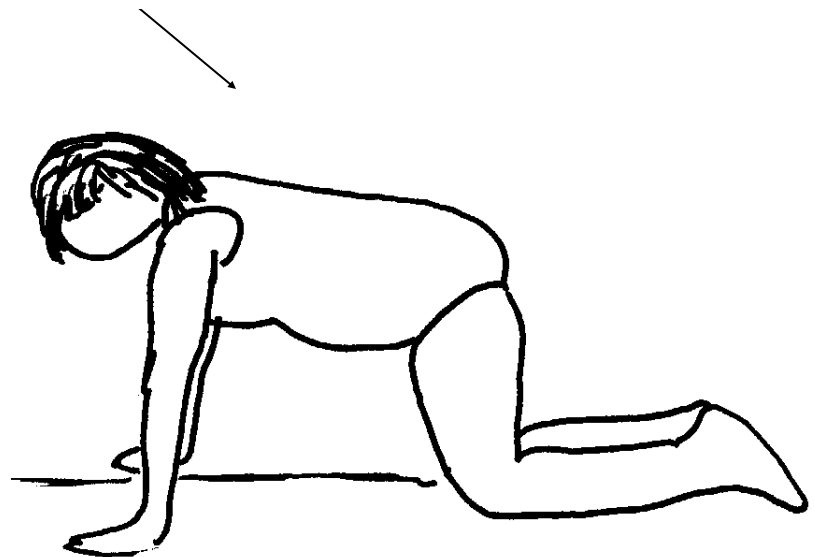
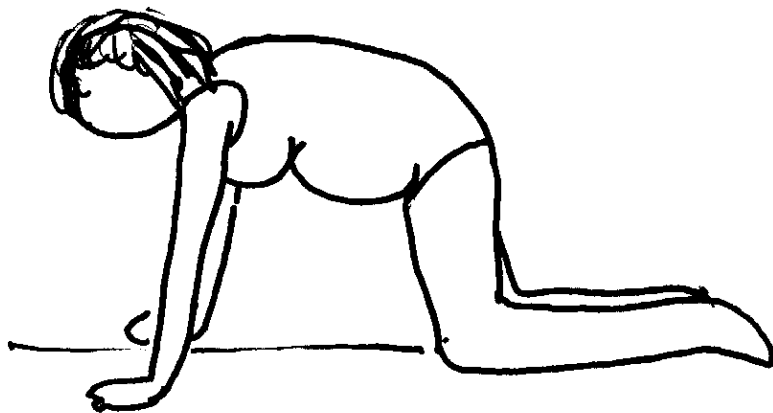


Active Labor

Contractions 3 minutes apart, 60 seconds. Back pain!

Breathing: Hee-Hee-Blow.

Comfort: Do pelvic tilts. Arch your back and “tuck your tail” during hee-hees, and then let back relax to flat as you blow. Partners, sit next to her, rub her back lightly.



Active Labor

Contractions 4 minutes apart, lasting 45 seconds. Labor has been long, and you're feeling tired...

Breathing: Slow deep breaths at beginning and end of contraction. Hee-Hee Breathing over the peak.

Comfort: Counterpressure or double - hip squeeze.

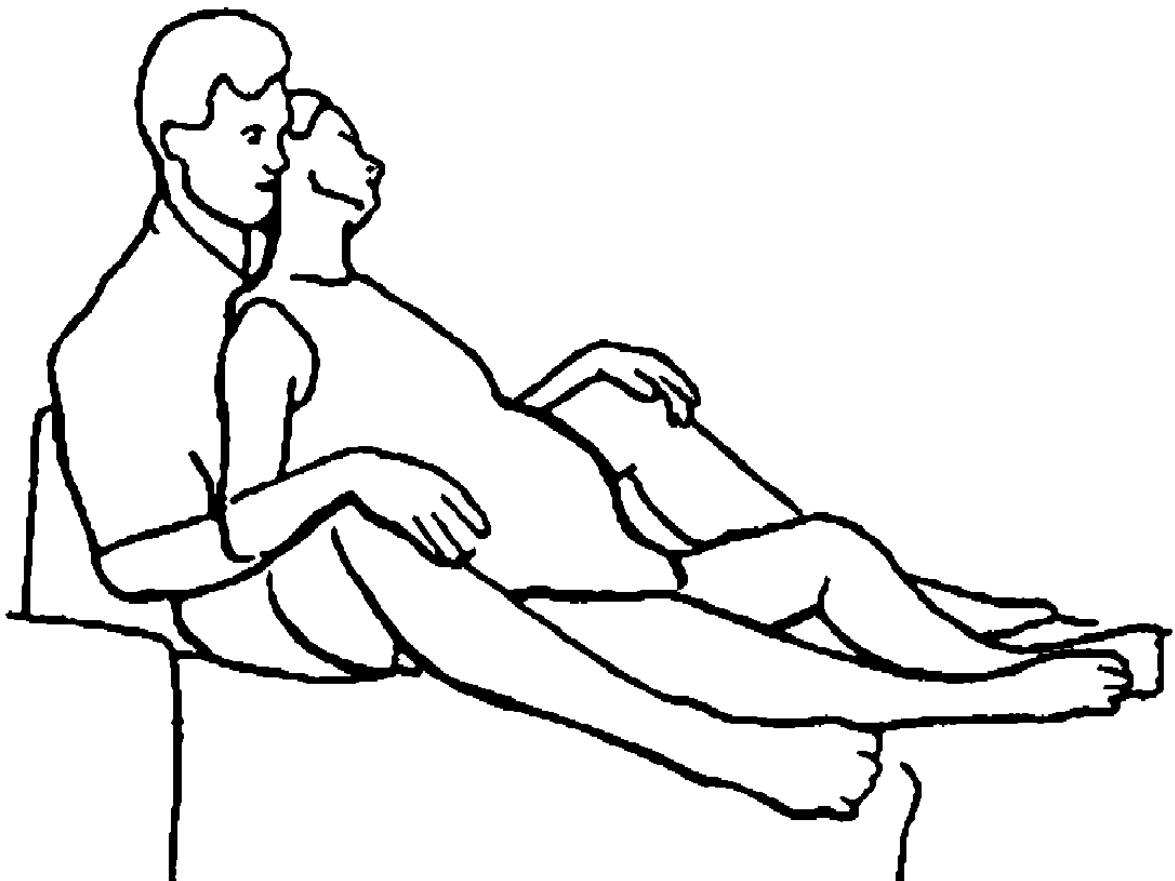


Transition

Contractions only 3 minutes apart, 60 seconds long, very intense! Mom is upset, demanding that you make it stop hurting.

Breathing: Counted Hee-Hee-Blow Breathing.

Comfort: Speak calmly, coach her with breathing, reassure her that this is transition and the baby will be here

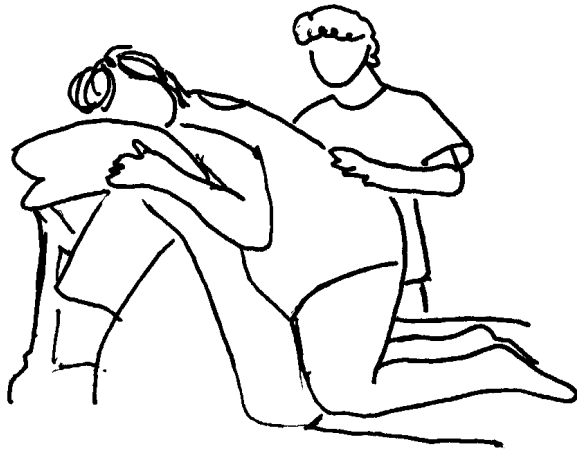


Transition

Contractions 2 minutes apart, 75 seconds long, very intense. Mom's discouraged, saying "I can't, I can't."

Breathing: Hee-Hee Blow.

Comfort: Partners stay as calm and relaxed as possible, stay close to her, breathe with her. Encourage her to open her eyes and look at you.



OR



Second Stage (Pushing)

Cervix is fully dilated. Mom says she feels like she needs to have a bowel movement, and she is grunting and groaning during contractions.

Breathing: Take a deep breath. Tuck chin down toward chest, and bear down* for five to seven seconds (partner counts out loud) while exhaling through pursed lips. Relax, taking a quick breath in, then bear down again.



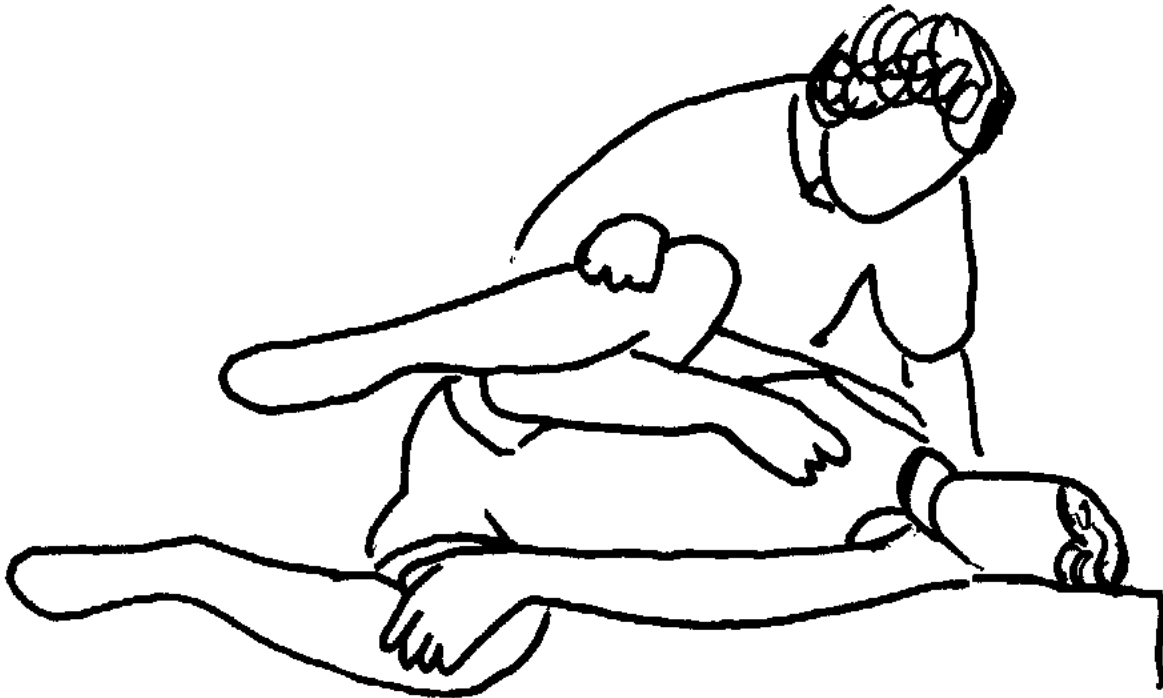
* Note for labor rehearsal. Moms should not *really* bear down during role-played contractions. *Pretend* to bear

Second Stage (Pushing)

Second stage was going very quickly, caregivers want to slow it down to give perineum time to stretch.

Breathing: Tilt chin up a little and pant.

Comfort: Effleurage: gentle, light stroking: of her hair, her arms, whatever. Helps to soothe her, and distract her from contraction. Pant with her.



Second Stage (Pushing)

Baby is crowning, and mom is actively pushing.

Breathing: Take deep breath. Tuck chin chest, and (*PRETEND*) to bear down for five to seven seconds while exhaling through pursed lips. Relax, taking a quick breath in, bear down again.

Comfort: Partner supports mom in squat position.



Do some form of Supported Squat.

