

A Pop Quiz

Name some of the signs that labor is starting. Are these possible signs of labor may begin soon, or are they definite signs that labor has begun?

Labor Practice Session

Contractions are 12 minutes apart, and last 30 seconds. They're uncomfortable, and you have a hard time sitting still during contractions, but in between contractions you can relax.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

While you were pregnant, a friend or relative offered to come help during labor. You said yes because you didn't want to hurt her feelings. Now that you're in active labor, she's driving you crazy, and you cringe when she touches you. What do you do?

Comfort Technique Practice

What: Counterpressure

How: Partner presses palm against mom's sacrum (lower back)

When to use? When mom has back pain during contractions.

Practice for one minute.

A Pop Quiz

What should you do when you are in early labor? What shouldn't you do in early labor?

Labor Practice Session

It's the middle of the night, and contractions are about 8 minutes apart, and 40 seconds long. They're strong enough that you can't sleep through them, but they're pretty easy to manage as long as you're awake.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

You're uncomfortable with the nurse who has been assigned to you. She doesn't seem to value your opinion, or respect your choices about your labor. What do you do?

Comfort Technique Practice

What: Touch relaxation.

How: Partners watch for where mom seems to be tensing up her muscles. Touch her lightly there, stroking until she relaxes the muscle.

When to use? Anytime... reduces tension, thus reducing pain.

Practice for 1 minute. (Moms, purposely tense up a muscle, partners have to find it.)

A Pop Quiz

What are good things to eat when you are in early labor? What kinds of food should you avoid in labor?

Labor Practice Session

Contractions are 4 to 5 minutes apart, and lasting about 50 seconds. Mom is starting to wince and breathe faster during contractions, and in between contractions, she's quiet and not wanting to talk much.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

You're 6 days past your due date, and your doctor says that your labor could be induced. What questions do you ask to help you decide whether induction is a good idea?

Comfort Technique Practice

What: Double hip squeeze.

How: Partner places both hands on mom's back. Press in and up, then hold for the whole contraction. (Have instructor come over to show you how.)

When to use? Anytime mom has back pain.

Practice 3 or 4 times, holding for 15-20 seconds each time.

A Pop Quiz

If you think you are in labor, when should you call your doctor?
When should you go to the hospital?

Labor Practice Session

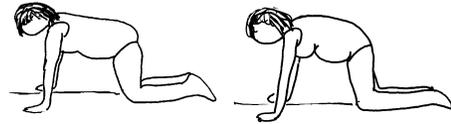
Contractions are 4 minutes apart, lasting 60 seconds, and are pretty intense. Mom wants to move and walk between contractions, but needs to stop walking during contractions.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

You have had a very long labor, and you have now been pushing for two hours, and the baby is not yet born. Your doctor suggests that you may want to begin considering a cesarean birth. How would you feel? What questions would you ask the doctor?

Comfort Technique Practice



What: Pelvic Tilts

How: Moms get down on hands and knees, tighten up tummy muscles to “give baby a hug”, then relax. Repeat.

When to use? Anytime in labor: can help baby move down, can reduce back pain, can distract mom.

Practice for one minute.

A Pop Quiz

When you arrive at the hospital, where should you park?

Where do you go in the hospital to check in?

Labor Practice Session

Contractions are irregular: mom will have two or three right in a row, then a long pause, then 2 or 3 more. She’s feeling a lot of pain in her lower back during contractions, and some back pain even in between contractions.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

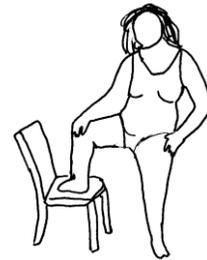
For Discussion

You’re home alone in the middle of the day. Your labor begins suddenly, with contractions only 3 minutes apart, 60 seconds long, and very intense. What do you do?

Comfort Technique Practice

What: The Lunge

How: Mom puts one foot up on chair, rocks.
When to use? Anytime in labor. Helps baby move down and rotate.



Practice for one minute.

A Pop Quiz

Name the three stages of labor.

Talk about the three different phases of stage 1.

Labor Practice Session

Contractions are only 2-3 minutes apart, and lasting up to 90 seconds. Mom is shaking, and nauseous, and feels very overwhelmed by the labor.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

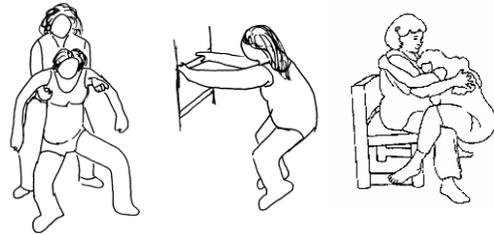
You have thrown up a few times, and are wondering whether to be concerned about dehydration. Nurse says an IV is an option. What signs should you look for to see if you're well hydrated? What could you do to make sure you get enough fluids?

Comfort Technique Practice

What: Supported Squat

How: See pictures.

When to use? Anytime, especially while pushing.



Practice for one minute.

A Pop Quiz

What should a support person offer a mom after every contraction? What should he remind her to do once every hour?

Labor Practice Session

Mom's cervix has just been checked, and she's at 10 cm, and the doctor is in the room. Mom has the Urge to Push.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

Prior to labor, mom-to-be had said that she did not want to use pain medication. During labor, she hits a point where she is overwhelmed and doesn't feel like she's coping well with the pain, and she's afraid the pain will get worse as labor moves on. What do you do?

Comfort Technique Practice

What: Progressive relaxation.

How: Partner tells mom to tense up her toes, then relax them. Then tense up her feet, then relax. Then her legs, her belly, her shoulders, her arms, her hands, her face.

When to use? In early labor. Helps mom notice where she is tense and helps her remember to relax her tense muscles.

Each couple practices. Takes a few minutes to do whole process.

A Pop Quiz

What should you do if your water breaks?

Labor Practice Session

Mom is dilated to 10 cm, and the baby is coming quickly. As it crowns, mom feels the “ring of fire” – a burning sensation around baby’s head.

(Group members discuss: what stage of labor is this? what is helpful at this point? Agree on 1) a breathing technique and 2) a position to try. Practice for one minute.)

For Discussion

Prior to labor, mom-to-be had decided she wanted to have an epidural in labor, but wanted to wait until she was at least 5 cm dilated, in order to minimize the risks and side effects of epidural. Now, in labor, she is only 3 cm dilated, but is having a hard time coping with contractions. What do you do?

Comfort Technique Practice

What: Take Charge Routine

How: Ask mom to look in your eyes, and breathe with you. Do counted hee-hee-blows. Be as calm and confident as possible.

When to use? During transition, if mom's not coping well.

Practice for one minute.