
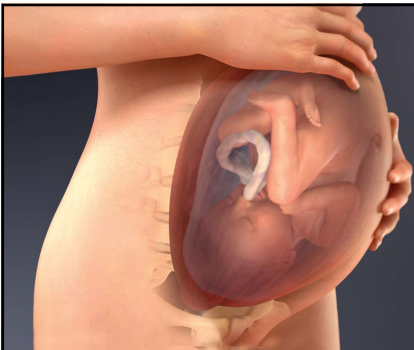


Childbirth Preparation Series: Class 2
Sharp Mary Birch Hospital for Women & Newborns



2



Labor and Birth

- Stages and Phases of Labor
- Birth Video
- Labor Positions
- Coping Skills

3

COVID-19 Visitation Restrictions

- Patient COVID testing
- Current Policy
 - Triage
 - Labor & Delivery
 - Postpartum
- Screening
- During your stay



4

Stages of Labor

	1st Stage Cervix thins and opens
	2nd Stage Pushing and birth
	3rd Stage Delivery of the placenta
	4th Stage Recovery

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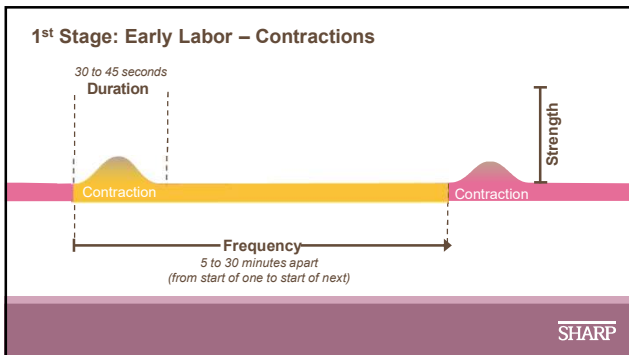
First Stage Phases

	Early Labor 6-12+ hours
	Active Labor 3-5 hours
	Transition 30 minutes-2 hours

Every labor is unique. The length of your labor may be different!

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First Stage: Early

Cervical Dilation

6 cm

Emotions

- Happy
- Excited
- Nervous



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Early Labor Activities

- Rest or sleep
- Diversions (music, TV, cards)
- Eat lightly
- Drink fluids
- Take a walk
- Shower or bath (call caregiver first if you think your bag of waters is broken!)

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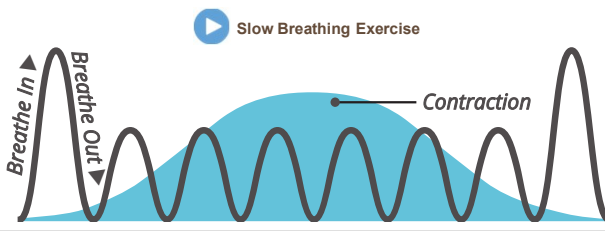
Breathing Patterns

Slow Breathing Exercise

Breathe In

Breathe Out

Contraction




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Labor Positions

- Help a baby descend and turn into a more optimal position for birth
- Cause more efficient contractions
- Reduce the pain of contractions
- Help mom actively participate in her labor
- Provide a change of pace



This upright position allows the baby to move

▶ Labor Positions 2:07

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Positions for the 1st Stage of Labor

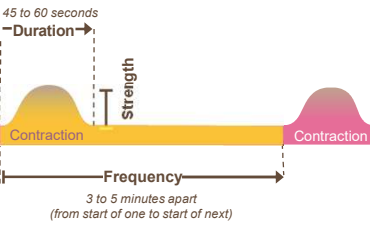


- Lunging
- Hands-and-Knees
- Side-Lying
- Forward-Leaning
- Squatting
- Slow Dance

▶

12

1st Stage: Active Labor – Contractions



45 to 60 seconds
Duration

Strength

Contraction

Contraction

Frequency
3 to 5 minutes apart
(from start of one to start of next)

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First Stage: Active Labor

Cervical Dilation

8 cm

Emotions

- Serious
- Focused
- Nervous



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Active Labor Activities

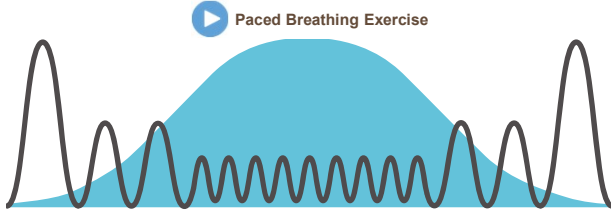
- Shower
- Massage
- Diversions (music, TV, cards)
- Upright positions like the birthing ball
- Breathing & relaxation techniques
- Ice chips
- Take a walk if not medicated

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Breathing Patterns


Paced Breathing Exercise



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Back Labor Comfort Techniques

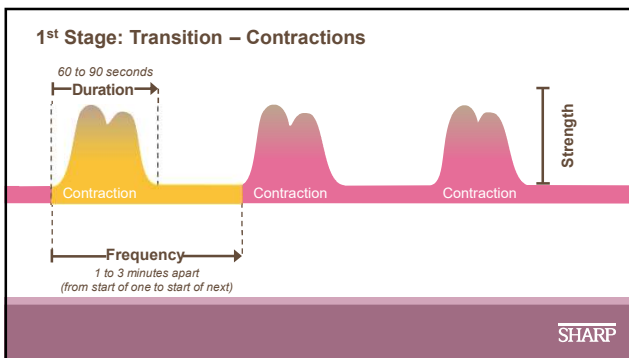


Counterpressure Hot or Cold Packs Double Hip Squeeze

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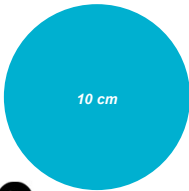
17



18

1st Stage: Transition

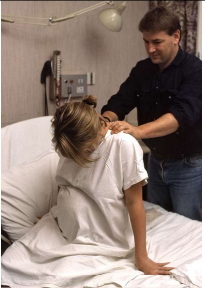
Cervical Dilatation



10 cm

Emotions

- Frustrated
- Exhausted
- Unsure



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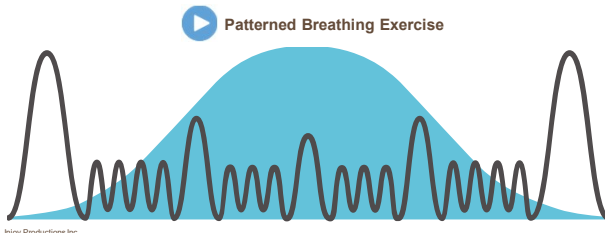
Transition Labor Activities

- Diversions
- Upright positions
- Breathing techniques
- Ice chips
- Shower if not medicated
- Eye contact
- Firm, simple directions

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Breathing Patterns



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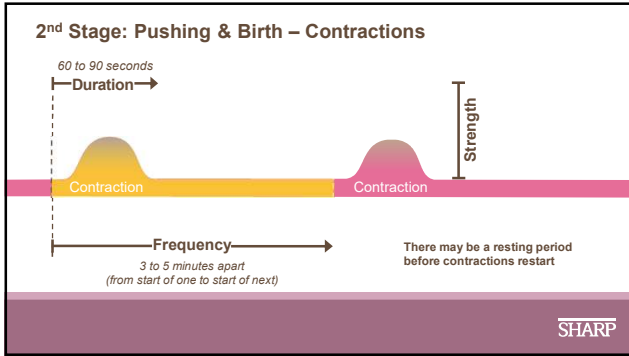
Tips for Labor Partners

- Suggest a variety of comfort measures (try one at a time)
- Rest when you can
- Nourish yourself
- Be the link between medical staff and Mom
- Don't take things personally



Birth Companions 0-49 *Find what works best for Mom* SHARP

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2nd Stage: Pushing & Birth

Emotions

- Happy
- Relieved
- Exhausted

Happy

Relieved

Exhausted

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Positions for the 2nd Stage of Labor (Pushing)

Side-Lying

Squatting

Forward-Leaning

Semi-Sitting

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2nd Stage: Pushing & Birth

2nd Stage: Contractions & Pushing

Pelvic Stations

5 cm

0 cm

5 cm

2nd Stage: Descent & Birth

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Internal Rotation

Anterior Position

Posterior Position

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3rd Stage: Placenta

3rd Stage: Placenta Delivery

3rd Stage: Skin to Skin Contact


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4th Stage: Recovery

- Happens in the first few hours after birth
- Your uterus contracts and shrinks to about the size of a cantaloupe
- Holding your baby skin to skin and feeding them helps with:
 - Long-term breastfeeding
 - Milk production
 - Your uterus shrinking to usual size




Baby's first feeding occurs during the 4th Stage

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ESMERALDA & ASHLEI: TWO BIRTH STORIES

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Review of Two Birth Stories

Similarities	Differences
They both felt informed	One had a medicated birth vs an unmedicated birth
They established their birth preferences	Esmeralda used doula
They each had support person/people	They used different types of labor and pushing positions
They used some of the same coping techniques (movement, peanut ball, etc.)	Their labors were different lengths


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Tips for Long Labor

- Rest if you can
- Change positions
- Change the atmosphere or environment
- Stay hydrated and nourished
- Support people may need a break; consider a back-up person
- Try new techniques



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Comfort Measures

Class One review

- Fear Tension Pain Cycle
- Gate Control Theory
- Labor Environment
- Relaxation
- Massage
- Breathing



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Visualization & Focusing

Visualization
Visualizing what's happening inside your body is an effective tool during labor.


Active Imagery
Active imagery is when your mind takes you to a place you find comforting.

Focal Points
Focusing on a specific object helps you through each contraction.

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Mindful Moment




I am fierce but flexible.
I am strong and capable. I can't stop the waves, but I can learn to surf.

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Next Class:

- Hospital Procedures
- Medications
- Virtual Hospital Tour



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“We have a secret in our culture, and it's not that birth is painful. It's that women are strong.”
— Laurie Stavoe Harm

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