

**Childbirth Preparation Series: Class 1**  
Sharp Mary Birch Hospital for Women & Newborns



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**Housekeeping**

- For a more interactive class we strongly encourage you to leave your cameras on
- Minimize distractions
- We encourage you to use the chat box feature. There will be plenty of opportunities to ask your questions.
- Please mute your microphone
- Be sure your computer/phone is charged.
- Breaks
- Class materials



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**Class 1 Topics**

- Fetal Development & Anatomy
- Preterm Labor & Warning Signs
- Signs of Labor
- Coping Skills & Relaxation



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Sharp Mary Birch Hospital for Women & Newborns  
Educational Materials for Classes:



[Sharp.com/marybirchresources](http://Sharp.com/marybirchresources)



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What do you know?

How long should your pregnancy IDEALLY last?

- 30 Weeks
- 35 Weeks
- 40 Weeks
- Forever

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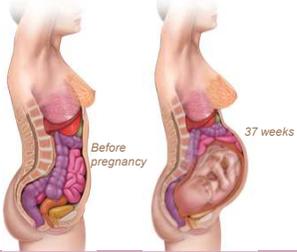
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**Pregnancy Anatomy**



*Before pregnancy*      *37 weeks*

**Changes to Note:**

- Breast size
- Uterus size
- Lungs, diaphragm, stomach, and bladder are compressed at 37 weeks

Now you can see why you might be having some discomforts. How are you feeling?

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**Call Your Healthcare Provider**

- Any of the following symptoms contact your health care provider or Triage @ 858-939-4210
- Vaginal bleeding
- Fever over 100.4°F or 38°C
- Pain or burning with urination
- Sudden swelling in your face or hands
- Problems with your vision or recurring headaches
- Vomiting or diarrhea lasting 24 hours or more
- Major change in your baby's movement
- Sudden pain in your abdominal area



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**Preterm Labor (before 37 weeks)**

- Change or increase in vaginal discharge
- Pelvic or lower abdominal pressure
- Constant, low, dull backache
- Mild belly cramps
- Water breaks in a trickle or gush
- More than 4 contractions in 1 hour (may be painless or feel like tightening)



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**3 Tips to Reducing Preterm Labor Risk**

1. Go to all your prenatal appointments.
2. Prevent infections—do not forget about good hygiene!
3. Reduce stress.



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**Trust Your Instincts**

If you feel like something is wrong, call your healthcare provider. You're usually right when you listen to your instincts!



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**Hazards to Avoid**

The placenta and umbilical cord pass oxygen, nutrients, and other substances from your blood to your baby.



Alcohol      Cigarettes, E-Cigarettes, & Vaping      Drug Abuse      Marijuana      Medications      Caffeine

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**What is Pre-Labor?**

- Let's you know that your body is getting ready for labor
- Occurs at any time from a month before labor until the onset of labor
- Does not mean that labor is starting



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### Signs Labor Is Near

- Braxton-Hicks/warm-up contractions
- Lightening
- Release of the mucous plug
- Nesting
- Weight loss (1 to 3 pounds)
- Increased backache
- Diarrhea



Warm-up contractions may increase late in pregnancy

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### Warm-Up vs. True Labor

Warm-Up Contractions	True Contractions
Tighten portions of the uterus	Eventually tighten the entire uterus
Have no regular pattern	Grow closer together
Don't usually cause back pressure	Usually cause lower back and/or belly pressure
Ease up over time	Last longer over time
May stop with a change in activity like rest, walking, or taking a warm bath	Do not stop with a change in activity and walking makes them stronger
Lose intensity over time	Become stronger over time
Do not cause the cervix to change	Cause the cervix to thin and open

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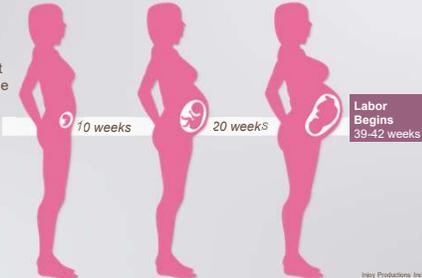
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### Onset of Labor

- No one is sure what starts labor, but it most likely involves a change in hormones
- Babies may be the cause of this change once they are ready



10 weeks      20 weeks      Labor Begins 39-42 weeks

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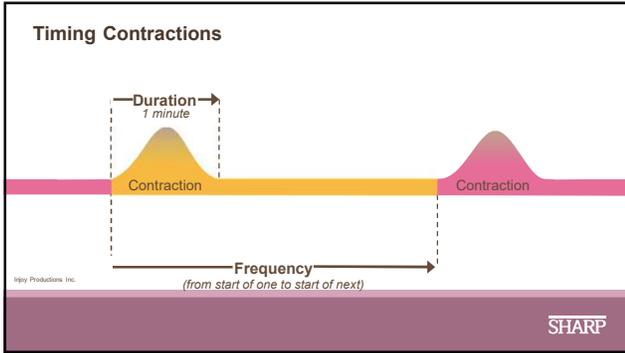
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### Water Breaks

- Water breaking is the first sign of labor in about 10% of births
- Water may release in a trickle or a gush

Call your healthcare provider to report the:

**C**olor  
**O**dor  
**A**mount  
**T**ime

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### Effacement & Dilation

Efface = to thin

Dilate = to open

Not effaced

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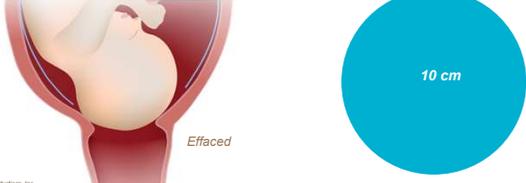
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### Effacement & Dilation

Efface = to thin

Dilate = to open



Effaced

10 cm

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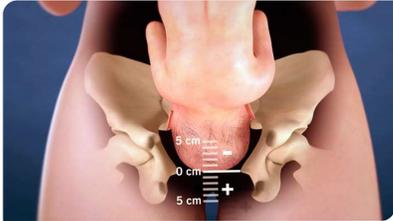
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### Pelvic Station



5 cm  
0 cm  
5 cm

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### When to go to the hospital

<b>3-5</b> Minutes apart	<b>2</b> For Hours	<b>1</b> 1 Minute Long
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**You May Need to Go Sooner Than "321" if You:**

- Vomit with contractions
- Feel rectal pressure
- Are unable to walk or talk through contractions
- Think your bag of waters has broken
- Have vaginal bleeding
- Tested positive for Group B Strep
- Live far from the hospital
- Progress quickly
- Always follow your healthcare provider's instructions

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### In Preparation for you Hospital Stay

- Pre-registration Paperwork
  - Dr. office/pre-admit guide
- Hospital Tour (Virtual)
  - Class 3 includes a virtual tour
- Packing Labor Bag
  - Homework assignment



Scan this QR code for a free copy of the "We're Expecting You" eBook. It's a great resource to help you prepare for you upcoming stay.



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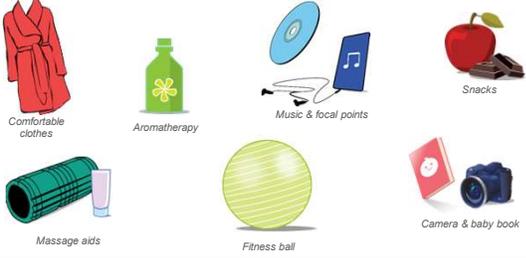
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### Packing Your Bag: Include Items for a Comfortable Labor



Comfortable clothes      Aromatherapy      Music & focal points      Snacks

Massage aids      Fitness ball      Camera & baby book

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Any questions?

Get Comfortable!!  
Coping Skills  
coming up next.

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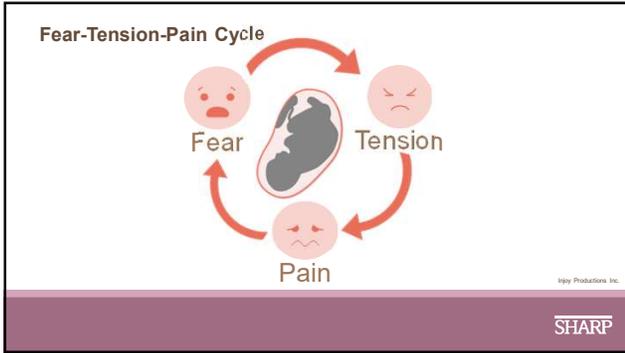
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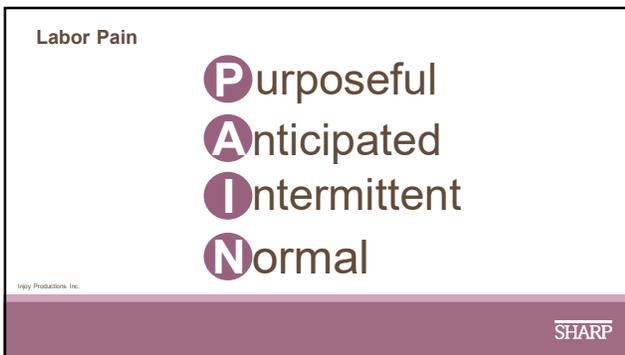
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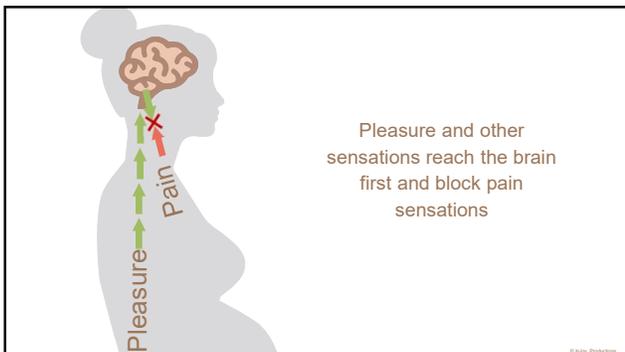
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### Labor Environment and Relaxation

Your labor environment is an important part of your birth experience.

Consider:

- Lighting
- Sound
- Temperature
- Smells
- Familiar things from home



Bringing personal things like twinkle lights and your favorite pillow can create a comfortable environment

Relaxation 0:40

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### Massage

- Relieves tension
- Brings oxygen to your muscles
- Find out what kind of touch feels best and where the massage is most helpful
- Some people are too sensitive to be touched during labor. That's OK! Honor your body and what works for you.



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### Breathing

- Breathe in and out through your nose or mouth, or use a combination of both
- Begin and end with a *cleansing breath*
- Use breathing exercises anytime during labor



There's no "right way" to breathe

Breathing in Labor 1:26

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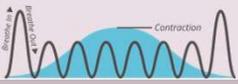
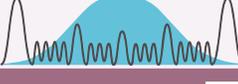
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### Breathing Patterns

-  **Slow Breathing Exercise** 
-  **Paced Breathing Exercise** 
-  **Patterned Breathing Exercise** 

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### Any Questions?

**Next week:**

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



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*"A baby is something you carry inside you for nine months, in your arms for three years, and in your heart until the day you die."*  
— Mary Mason

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