



Grossmont
Hospital




Welcome!
Labor Aid & Comfort
Measures
Class





Housekeeping

- Be sure your computer/phone is charged.
- Minimize distractions.
- Familiarize yourself with the platform
 - Camera On
 - Unmute/mute
 - Raise Hand
 - Chat
- We encourage you to use the chat box feature. There will be plenty of opportunities to ask your questions.
- Please mute unless speaking
- For a more interactive class we encourage you to leave your camera on.



Class Topics

- Introductions
- Gate Theory
- Relaxation Exercise
- Sensory Experience of Birth
- Role of Partner
- Breathing
- Positions
- Comfort Tools
- Visualization



Introductions

- Names
- Due Date
- Birth Location
- Other Classes you've taken

STARR

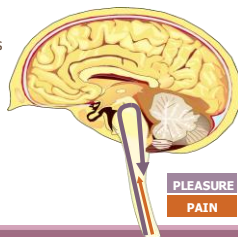
Fear-Tension-Pain Cycle



STARR

Gate Control Theory

- Pleasure and other sensations reach the brain first and block pain sensations



STARR

Relaxation

Your labor environment can help you relax.

Consider:

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



SITVP

Massage

- Helps you relax
- Brings oxygen to your muscles
- Find out what kind of touch feels best and where the massage is most helpful
- Some women are too sensitive to be touched during labor



Firm pressure may work best



Remember Gate Control Theory? That's why massage works so well!!



SITVP

Touch Relaxation

- Partner touches tense muscle areas, and Mom relaxes them

Guided Exercise

2:42

Music

2:25



Learn to recognize and release tension

SITVP



Visualizing & Focusing

- Focusing on a specific object can help you through each contraction
- Visualization uses the power of mind over body
- Use escape visualization to go to a beautiful place



Anything in your labor room can be a focal point

▶ Contraction With Clock 30 seconds ▶ Contraction With Visualization for 30 seconds



Progressive Relaxation

- **Work down your body, tensing and relaxing muscles**

▶ Guided Exercise
3:32

▶ Music
3:42



Practice at home so you can return to this relaxed state in labor



Active Imagery

- Distract yourself from pain by imagining a beautiful place
- Practice before labor so you are able to take yourself to that magical place during labor



Learn to recognize and release tension

▶ Guided Exercise 2:46

▶ Music 2:41



Hydrotherapy



Sitting in a tub can relieve pressure




The shower spray can be soothing



 Hydrotherapy 1:35


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 any time during labor




There's no "right way" to breathe

 Breathing in Labor 1:25



Breathing Patterns





Slow Breathing
Click pattern to play 45 second exercise



Paced Breathing
Click pattern to play 45 second exercise



Pattered Breathing
Click pattern to play 45 second exercise

Slow Breathing

Breathing Practice Exercises

- Sound of an ocean wave cues you to the start of each contraction
- The yellow line lets you know where you are in the contraction

Slow Breathing Exercise 2:19 SITAP

Paced Breathing

Breathing Practice Exercises

- Sound of an ocean wave cues you to the start of each contraction
- The yellow line lets you know where you are in the contraction

Paced Breathing Exercise 2:19 SITAP

Patterned Breathing

Breathing Practice Exercises

- Sound of an ocean wave cues you to the start of each contraction
- The yellow line lets you know where you are in the contraction

Patterned Breathing Exercise 2:18 SITAP

Group Discussion

Who will make up your support team during labor?

Have you considered a doula?



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



Find what works best for Mom



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
- Try new techniques



Tips for Back Labor



Counterpressure



Heat or Cold Packs



Double Hip Squeeze



Back Labor 0:30



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 2:06



Labor Positions



Side-lying



Forward-leaning



Sitting



Hands-and-knees



Labor Positions



Squatting



Lunging



Slow Dancing



Fitness Ball



Sitting



Forward-leaning



Peanut ball between legs



Pushing Positions



Hands-and-knees



Squatting



Side-lying



Birth Stool

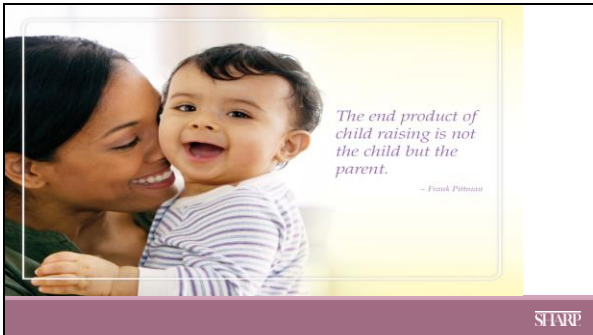


Breathing During Pushing

- Breathe in a way that feels good during pushing
- Try a controlled exhale as you push, instead of holding your breath
- You will push 3-4 times per contraction for about 6-8 seconds each time



STARP



The end product of child raising is not the child but the parent.

- Frank Pittman

STARP
