

Prepare for Better Birth Class Notes

Birth Plan: A birth plan is a **written list of your preferences** that can help organize your thoughts and feelings about the options available during labor and birth. This can be an **effective way to convey** your wishes and help your birth team support your goals. ***Creating you birth plans are included in our birth support package or we offer a 2 hour standalone birth planning session.***

Use your BRAIN

B- Benefits

- What are the physical or other benefits of this option?
- How will this help my labor, my baby, me?

R - Risks

- What are the risks or side effects of this option to me, my baby, and my labor?
- Are there any goals or preferences in my birth plan that would impacted?

A - Alternatives

- What is the desired effect of the option being presented?
- Is there an alternative that gets similar results?
- What are the benefits/risks of the alternative option?

I - Intuition

- What is your gut feeling of the option being presented?
- Did you include anything about this option on your birth wishes?

N - Need Time or No decision needed

- I need time to think this decision through.
- I need a private moment to talk with my family.
- I would like to wait for now.

The Labor Process: The GPS of birth

Squeeze: The Uterus

- Braxton-Hicks Contractions (practice contractions) vs. Labor Contractions
- Timing Contractions: The 5:1:1 Rule
 - 5 mins from the start of one contraction to the start of the next contraction
 - Each contraction is approximately 1 minute long. This pattern persists for approximately 1 hour or contractions become longer and more frequent.
- Stages of Cervical Changes
 - Movement – cervix moves from posterior to anterior position, helping baby align with pelvis in order to “engage” or “drop.”
 - Ripening – in order for the cervix to open during labor, it must soften or “ripen.”
 - Effacement – thinning of cervix. The thickness of the cervix is measured in percentages
 - Dilation – how wide the cervix opens. Dilation occurs as a result of contractions once you are in an established labor and after cervix has undergone some degree of the above three stages. You can dilate up to 3CM or more without any signs of labor. The cervix must open to approx. 10CM to begin pushing stage.

Squat: The Pelvis (positioning)

- Upright/standing (slow dance with partner)
- Side-lying (using pillows or peanut ball)
- Squatting (squat bars or partner-supported squat)
- Sitting (using a labor ball or on the toilet)
- Hands and Knees (on labor ball or bed)

Squirm: The Baby

- Baby's station (where baby's head is in the pelvis)
- Fetal cardinal movements of labor (journey of baby through the pelvis)
 - Engagement – baby's head enters pelvis
 - Descent – head moves deeper into pelvic inlet
 - Flexion – tucks chin to their chest (as they meet resistance of pelvic floor)
 - Internal Rotation – rotates head and body side to side to front to back to squirm through changing diameters of pelvis
 - Extension – as baby passes under pubic bone, the soft tissue of the pelvic floor causes baby to extend his/her head as baby crowns
 - External Rotation – as baby's head crowns, their head rotates 90 degrees towards one of your thighs
 - Expulsion – baby's body follows the rotation of the head
- Baby's positioning & what to do if breech scenario
 - Webster Method Chiropractor (www.icpa4kids.com)
 - Spinning Babies Forward Leaning Inversion (www.spinningbabies.com). ***We offer Spinning Babies Parent Classes for advanced labor positions and comfort measures during pregnancy and labor.***
 - External Cephalic Version by your medical provider (where they turn the baby)

The Labor Process: Stages of Labor

Stage One

Early Labor
Active Labor
Transition

Stage Two

Pushing
Delivery of Baby

Stage Three

Delivery of Placenta

Stage One

STAGE ONE: 3 PHASES

EARLY LABOR

SIGNS

- MILD, INCONSISTENT CONTRACTIONS
- MUCOUS DISCHARGE
- LOOSE STOOL
- FATIGUE
- NAUSEA/LOSS OF APPETITE
- INCREASE IN PELVIC PRESSURE

CERVICAL CHANGES

- MOVEMENT FORWARD
- THINNING (EFFACEMENT)
- DILATION (UP TO 4CM)

12-24 HOURS COMMON

ACTIVE LABOR

SIGNS

- CONTRACTIONS INTENSIFY, 3-5 MINS APART, ABOUT 1 MINUTE EACH AND ARE REGULAR (NOTICEABLE PATTERN)
- HARD TO SPEAK THROUGH CONTRACTIONS

CERVICAL CHANGES

CERVIX DILATED 4-6CM

6-10 HOURS COMMON
(ESPECIALLY FIRST TIME MOMS)

TRANSITION

SIGNS

- FEELING FLUSHED/SWEATY
- NAUSEA
- SHIVERING
- BABY MOVING LOWER
- LONG AND STRONG CONTRACTIONS, LASTING 60-90 SECS, 2-3 MINS APART
- MOST INTENSE BUT SHORTEST PHASE
- URGE TO PUSH

CERVICAL CHANGES

- CERVIX DILATED 7-10CM
- COMPLETING EFFACEMENT AND DILATION PROCESS

Stage Two: Pushing

- Can wait for urge to push
- Positions for pushing: on back, hands and knees, side-lying
- Passive pushing (breathing baby down) vs. coached pushing (most common in hospital setting)

Stage Three: Delivery of Placenta

- Delivered same means as baby within 5-20 minutes
- Delayed cord clamping after cord stops pulsating
- Can dispose it as waste, donate placenta in hospital, keep for encapsulation or to memorialize (burial, keepsake art).

Comfort Management: Medical Options

- Nitrous Oxide Gas (not available at Cape Fear, FirstHealth Moore Regional, or Womack)
- IV Pain Medication (before 7CM)
- Epidural Anesthesia

Comfort Management: Non-Medical Options

- Slow deep breathing
- Heat therapy
- Cold therapy
- Massage/Physical Touch
- TENS unit
- Birth comb
- Creating your own birthing space (sensory-friendly sights, smells, sounds, and tastes)
- Hydrotherapy
- Counterpressure
 - Sacral counterpressure
 - Sacral release
 - Hip squeezes
 - Knee press

The Welcoming Hour

- APGAR scoring to determine how well baby is tolerating life outside the womb within 1 and 5 minutes
- Skin to skin
- Breastfeeding initiation (join Breastfeeding Social of Fayetteville on Facebook for support)
- Newborn Procedures:
 - You have the right to consent or decline to any of the below standard hospital newborn procedures. Please speak with your provider for further information.
 - Erythromycin (antibiotic eye ointment)
 - Vitamin K (supplement shot required for in-hospital circumcision)
 - Hepatitis B (first of CDC schedule of vaccinations)

Additional questions or looking for additional support? Please contact us at 910-728-2926 or hello@centralcarolinadoulas.com