

Early & First Stage (At Home, 4-1-1):

1. Distractions: dim lights, cooking, cleaning, watching movies
2. Relaxation: massage, hot water shower, **pelvic rocks**, snacks, **lots of water**, dim light, quiet room, thinking of beautiful things, **husband's encouragement**, husband takes nap.

On The Way: Play labor music in the car

With the nurse:

- Be firm and confident
- **Praise the nurse, talk to her outside of the room**
- **"My wife is doing great!"** (so that nurses will less likely to suggest meds)
- **Negotiation:** Benefits? Risks? Alternatives? What if we do nothing? Can we have some more time?

Late First Stage (Relaxation):

- Give in, ride on contractions (instead of fighting against), to lose control, to moan, to yell
- Drink often, snacks
- **Husband massage**, counter-pressure, relaxing her jaw
- Pains and muscle tensions help with birthing
- Still image in the beginning: sky, ocean, mountains, field of wheat etc.
- Motion image in strong contractions: **riding over the waves**, swimming, climbing, windsurfing
 - If contractions pause before transitions, take a nap for energy reservation. –
 - Nipple stimulation if labor needs acceleration. –

Transitions (self-doubt, vomiting, shaking, hot/cold, contractions one on another):

- Look to the prize: the baby
- **Husband's encouragement, loving her through it**
- You are doing this for the baby, there is nothing too hard to do for the baby.
- **Try 3 things** before Epidural, to buy time in the transition stage.
- Water and food between contractions
- Take one contraction at a time

Second Stage (Pushing):

- Can take a nap between contractions;
- Pushing breathe (during contractions):
 - 2 quick ones; 2 deep breath: hold, push; then again.
 - Hold breath and push as long as possible.
- Wait till **undeniable pushing**, not to be told by nurse
- **Squatting** opens pelvic, also reduces tearing, (others: upright standing, kneel, avoid on back)
- Sip water
- **Ring of fire**, then take it **slow**, and **pant (don't push!)**. Baby head comes out without pushing.
- **Encouragements** (you're making progress) rather than instructions

STAGE	EMOTION	PHYSICAL	CONTRACTION	NEEDS
Early Stage	Anxious, doing things, walking	Bloody, mucus plug, bowel movements	10 mins apart 45 secs duration	Distraction, walking
First Stage	Anxious, doing things, walking	Hungry, backache, cramping, stretching in pelvis	5 mins apart 60 secs duration	Pelvic Rocks, supports and re-assurance, fresh air, move, dance
Late First Stage (Hospital)	Sleepy, concentrating, tense up,	No more hungry, no more talk, pressure in pelvis water may break	Intense 60 secs duration	Dim lights, relax, drink often, Give in
Transition (10-30 mins)	Self-doubt, scared, unsure, disbelief, want to go home	Sweat, shake, hot/cold, nauseous, vomit, burp, Water may break	Irregular, double peak, may stop	Reassurance, encouragement, Do not disturb , avoid drugs, take one contraction a time, loving her through it!
Second Stage (Pushing)	Calm, determination	Talkative, mucus discharge, 2 nd wind, urge to push Water may break	Longer interval	Ice chips, water, relax, push position