

Welcome To Prepared Childbirth Class

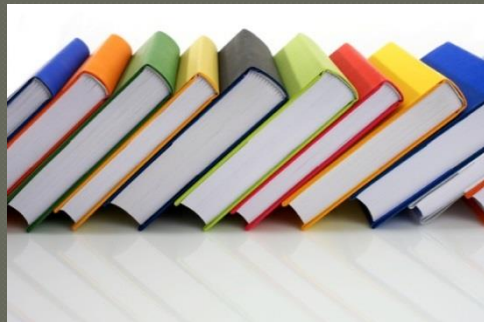
Instructor:

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985-537-8291

Class Needs



Other Class Offerings

- Breastfeeding Class
 - Bayou Moms Support Group
 - Grandparent's 101
 - Sibling Class
 - CPR
-
- To register:
pamela.folse@ochsner.org
 - 985-537-8291 or 985-537-2335

Introductions



- ◉ Names
- ◉ Due Date
- ◉ Doctor
- ◉ 1st baby or not? Do you know what you are having?

◉ MOMS:



◉ COACH:



NATIONAL HEALTH ORGANIZATIONS

- **American Academy of Pediatrics** - children's health guidelines and resources
www.healthychildren.org
- **Centers for Disease Control & Prevention** - public health information and statistics
www.cdc.gov
- **Medline Plus** - government health information site
www.nlm.nih.gov/medlineplus
- **National Institutes of Health** - comprehensive health information and research
www.nih.gov
- **The National Women's Health Information Center** - the federal government's source for women's health issues, including breastfeeding
www.4woman.gov

PREGNANCY, BIRTH, & POSTPARTUM RESOURCES

- **Lamaze International** - information about normal birth
www.lamaze.org
- **March of Dimes** - preventing premature birth and help for parents with premature babies
www.marchofdimes.com
- **National Organization on Fetal Alcohol Syndrome** - facts about FAS and getting help
www.nofas.org
- **National Organization of Mothers of Twins Club, Inc.** - information for parents of twins and higher order multiples, includes links to local support groups
www.nomotc.org
- **Postpartum Support International** - postpartum depression support groups and helpline
www.postpartum.net

BREASTFEEDING RESOURCES

- **La Leche League** - breastfeeding information and local support groups
www.lalecheleague.org
- **Women, Infants, and Children (WIC)** - federal agency supporting early childhood nutrition
www.fns.usda.gov/wic
- **International Lactation Consultants Association (ILCA)** - find internationally certified lactation consultants in your area
www.ilca.org
- **BFAR.org** - information about breastfeeding after breast and nipple surgeries
www.bfar.org

INFANT & CHILD SAFETY INFORMATION

- **American Heart Association** - find CPR classes in your area
www.americanheart.org
- **First Candle** - Sudden Infant Death Syndrome (SIDS) prevention and support
www.firstcandle.org
- **National Capital Poison Control Center** - poison information and hotline
www.poison.org
- **National Center on Shaken Baby Syndrome** - prevention education about Shaken Baby Syndrome
www.dontshake.com
- **National Highway Traffic Safety Administration** - travel safety and car seat installation instructions
www.nhtsa.gov
- **Red Cross** - disaster preparedness and CPR classes
www.redcross.org
- **Safe Kids Worldwide** - child safety and childproofing tips
www.safekids.org
- **SeatCheck** - car seat information and inspection site locator
www.seatcheck.org
- **U.S. Consumer Products Safety Commission** - consumer protection and product recalls
www.cpsc.gov

HEALTHY LIFESTYLE INFORMATION & SUPPORT

- **Choose “MyPlate”**- government website with personalized nutrition plans
www.choosemyplate.gov
- **National Partnership to Help Pregnant Smokers Quit** - smoking cessation for pregnant and postpartum moms
www.helppregnant smokersquit.org
- **SmokeFree.gov** - help with quitting smoking for men and women
www.smokefree.gov

PARENTING INFORMATION & SUPPORT

- **Childhelp** - national child abuse hotline and prevention tips
www.childhelp.org
- **National Center for Fathering** - online tips and resources for dads
www.fathers.com
- **Zero to Three** - child development and parenting information
www.zerotothree.org

Class Outline

- Class #1

- Pregnancy
- Labor

- Class #2

- Comfort Techniques
- Breathing & Relaxation

- Class #3

- Medical Procedures
- C/Section Delivery
- Postpartum Care
- Newborn Procedures
- Breathing & Relaxation

- Class #4

- TOUR
- Breastfeeding & Newborn Care
- Car Seat Reminders

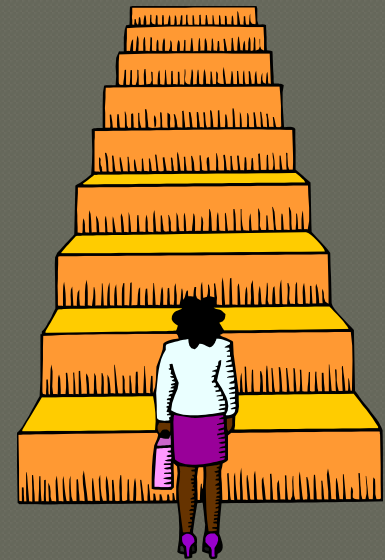
Understanding Pregnancy

- 3rd trimester overview
 - Starts @ 28 weeks
 - Lasts for about 12 weeks
 - Ends with the birth of your baby
- YOUR BODY IS PREPARING FOR BIRTH AND BREASTFEEDING

Understanding Pregnancy

● Changing Emotions

- More emotional ups and downs
- Mix of excitement and fear
- **COMPLETELY NORMAL!!**



Understanding Pregnancy

● DREAMS



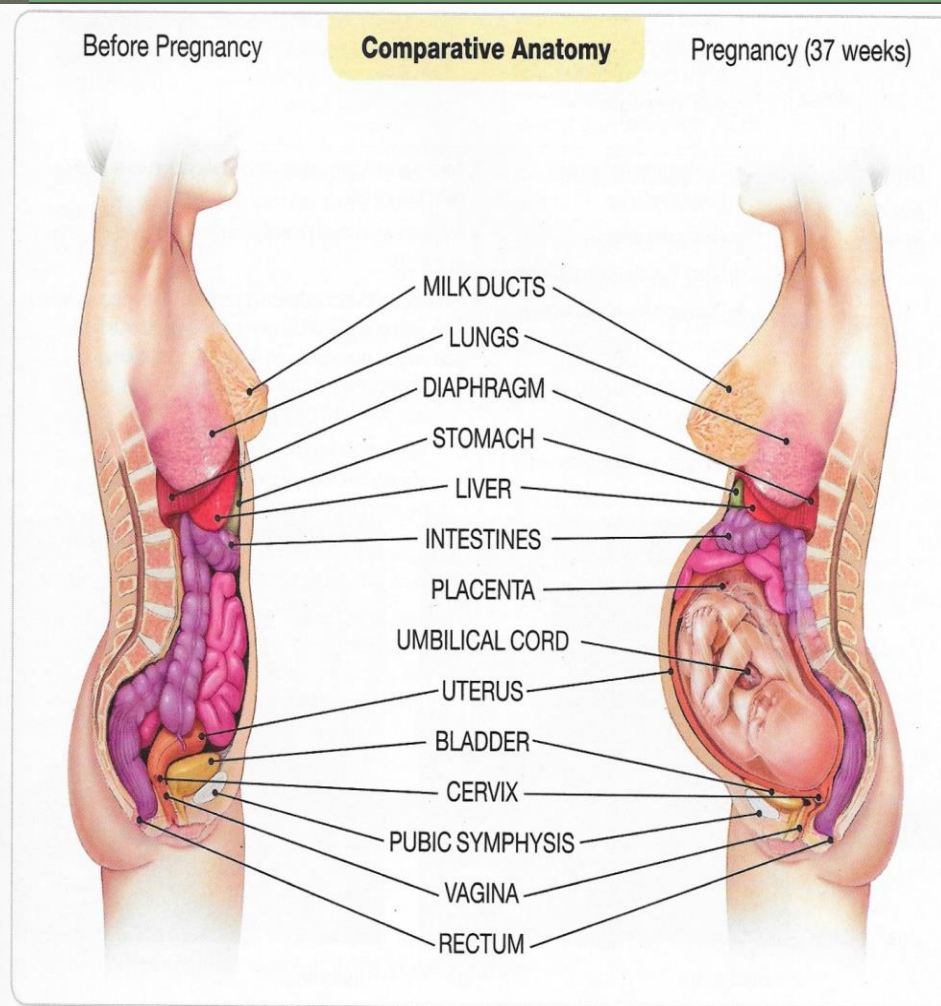
- You might lose sleep thinking about the changes ahead
- Strange baby dreams
- Nightmares about labor
- These are just the result of your mind working out any concerns you may have about becoming a parent

Understanding Pregnancy

- Communication
 - Best way to alleviate fears is to talk about them
 - Keep communication open by setting time to share
 - Talk about:
 - Hopes
 - Concerns
 - Relationship
 - Finances
 - Responsibilities



Understanding Pregnancy



- Anatomy of Pregnancy
 - Backache
 - Heartburn
 - Insomnia
 - Constipation
 - Hemorrhoids
 - Leg cramps
 - Nasal Congestion & Nosebleeds
 - Varicose Veins
 - Swelling

Understanding Pregnancy

● Nutrition

- Eating a variety of nutritious foods is important throughout your pregnancy
- Eat 300 extra calories per day
- Drink @ least 8 glasses of water

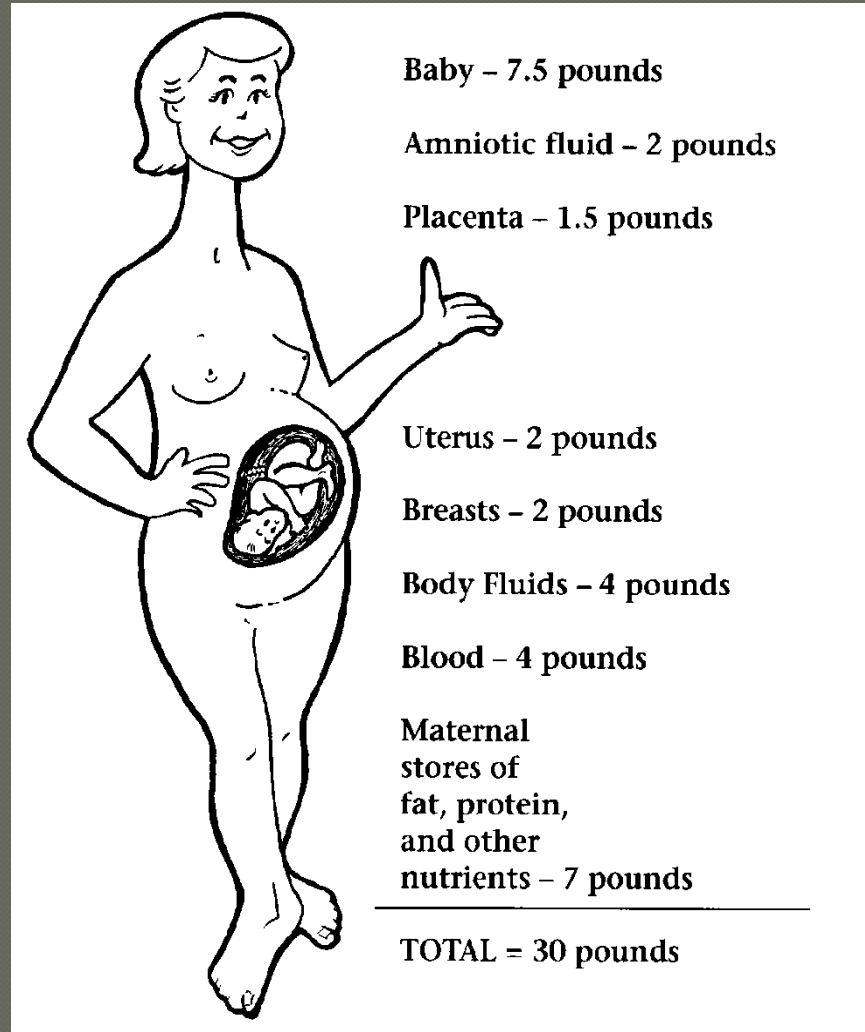


Understanding Pregnancy

Where does the weight go?

National Academy of Sciences statement *Nutrition During Pregnancy* recommends weight gain based on pre-pregnancy weight for height.

- Underweight
gain 28-40 lbs.
- Normal weight
25-35 lbs.
- Overweight
15-25 lbs.
- Multiples - take in more calories and gain according to # of babies.



Diet & Exercise

- Gaining more than the recommended amount of weight predisposes baby to *Obesity & Diabetes*
- Exercise -decrease your chances for *Gestational Diabetes & Gestational Hypertension*.
- *Healthy pregnant women are encouraged to exercise @ least **30 minutes**, most, if not all days of the week.*



Understanding Pregnancy

● Hazards to Avoid



Warning Signs



● **Call your Healthcare Provider**

- **General Pregnancy Warning Signs**
 - Vaginal Bleeding
 - Fever above 100.4 ° F (37.7 ° C)
 - Pain or burning with urination
 - Sudden swelling in your face or hands
 - Vision problems or headaches
 - Vomiting or diarrhea lasting 24 hours or more
 - Major change in your baby's movement
 - Sudden pain in your belly

Preterm Labor



- **Signs of Preterm Labor** (before 37 weeks)
 - Change or increase in vaginal discharge (watery, mucous-like, or bloody)
 - Pelvic or lower belly pressure
 - Dull ache in your lower back, pelvic area, lower belly, or upper thighs that is constant or repetitive
 - Mild belly cramps (with or without diarrhea)
 - Your water breaks in a trickle or a gush
 - Regular or frequent contractions that occur 4 or more times in 1 hour- these may not hurt or just feel like tightening

What you should do if you think you are having pre-term labor



Note: *If you have contractions, STOP whatever you are doing, drink 2-3 glasses of water, empty your bladder, & lie down on your left side for an hour. Continue TIMING the contractions. If they do not go away, or if the pain is persistent and severe, call your healthcare provider right away!*

What Happens once admitted for Preterm Labor

- We may give you IV fluids
- You may be put on bedrest
- We may keep visitors away for a quiet, restful environment.
- We will check your urine for a bladder infection or UTI
- The doctor will examine you to see if any dilation has occurred
- We will monitor the baby's heartbeat and you contractions
- Your care team will re-evaluate you after a couple of hours

Understanding Pregnancy

● Body Mechanics

- Proper Seatbelt Use
- Proper Lifting
- Proper Standing Posture
- Getting Out of Bed
- Getting Up from Low Furniture

Understanding Pregnancy

- Strength & Stretching Exercises
 - Wall Squat
 - Back Twist Stretch in Chair
 - Butterfly Pose Hip Stretch
 - Pelvic Tilt Abdominal Exercise
 - Kegel Exercise

Understanding Pregnancy

● Special Attention Pregnancies

- Multiples
- Factors determining how twins are born:
 - Position and weight of each baby
 - Mother's health
 - Babies' health

**** Bed Rest Tips ****

- Have someone pack a cooler with lunch, snacks, and drinks
- Have things to do within reach- phone, laptop, stereo, TV, reading material, and paper & pen
- Look for on-line bed rest support groups

If you nap, try to stick to a schedule. Napping too much can make it hard to sleep @ night

Understanding Labor



Understanding Labor

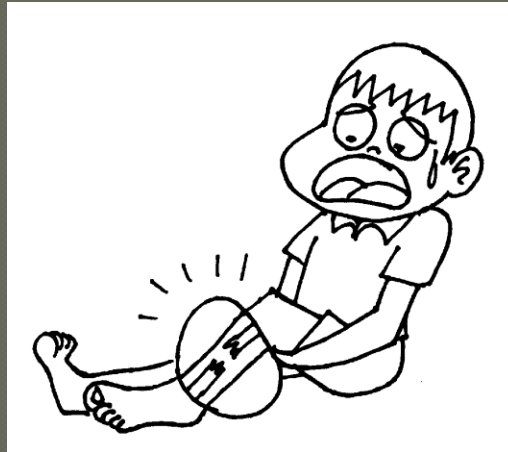
● Birth is NORMAL

- Natural and normal process
- Your body already knows
- Hormones- chemicals made by your body- will guide the process and bring your baby into the world



Understanding Labor

● Pain



Understanding Labor



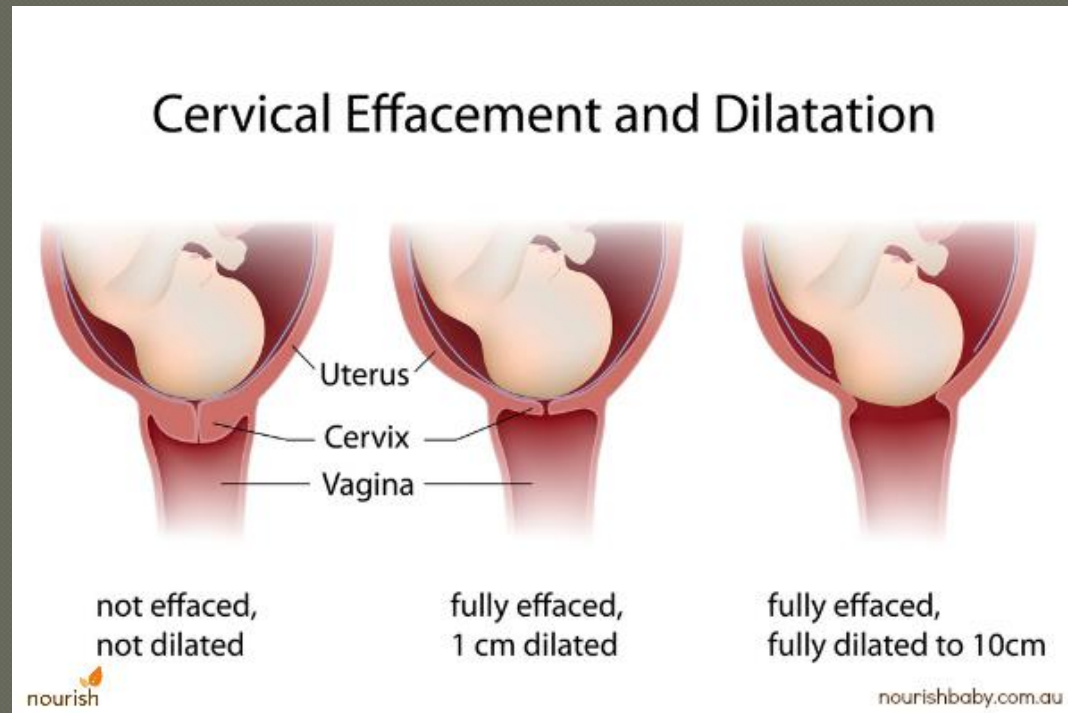
Understanding Labor

- PAIN

- Signals you to get to a safe place to give birth

Understanding Labor

- PAIN
- Caused by the uterus contracting, the cervix thinning, and opening, & the pressure of your baby's head dropping down



Understanding Labor

- PAIN
- Triggers your body to release ENDORPHINS

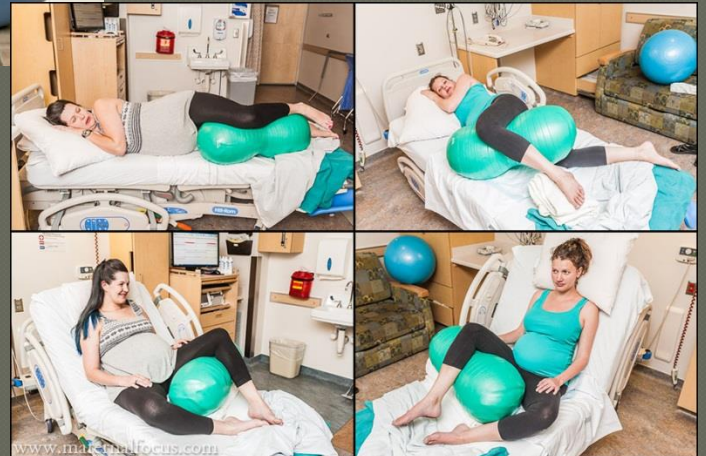
ENDORPHINES



The happy hormone

Understanding Labor

- PAIN
- Guides you to get into comfortable positions



Understanding Labor

- PAIN
- Comes & goes



Understanding Labor

- PAIN
- Can be prepared for in advance



Understanding Labor

- PAIN
- Eased by natural comfort techniques and loving support



Understanding Labor




- PAIN
- Stops with the birth of your baby



Understanding Labor

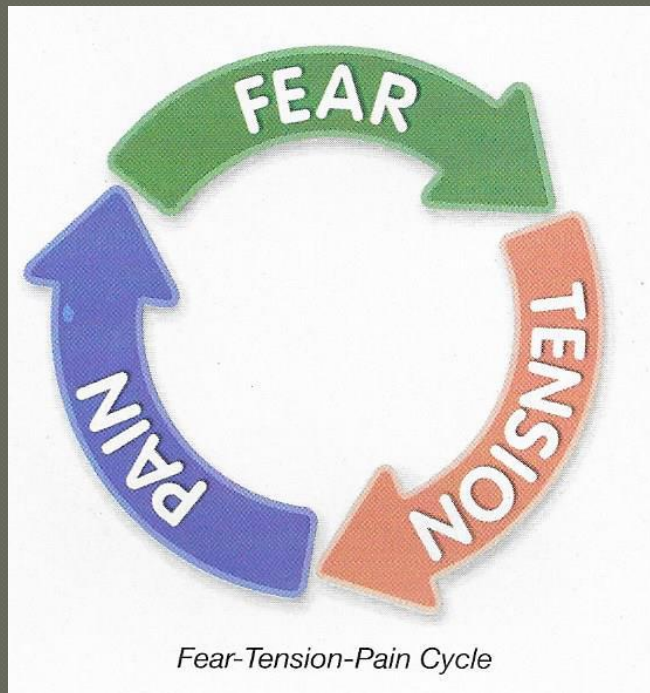
The Stages Of Labor Summary

- 1st Stage = Thinning & Opening of the Cervix

Phase	Dilation	Length	Emotion
Early Labor	0-4 or 5cm	6-12+ hours	
Active Labor	5-8cm	3-5 hours	
Transition	8-10cm	30 min-2 hours	

- 2nd Stage = Pushing & Birth (20 minutes – 2 hours)
- 3rd Stage = Delivery of the Placenta (5-20 minutes)

Understanding Labor



- It's natural to be scared of things that you haven't felt before
- Fear leads to tense muscles
- Tense muscles get less OXYGEN, causing more pain
- How to Break the CYCLE:
 - Learn about the process & your options
 - Practice the techniques you'll use during labor
 - Have loving people provide emotional support during labor

Understanding Labor

The 4 P's of Labor

1. Passageway- Pelvis, Cervical Opening, and Vagina(birth canal)
 2. Passenger – Baby- size, position, and direction he/she is facing
 3. Powers- Uterus- Cervix & Fundus
 4. Psyche – Emotions
- These 4 come together to make your labor UNIQUE
 - You can influence how the 4 P's work in your labor by using comfort measures and positions
 - *Pain Perception & Pain Tolerance*

Understanding Labor

● Signs of Pre-labor

- Braxton- Hicks Contractions
- Lightening
- Release of Mucous Plug
- Nesting Instinct
- Weight Loss of 1-3 pounds
- Increased Backaches
- Diarrhea

Just like a runner trains for a race, your body prepares for labor!



Understanding Labor

● Onset of Labor

- Labor usually begins between the 37th and 42nd weeks of pregnancy
- shift in hormones most likely – yours or baby's that triggers the start of labor

● Contractions

- Contractions become **LONGER, STRONGER, & CLOSER** together

Understanding Labor

How Do You Know if You're in Labor?

True Labor Contractions:

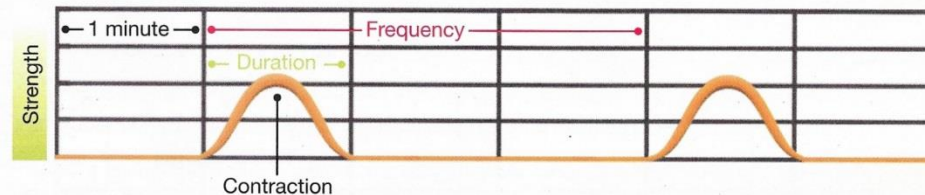
- Eventually tighten the entire uterus
- Usually cause pressure on the lower back and/or lower belly
- Last longer over time
- Become stronger over time
- Grow closer together
- Do not stop when you change your activity, and walking may make them stronger
- Cause the cervix to thin and open


Warm-Up Contractions:

- Tighten portions of the uterus
- Don't usually cause back pressure
- Ease up over time
- Lose intensity over time
- Have no regular pattern
- May stop when you change your activity by resting, walking, or taking a warm bath
- Do not cause the cervix to change

How to Time Contractions

Frequency is measured from the start of one contraction to the start of the next. In this example, the contractions last one minute each and are three minutes apart.



 **GO ONLINE** SeeWhatYouRead.com



Contraction Timing Chart

Track your contractions at home



Contraction Timer

Use this to time your contractions automatically

Understanding Labor

● WHEN DO I GO TO THE HOSPITAL???

- Contractions every 5 minutes for 1 hour
 - Growing more intense, regular pattern, lasting longer, closer together
 - 511
- Water Bag Breaks
 - Note the color, odor, amount of fluid, and time.
 - COAT or TACO
- Bleeding
 - Note the amount of bleeding and presence of clots

Watch DVD

GOODNIGHT!

- **REMINDER:**
- Bring Pillows and blankets next week

