Welcome To Prepared Childbirth Class

Instructor:
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Class Needs

PARKING

Sign In

It's Time For A Break

Books

Lemonade

Pillows
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](http://www.healthychildren.org)
- **Centers for Disease Control & Prevention** - public health information and statistics
  [www.cdc.gov](http://www.cdc.gov)
- **Medline Plus** - government health information site
- **National Institutes of Health** - comprehensive health information and research
  [www.nih.gov](http://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](http://www.4woman.gov)
PREGNANCY, BIRTH, & POSTPARTUM RESOURCES

- **Lamaze International** - information about normal birth
  [www.lamaze.org](http://www.lamaze.org)

- **March of Dimes** - preventing premature birth and help for parents with premature babies
  [www.marchofdimes.com](http://www.marchofdimes.com)

- **National Organization on Fetal Alcohol Syndrome** - facts about FAS and getting help
  [www.nofas.org](http://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](http://www.nomotc.org)

- **Postpartum Support International** - postpartum depression support groups and helpline
  [www.postpartum.net](http://www.postpartum.net)
**BREASTFEEDING RESOURCES**

- **La Leche League** - breastfeeding information and local support groups  
  [www.lalecheleague.org](http://www.lalecheleague.org)

- **Women, Infants, and Children (WIC)** - federal agency supporting early childhood nutrition  
  [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

- **International Lactation Consultants Association (ILCA)** - find internationally certified lactation consultants in your area  
  [www.ilca.org](http://www.ilca.org)

- **BFAR.org** - information about breastfeeding after breast and nipple surgeries  
  [www.bfar.org](http://www.bfar.org)
INFANT & CHILD SAFETY INFORMATION

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

- **National Center for Fathering** - online tips and resources for dads
  [www.fathers.com](http://www.fathers.com)

- **Zero to Three** - child development and parenting information
  [www.zerotothree.org](http://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
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
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
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
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**
- **Multiples** - take in more calories and gain according to # of babies.

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**Weight Gain Breakdown**

- Baby – 7.5 pounds
- Amniotic fluid – 2 pounds
- Placenta – 1.5 pounds
- Uterus – 2 pounds
- Breasts – 2 pounds
- Body Fluids – 4 pounds
- Blood – 4 pounds
- Maternal stores of fat, protein, and other nutrients – 7 pounds

**TOTAL = 30 pounds**
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

- Alcohol
- Cigarettes
- Illegal Drugs

Caffeine:
- Safe: 100 mg
- Moderate: 300 mg
- High: 500 mg
- Extreme: 600+ mg
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
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
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
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

Purposeful
Anticipated
Intermittent
Normal

glowdoula.com.au
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
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
  - 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)
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
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!
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?

<table>
<thead>
<tr>
<th>True Labor Contractions:</th>
<th>Warm-Up Contractions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eventually tighten the entire uterus</td>
<td>Tighten portions of the uterus</td>
</tr>
<tr>
<td>Usually cause pressure on the lower back and/or lower belly</td>
<td>Don't usually cause back pressure</td>
</tr>
<tr>
<td>Last longer over time</td>
<td>Ease up over time</td>
</tr>
<tr>
<td>Become stronger over time</td>
<td>Lose intensity over time</td>
</tr>
<tr>
<td>Grow closer together</td>
<td>Have no regular pattern</td>
</tr>
<tr>
<td>Do not stop when you change your activity, and walking may make them stronger</td>
<td>May stop when you change your activity by resting, walking, or taking a warm bath</td>
</tr>
<tr>
<td>Cause the cervix to thin and open</td>
<td>Do not cause the cervix to change</td>
</tr>
</tbody>
</table>

### 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.

![Graph showing how to time contractions](image)

**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
REMINDER:
Bring Pillows and blankets next week