Prepared Childbirth
Class 2

Labor & Comfort Techniques
When Should I Go To The Hospital?  
(unless your doctor instructs differently)

- **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, & time.
  - COAT or TACO

- **Bleeding**
  - Note the amount of bleeding and presence of clots.
Call Your Healthcare Provider

- You need to contact your Healthcare Provider & go to the Hospital sooner than 511 if you:
  - Vomit with contractions
  - Feel rectal pressure
  - Are unable to walk or talk through contractions
  - Tested positive for Group B Strep & need more time @ the hospital for Antibiotics
  - Live far from the hospital
  - Progress Quickly (call 911 and get into a side-lying position if you are having an extremely fast labor)
Understanding Comfort Techniques

- **Labor Support Team**
  - Having helpful, loving support people creates a better labor experience

*Sometimes we need someone to simply be there. Not to fix anything, or to do anything in particular, but just to let us feel that we are cared for and supported.*

- Unknown
Understanding Comfort Techniques

- Doulas - professional labor assistants

Doulas are women experienced in childbirth who provide advice, information, emotional support, and physical comfort to a mother before, during, and just after childbirth. (Merriam-Webster.com, March 2012)
Breathing Techniques

- There is no magical breathing pattern that takes away the pain, but breathing does help.
- It helps contractions work better by bringing OXYGEN to your uterus.
- Breathing also helps relax your muscles.
- Breathing gives you something to focus on.
- There is no “right way” to breathe during labor.
- If it helps you relax, then it is right for you.
To Practice Breathing

- Set up a relaxing environment
- Think of the 5 senses to help you
Relaxing Environment

Let go, katy.

Go ahead and let's almost here
Relaxing Environment

Sometimes music is the only thing that gets your mind off of everything else, or someone.
Relaxing Bed Sheet Spray

1 Cup Water
4 Drops Lavender Essential Oil
3 Drops Chamomile Essential Oil

Blend in a spray bottle, shake, and lightly mist sheets and pillows before bed.
Relaxing Environment
Partner Tip

- Set up the labor environment the way your partner desires
Partner Tip

- Suggest a variety of Comfort Measures and Positions until she finds what works best for her.
Partner Tip

Encourage her to empty bladder every hour.
Partner Tip

The cold side of the pillow.

THE BEST FEELING EVER!!

Make the bed comfortable
Partner Tips

Offer lip balm
Partner Tip

Offer ice chips
Partner Tip

Keep the music playing.
Provide words of Encouragement while using comfort measures
Partner Tip

Rest when you can, and eat
Partner Tip

Don’t take it personally if your partner aims her frustration @ you- you’re a safe outlet for her to express her feelings.
Stress & tension can automatically cause us to take big deep breaths. After a sigh we feel more relaxed.

A cleansing breath is a big sigh; in through your nose and out through your mouth.

At the beginning of the contraction, it reminds you to start off relaxed.

When the contraction is over, it will help you to release any lingering tension that might have occurred during the contraction.
This is a relaxed and comfortable breathing pattern that is half of your normal respiratory rate.

- Breathe in through your nose and out through your mouth.
- Start with this technique and continue with it until it no longer is working for you.
- Most helpful for mild to moderate contractions

In 2, 3, 4 Out 2, 3, 4 (repeat for the length of your contraction)
Paced Breathing Technique

- Helpful during the active stage of labor.
- This pattern often requires assistance from your labor partner.

In 2, 3 – Out 2, 3 (repeat 3 times)

In 2 – Out 2 (repeat 2 times)

Pant in and out (about 15 seconds)

In 2 – Out 2 (repeat 2 times)

In 2, 3 – Out 2, 3 (repeat 3 times)
This pattern is designed to help you cope during strong contractions, which occur in Transition.

He, He, He, He, Who

- Inhale before each He
- Exhale as you say He
- Let all your breath out on Who
- Take another breath in and repeat
Breathing During Pushing

- Usually best to breathe naturally
- Most women get 3 pushes per contraction
- Cleansing breath followed by deep inhale and pushing
- C position
Breathing Exercises
You will begin to hyperventilate when you breathe too deeply or too rapidly. Hyperventilation causes too much carbon dioxide to be blown off and out of your system.

Signs & Symptoms of Hyperventilation:
- Increased heart rate
- Dizziness
- Nausea & possible vomiting
- Sweating
- Numbness & tingling of mouth & hands
- Anxiety
- Pain may be heightened
To help equalize the oxygen and carbon dioxide levels in your breathing system you can place a paper bag or cup your hands over your nose and mouth, and breathe shallow and slowly. In a few minutes all those nasty sensations will be relieved.
When your muscles are relaxed during labor:
- PAIN is reduced
- FEWER Stress Hormones are produced
- More OXYGEN flows to the baby
Types of Relaxation

- Progressive Relaxation
- Touch Relaxation
- Massage
- Visualization
- Active Imagery
- Focal Points
- Hydrotherapy
Massage

- Use firm pressure - try a few strokes and ask what she prefers
- Effleurage is a light circular massage on the lower abdomen that many women find soothing
- If her body is too sensitive to be touched, massage her hands and feet
- Practice massage @ home before labor
- Use massage aids:
Music

- Aids in relaxation by drowning out any distractions.
- Helps soothe your environment.
- Practice with music at home.
- Use music that is comforting to you.
- Bring your favorite music with you to the hospital.
Using Different positions can:

- Speed up labor
- Reduce PAIN
- Help baby get into position
- Helps you actively participate
- Provides change of pace
Massage Pressure Points
Stages/Phases of Labor

- DVD
  - “Understanding Birth”
    - Labor
Penny Simkin's
Relax for Childbirth
Breathing & Massage
Thank you for coming

Next week: