

# Prepared Childbirth Class 2

Labor & Comfort Techniques



# When Should I Go To The Hospital?

(unless your doctor instructs differently)

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- 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

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- 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

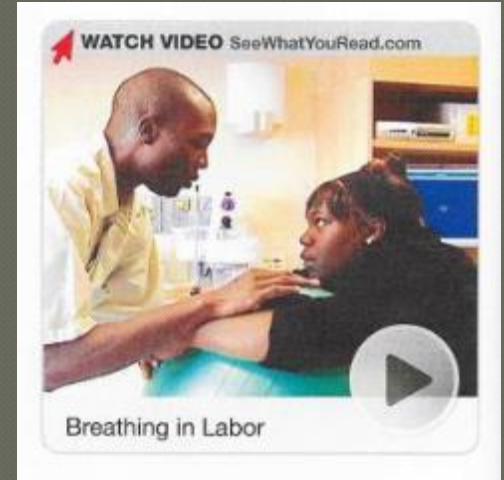
- Doulas- professional labor assistants





# 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

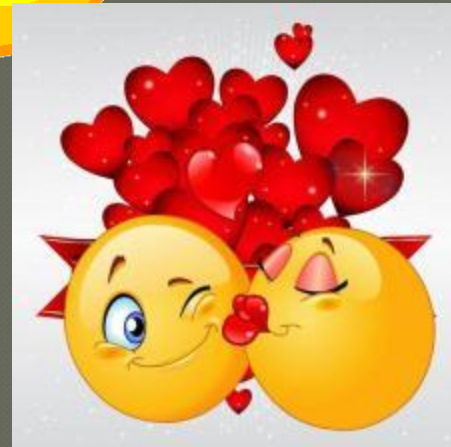
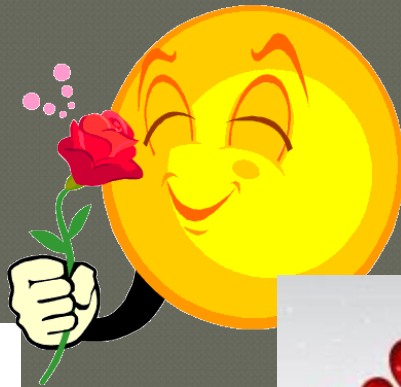




# To Practice Breathing

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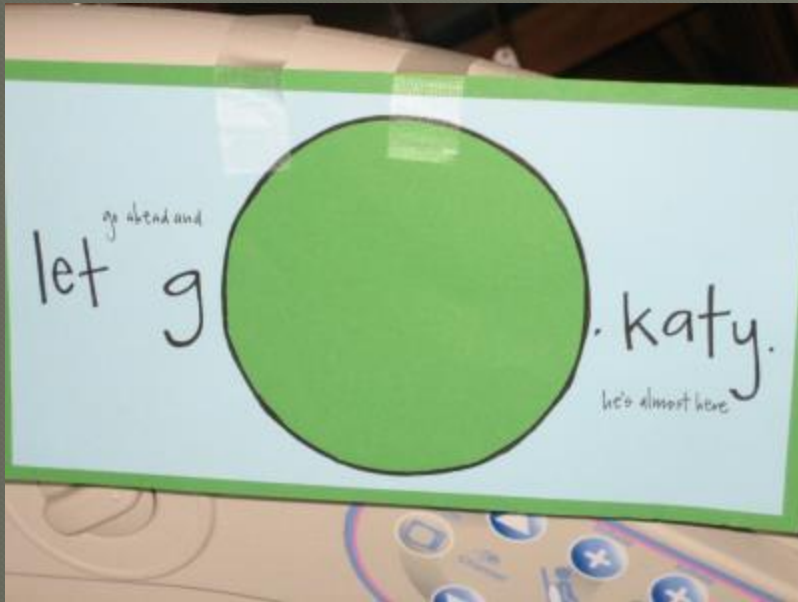
- ◉ Set up a relaxing environment
- ◉ Think of the 5 senses to help you







# Relaxing Environment







# Relaxing Environment







# Relaxing Environment

## Relaxing Bed Sheet Spray

- 1 Cup Water
- 4 Drops Lavander Essential Oil
- 3 Drops Chamomile Essential Oil

Blend in a spray bottle, shake, and lightly mist sheets and pillows before bed.







# Relaxing Environment







# Relaxing Environment





# Partner Tip

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- 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

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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

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Offer ice chips





# Partner Tip

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Keep the music  
playing.



# Partner Tip

Provide words of Encouragement while using comfort measures





# Partner Tip

Rest when you can, and eat





# Partner Tip

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Don't take it personally if your partner aims her frustration @ you- you're a safe outlet for her to express her feelings





# Cleansing Breath

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- 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.

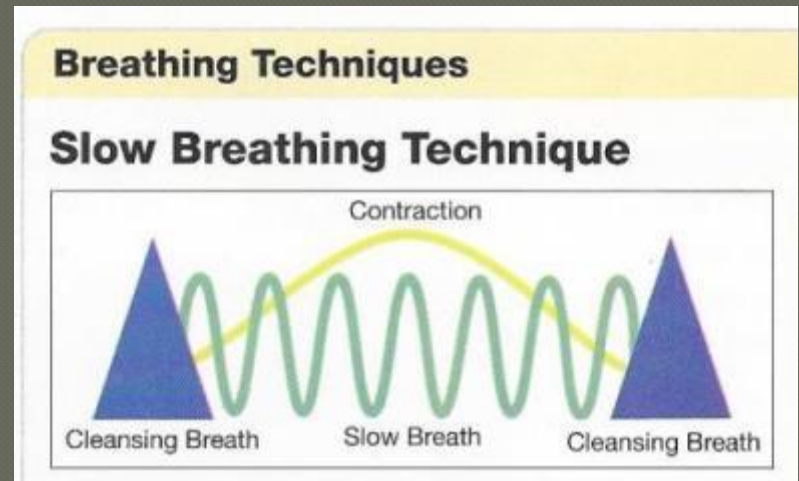




# Slow Breathing Technique

- 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.

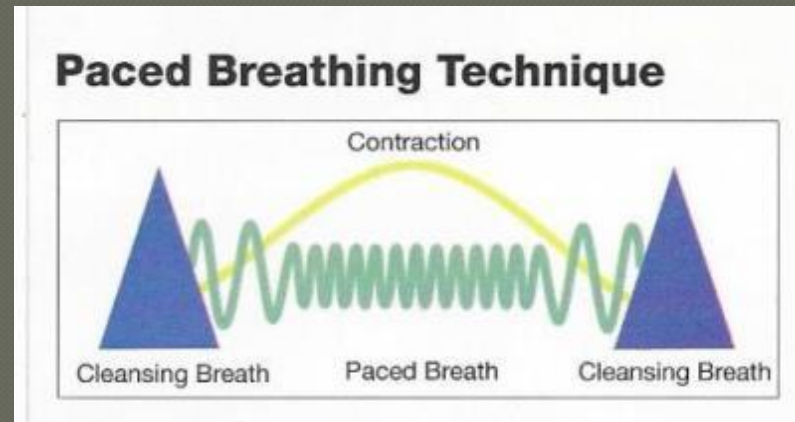
In 2, 3 – Out 2, 3  
(repeat 3 times)

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)



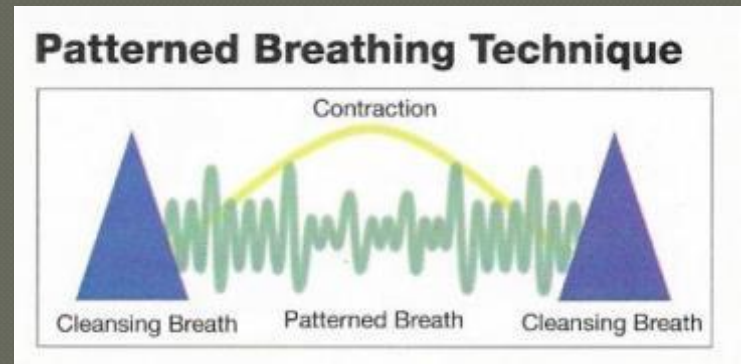


# Patterned Breathing Technique

- This pattern is designed to help you cope during strong contractions, which occur in Transition

He, He, He, He, Who

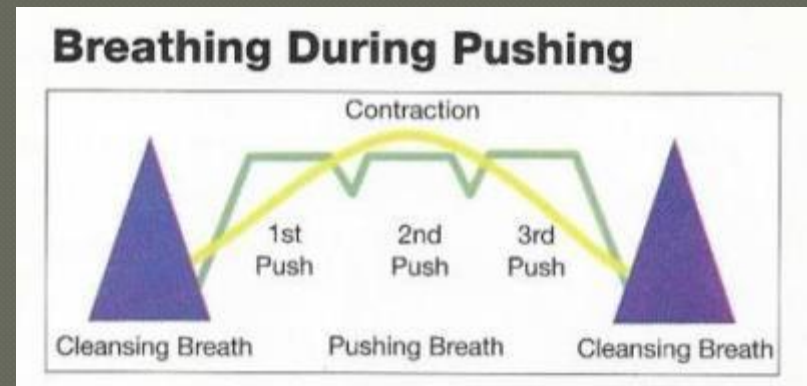
- Inhale before each He
- Exhale as you say He
- Let all your breath out on Who
- Take another breath in and repeat





# Breathing During Pushing

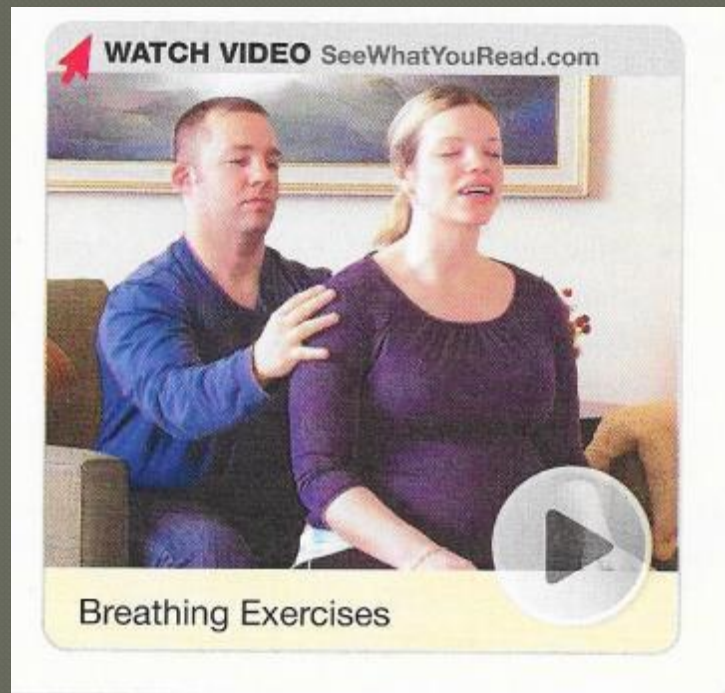
- Usually best to breathe naturally
- Most women get 3 pushes per contraction
- Cleansing breath followed by deep inhale and pushing
- C position





# Breathing Exercises

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# Hyperventilation

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- 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



# Hyperventilation

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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.





# Relaxation

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- ◉ When your muscles are relaxed during labor:
- ◉ PAIN is reduced
- ◉ FEWER Stress Hormones are produced
- ◉ More OXYGEN flows to the baby





# Types of Relaxation

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



# Partner Tip

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## ● 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

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- 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.





# Labor Positions

- Using Different positions can:
  - Speed up labor
  - Reduce PAIN
  - Help baby get into position
  - Helps you actively participate
  - Provides change of pace

## Positions for the First Stage of Labor

Try the following positions during pregnancy (practice breathing techniques in each position):



Lunging



Hands and knees



Side-lying



Forward-leaning



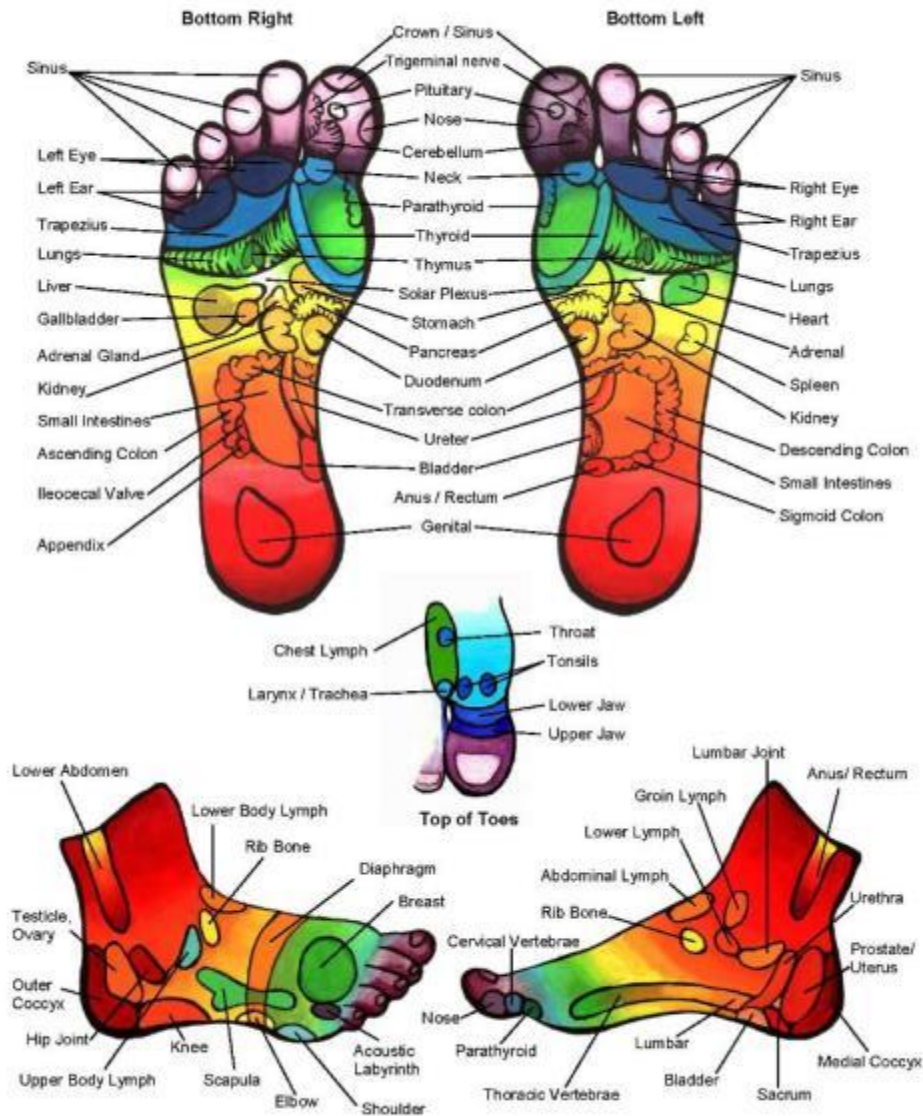
Squatting



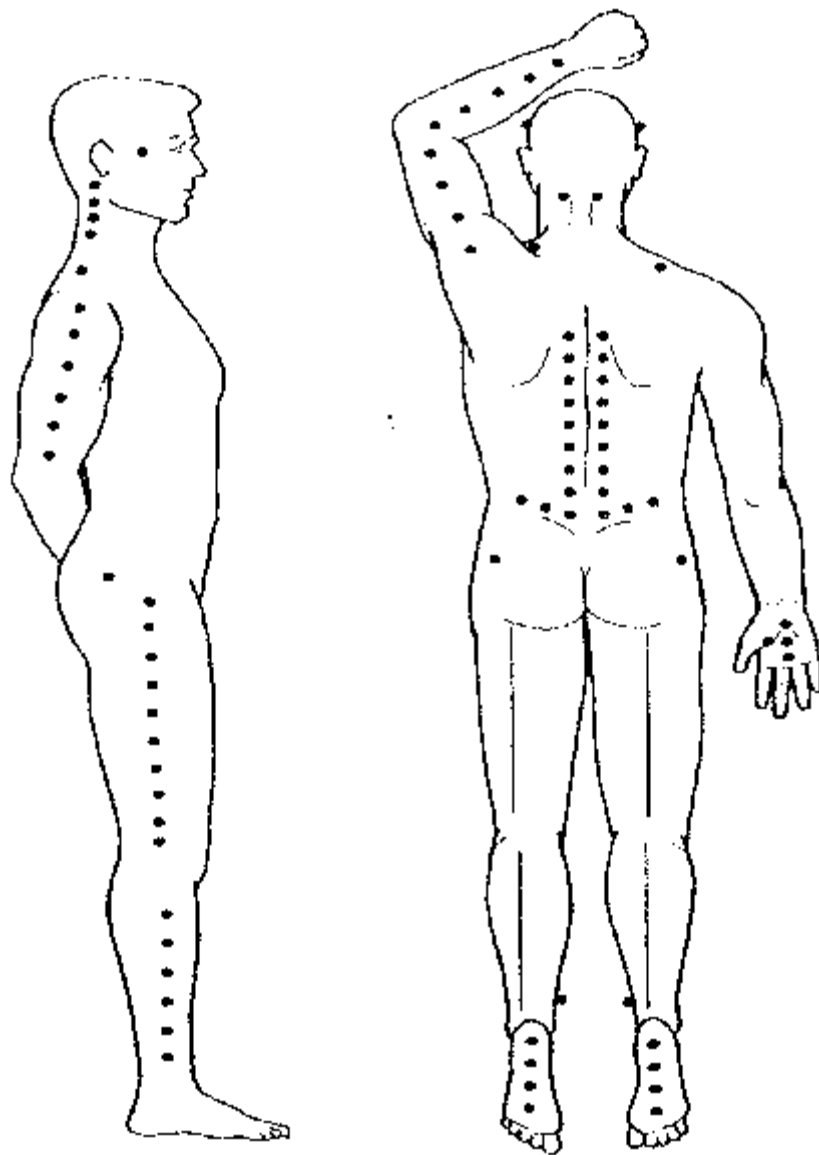
Standing



## Foot Reflex Chart







**Massage Pressure Points**



# Stages/Phases of Labor



## ● DVD

- “Understanding Birth”
  - Labor



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Penny Simkin's  
Relax for Childbirth  
Breathing & Massage



# Thank you for coming

**Next  
week :**

