

LAMAZE GOODIE BAG

Small paper bag to recapture  
CO<sub>2</sub> in case of hyperventilation.

FOR COACH

Notebook/pencil:  
for notes,  
thoughts, record  
of contractions

Watch:  
to time contractions

Class handouts:  
for quick reference

Lunch:  
to eat

Camera/film  
for invaluable  
pictures

Phone numbers:  
to spread the news!

FOR WOMAN

Object to focus on:  
to aid concentration

unscented talc:  
for effleurage/back rub

Chapstick:  
for dry lips

Lollipops:  
to keep mouth moist and  
provide energy

Tennis balls, ice pack, rolling pin:  
to apply against back in the  
event of back labour

Socks:  
to keep feet warm

Washcloths (2):  
to wipe brow/ suck on.

Champagne:  
to celebrate!!

## The process of human birth

### Transition Phase

From 7-8 cm to 10 cm or full dilation; contractions are extremely strong, long and erratic, and are difficult to manage. Contractions last over a minute, sometimes as long as  $1\frac{1}{2}$  - 2 minutes... rest intervals are very short, 30-90 seconds. Contractions reach their peak after 2-3 seconds. This is the most difficult period in labour, but is also the shortest: about  $\frac{1}{2}$  - 1 hour for first babies, 10-30 minutes for subsequent babies. Transition breathing should be used, and between contractions slow chest breathing might help with relaxation.

Subjective symptoms of transition (usually 3-4 of these):

1. Extreme exhaustion.
2. Urge to push. DO NOT PUSH until examined and given permission.
3. Irritability, glassy-eyed, unintelligent look, loss of inhibitions.
4. Desire to give up, feeling of panic, desire to escape.
5. Nausea and/or vomiting.
6. Loud burps, hiccoughs.
7. Shaking, trembling (can't relax).
8. Hot, face flushed, perspiring. Chilled, cold feet.
9. Sleepy.... get new wind when ready to push.
10. Pain, if it occurs, is most likely here... about  $\frac{1}{3}$  of the contractions are real zingers! Multiple peaks may occur and the contraction may linger and never seem to go away.

### Labour Coach's Role:

1. Know transition symptoms and place them in a positive way... it won't be long now, the baby is almost ready to be born, just a couple more contractions, I know we can do it, this is the shortest part, etc.
2. Remember eye contact is very important here.
3. When there's a "catch" in her breath, remind her to BLOW, BLOW, BLOW! Inform nurse she has an urge to push.
4. If she's hot, a cold wet facecloth feels good.
5. Hold legs firmly at thighs if legs are shaking.
6. You must take charge here... be firm but positive.
7. If she loses control during a contraction, hold her face between your hands, speak firmly and breathe with her.
8. Watch for hyperventilation... have bag ready if needed.

## The Process of Human Birth.

### SECOND STAGE

Work Accomplished: Expulsion of baby from uterus, through birth canal.

Duration: 5-10% of labour... ½-1 hour for first baby;

10-30 minutes for subsequent babies.

Description: There is no correlation between the first and second stages of labour. This is an exciting and beautiful part of labour. Contractions are of a new pattern: about 60 seconds long with rest periods of 2-6 minutes. All of the difficult sensations of transition are gone. Pushing takes lots of effort. Reactions vary from "it feels great to push!.. very satisfying!" to "painful- but better than transition". Rest periods are again sociable times, as in early first stage. Remember to rest between contractions to conserve energy. Relax the pelvic floor and perineum... think "OUT BABY, OUT BABY" and push out through your vagina. As the head presses against the outlet, it stretches... the crowning. It is here that the ~~nurse~~<sup>midwife</sup> will ask you to "Stop pushing!". Lay back and blow, blow. An episiotomy may be done at this point. All of this takes much time and effort; however, it is very rewarding work. And...

HERE'S YOUR BABY!!!!

### Labour Coach's Role

1. In the labour room, see that the bed is at an angle of 35°, and help your partner to grasp her legs. Otherwise, coach as for first stage.
2. Remind her to take two cleansing breaths to start.
3. Raise her shoulders, if using pillows, when taking third breath.
4. Remind her: mouth open; chin forward, eyes open during pushing.
5. Keep reminding her to push with her pelvic floor relaxed, lips parted slightly, thinking "Out baby".
6. See that she takes at least two cleansing breaths after each contraction. Help her to rest and relax between contractions.
7. Praise her as she works.
8. Help her to lie back and blow when ~~nurse~~<sup>midwife</sup> asks her to stop pushing.

### THIRD STAGE

Work Accomplished: Separation and expulsion of the placenta.

Duration: 5-30 minutes.

Description: Contractions are usually mild, less noticeable because of decrease in content of the uterus. You may be asked to push out the placenta. Some women tremble after delivery...ask for a blanket if necessary.

ENJOY YOUR BABY!!!!