

Labor Process Pushing

Main Points

- A woman's body knows how to give birth
- If unhindered, the uterus will birth the baby
- Quicker is not necessarily better
- A slow controlled birth protects perineum

Process of Pushing

- Early - fetus is high
- Active - descent takes place
- Transition - vaginal pressure and crown

Mother and baby must participate in pushing phase

Define fight-flight response _____

Pushing

- If unhindered, the uterus will birth the baby
- Quicker is not necessarily better
- A slow controlled birth protects perineum

Pushing Tips

- Use PC muscle; same as kegels
- Make sure jaw is unlocked
- Use different positions
- Visualize stretching and opening
- Take a quick breath anytime

Notes:
