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## Labor Process

Objectives:

- List techniques for teaching normal labor
- Discuss importance of changing positions during labor

- I. Teaching techniques for normal labor
  - a. Relate labor to something familiar
  - b. Introduce critical anatomy terms
  - c. Provide an overview of the process
  - d. Demonstrate with pelvis, knitted uterus, and baby doll
  - e. Discuss various perceptions of contractions
  - f. Show video of normal labor and birth
  
- II. Pain in labor
  - a. Coping Techniques
  - b. Medications
  
- III. Interventions and hospital procedures
  
- IV. Cesarean birth
  - a. Avoidance of unnecessary cesareans
  - b. Medical reasons for cesareans
  - c. Cesarean procedure
  - d. Gentle cesarean
  - e. VBAC

Notes:

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A baby is normal, healthy, and full term at how many weeks?

### Labor Signs

- Regular Contractions
- Water Breaks
- Lose Mucous Plug
- Bloody Show
- Flu Symptoms
- Backache, Cramps

Last month of pregnancy is  
beginning of labor

### Water Break

C - Color  
O - Odor  
A - Amount  
T - Time

### When to go to hospital, birth center, or call midwife

Call first and then go:

If your water breaks

First time mom: When contractions are 5 minutes for 1 - 2 hours

Previous labor: contractions are 6 to 7 minutes apart for 1 hour

Heavy bleeding like period

Decreased fetal movements

Uncomfortable, can't walk, talk, or breathe through contractions

Mood changes

Ignores her children

How long does labor last?

Passenger  
Powers  
Psyche  
Position

Stages of Labor  
Early Labor 1- 6 cm  
Active Labor 6 - 8 cm  
Transition 8 - 10 cm  
Pushing  
Delivery of Placenta

#### Transition Labor

- Uterus does not fully relax so you do not feel break
- Nausea, vomiting, irritable, cursing, hot flashes, chills, bleeding, urge to push
- Remember it will not get any harder
- This is shortest part

Helping mom not panic:  
Make eye contact  
Hold her firmly; speak softly  
Breathe with her  
Reassure her

#### Useful Information

Eating  
Labor can be noisy  
It is okay to lose it in unexpected way  
You can automatically go into a trance  
Some women know exactly what they need by instinct

**Pushing Tips**

Make sure jaw is unlocked

Use different positions

Visualize stretching and opening

Take a quick breath anytime

**Your birth stories...**in your *journal* write about the birth of your children.

What did you experience? Were you supported? Would you change any part? How has the process of conception, pregnancy, and birth impacted you?

Think how your birth stories can help others...

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**Create a Rice Sock**

Take 2 clean or new tube socks and fill each sock 2/3 of the way full with uncooked Jasmine rice or plain rice. If using plain rice you may include lavender, or other light scent to dispel the scent of rice. Sew the ends of the socks together.

Then heat in microwave for 2 minutes and increase in 10-second increments until the desired warmth level is achieved.

It is best to make 2 rice socks so that when one is cooling off the other can be heated up and the mother will have a continual heat source.

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“Women have to prepare for birth  
in their heart and soul,  
not their head.”

Pam England