

**CHILDBIRTH  
PROFESSIONALS  
INTERNATIONAL**

**LABOR REHEARSAL  
PRACTICE SCENARIOS**



Imagine it's time to have your baby...

## ***PRACTICE***



What birth coping strategies would help in the following scenarios? Practice them.

### ***EARLY LABOR***

It is 2:00 am and you are awakened by a contraction, by 3:00 am you have had 5 contractions. They are a little uncomfortable but you cannot identify a set pattern yet.

### ***ACTIVE LABOR***

It is 2:00 pm and you notice your mucous plug has come out. Your contractions are strong. They last about 60 seconds and come every 5 minutes.

### ***TRANSITION LABOR***

It is 8:00 pm in the evening, your contractions are intense and it feels like they are coming one after another. You feel overwhelmed, nauseous, and very hot. What would help?