

Critical Framework for Supporting Physiological Childbirth



oxytocin / positive feedback loop
w/ safety / trust / relaxation



adrenaline +
fear, tension, pain feedback loop

PRE-LABOR

1. Logistically, have your midwife or obstetrician's + doula's phone number saved in your phone. Explore various routes to the hospital + know exact address. Have your bag packed by week 36.
2. Prioritize healthy-ish decisions. Try and eat well, stay hydrated, rest, move, and enjoy yourself!

IN-LABOR

- A. Contractions: Longer / Stronger / Closer Together
 - B. Water Breaking
 1. Check with midwife or doctor when to go in.
4. Early Labor
 1. contractions are 15-50 seconds long,
 2. coming more than 5 minutes apart. **lots of variation here**
 3. birthing parent is **social** between contractions
 4. **priority: ignore / distract**, nourish and hydrate. balance walking, moving hips, and opening pelvis during the day and resting / relaxing at night.
 5. Active Labor
 1. contractions are about 60 seconds long, coming every 3-5 minutes
 2. birthing parent is **internal** between contractions
 3. **priority: stay calm.** hydrate and comfort. change positions every 30 minutes. use the restroom every hour.

remember to use your
BRAIN:
BENEFITS?
RISKS?
ALTERNATIVES?
INSTINCTS / INTUITON?
NOW? MORE TIME?

WHEN TO GO TO THE HOSPITAL?

4-1-1 or whenever you're ready!

contractions are coming every 4 minutes, are lasting 1 minute, for AT LEAST 1 hour.

6. Triage (you're also asking about these things ahead of time so you know what to expect)
 1. **Ask for HEP LOCK not IV in your non-dominant arm**
 2. **Ask for wireless monitor or intermittent monitoring**
 3. **Ask for peanut ball / birth ball (if hospital provides)**
 4. **Ask for squat bar**

SUPPORTIVE PRACTICES FOR PARTNER

BREATHE loudly enough for birthing parent to follow your breath. Inhale for 4 seconds, exhale with an open mouth for 6 seconds (show rather than tell). Demonstrate a slack jaw and relaxed shoulders. **OFFER** a sip of something to drink between every contraction. Keep yourself hydrated. **MASSAGE** as much as they would like. You don't need to be an expert otherwise **STAY** close by and present. **NO PHONES!** Use short sentences and avoid open ended questions. **EXPERIMENT** and do not take things personally.

7. Transition

1. contractions are 60-90 seconds long and coming every 2-3 minutes.
2. birthing parent hits a wall of self doubt, confusion, and fear. becomes is incredibly reliant on support.
3. **priority:** stay calm. BREATHE. utilize support!

8.

SAY:

"We are going to meet our baby soon!"
"You're doing great." "You're incredible."
"That's it, just like that." "You can do this." "You're so strong."
"Let's get through this contraction." "It's okay to cry." "We're right here with you."

DON'T SAY:

"Relax." "You're almost there."

Pushing

1. contractions are 60 seconds long and coming every 3-5 minutes.
2. **priority: STATION NOT DILATION!!!**
check in re: directed pushing, pushing positions, and the change in environment. brace with tug of war or pushing into something. stay calm and experiment.
3. **if you would like to delay cord clamping you should remind your provider of that here.**

- ★ close the door
- ★ shut off the lights
- ★ play music
- ★ spray aromatherapy
- ★ turn down the volume on the monitors
- ★ ask people's names when they come in
- ★ offer heat packs and / or cold compresses
- ★ refer to the positions guide for movement options