

Name some signs that labor *may* begin soon. Name some signs that mom is definitely in labor.

What should you do when you are in early labor?

What are good things to eat when you are in early labor? What kinds of food should you avoid in labor?

If you think you are in labor, when should you call your doctor/midwife? When should you go to the hospital / birth center?

Or when should you call midwife to come to your home?

What are some things that will help second stage (pushing) go as smoothly as possible?

What are some things which *may* speed labor up?

What *may* slow labor down?

What should a support person offer a mom after every contraction?

What should he remind her to do once every hour?

What should you do if water breaks?

Should Do: Alternate rest, relaxation, distraction, activities that move labor along. Eat, drink. (Call doula.)

“Shouldn’t”: Usually no need to rush off to hospital when labor first begins.

Possible Signs (Maybes): backache, cramps, ‘nesting urge’, diarrhea, flu-like symptoms.

Preliminary (Probably Labor): bloody show / mucus discharge, trickle of fluid from vagina, contractions felt only in belly, don’t get stronger/more regular.

Positive: Gush of water from vagina, contractions felt in back and belly; contractions longer, stronger, closer together.

Call care provider if water breaks, or anytime you need advice about your progress in labor, and about what you should do.

Go to hospital: 5-1-1 plus mom’s mood changes. (contractions 5 minutes apart, 1 minute long, for at least 1 hour. Mom can’t walk or talk, focused between contractions.)

Good food: protein foods like eggs, nuts, low-fat dairy. Carbohydrates like noodles, rice, pasta, crackers, non-acidic fruit.

Bad food: Fatty, Spicy, Acidic Foods.

May speed it up: orgasm; nipple stimulation; acupressure; mom feeling safe, loved, and loving; walking or being in upright positions.

May slow it down: warm bath, anxiety

To help pushing go well:

Try a variety of positions: semi-sitting, side-lying, hands and knees, kneeling, squatting.

Ask your care provider or nurse about warm compresses, perineal massage, seeing baby in a mirror.

Notice its color, odor, and amount. Call doctor to report. Doctor will tell you whether or not to come to hospital: usually not necessary to come right away, unless you’re positive for Group B Strep.

Offer a drink of water after every contraction. (other good answers are encouragement, support, reminders to relax between contractions)

Recommend going to the bathroom at least once an hour. (Other good answers: change position, change activity)