

UCLA Health

Childbirth Preparation

Class One

Welcome to Childbirth Preparation!

- **Class One: Overview of the labor process**
- **Class Two: Focus on comfort measures and pain management**
- **Class Three: Labor interventions, cesarean births and Postpartum**

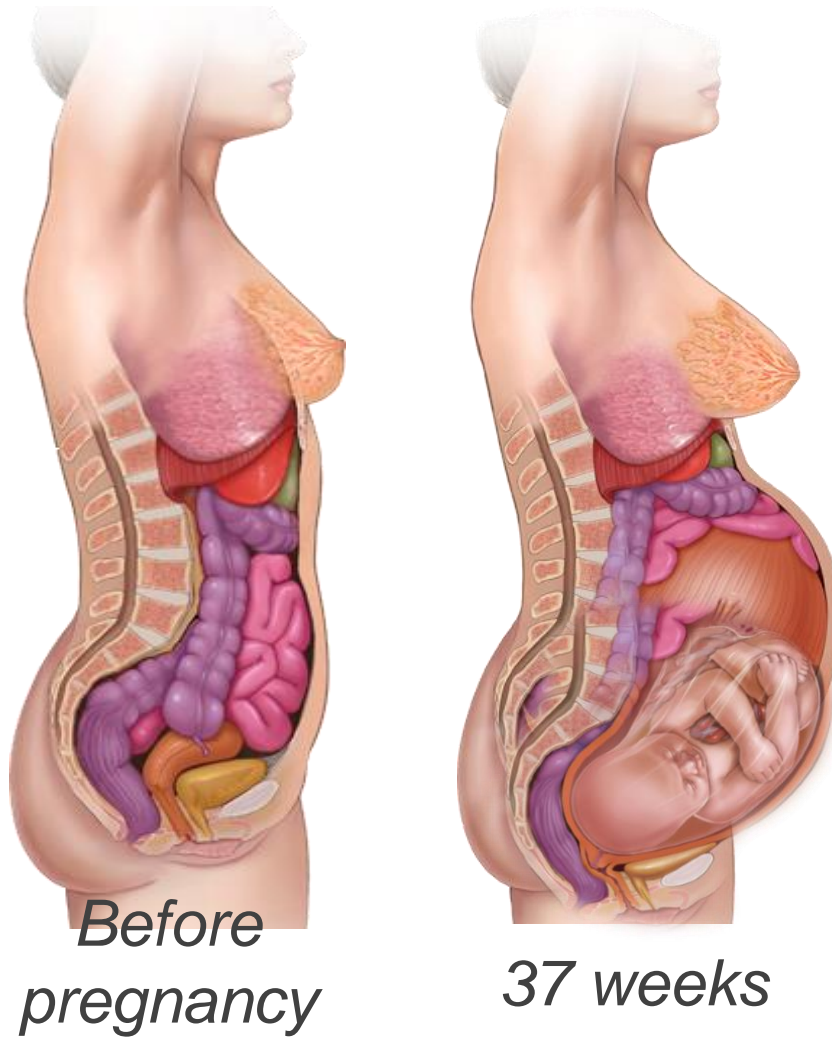
- **Zoom – HIPAA compliant**
- **Group Format - Consent to participate**
- **Personal questions in a group format**
- **General advice – not Medical Advice**
- **Please “Mute” yourself–background noise- Show Video**
- **“Raise Hand” or wave or use the Chat Box**
- **Be respectful**

The instructor does not have any relevant financial relationships with commercial interests



Just as the body knows full well how to make this baby, the body also knows how to birth this baby.

~ Gayle Peterson



Changes to Note:

- Lungs, diaphragm, stomach, and bladder are compressed at 37 weeks

You can see why your discomforts occur!



- The uterus is a muscle which contracts from the bottom upwards and pushed the baby down
- Contractions are irregular and inconsistent
- They may feel like your baby becomes a basketball for a very short time



- Braxton-Hicks/warm-up contractions
- Lightening
- Release of the mucous plug
- Nesting
- Weight loss (1-3 lb)
- Increased backache
- Diarrhea
- Water Breaks



The Four Stages of Labor



First Stage

- Early labor
- Active labor
- Transition

Second Stage

Third Stage

Fourth Stage

Cervix

- Efface
- Dilate



True Contractions	Warm-Up Contractions
Eventually tighten the entire uterus	Tighten portions of the uterus
Grow closer together	Have no regular pattern
Usually cause pressure on the lower back and/or lower belly	Don't usually cause back pressure
Last longer over time	Ease up over time
Do not stop when you change your activity, and walking may make them stronger	May stop when you change your activity by resting, walking, or taking a warm bath
Become stronger over time	Lose intensity over time
Cause the cervix to thin and open	Do not cause the cervix to change

First Stage

- Takes the longest
- Cervix is less elastic

Second Stage

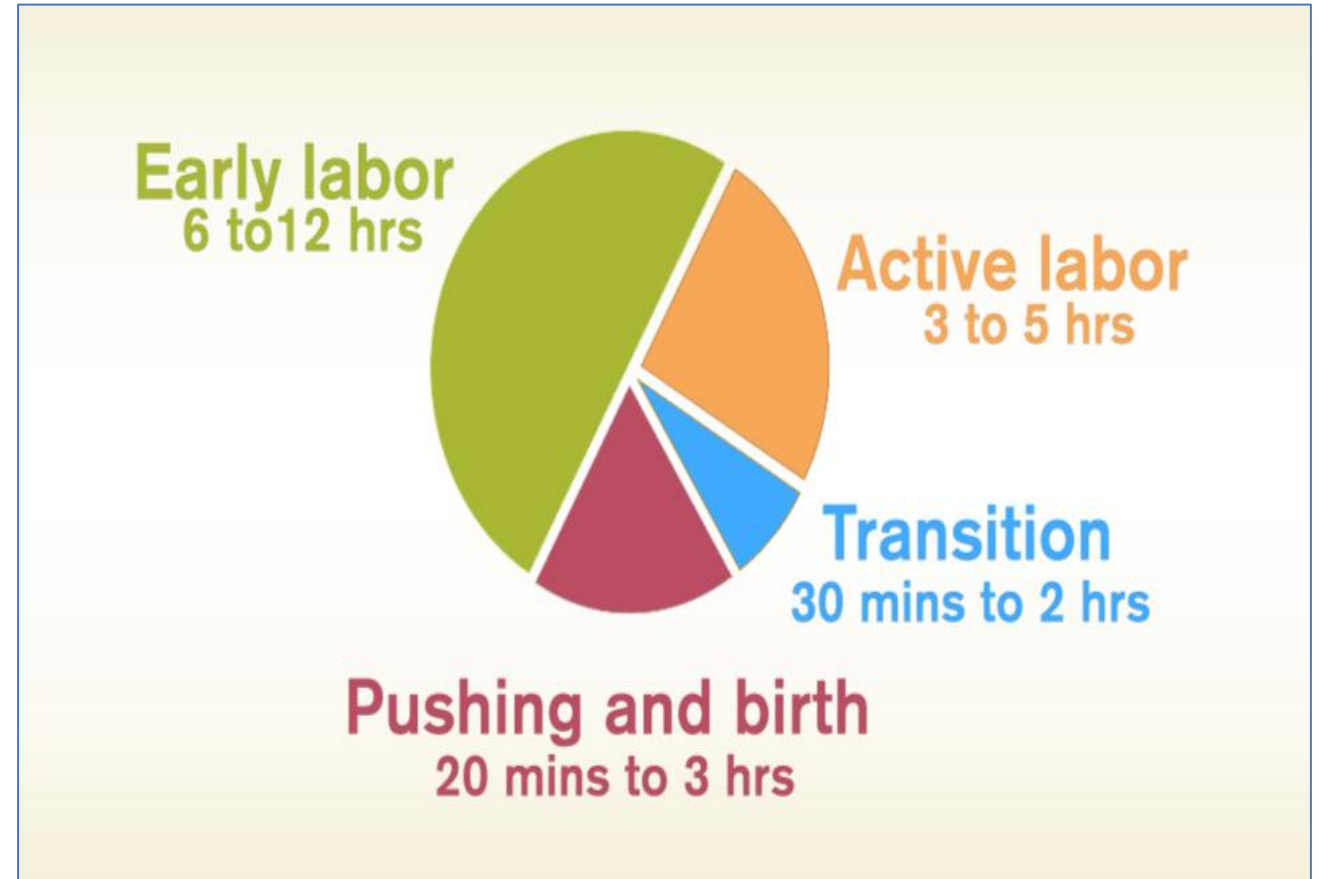
- Hard work
- Averages 1-1.5 hours

Third Stage

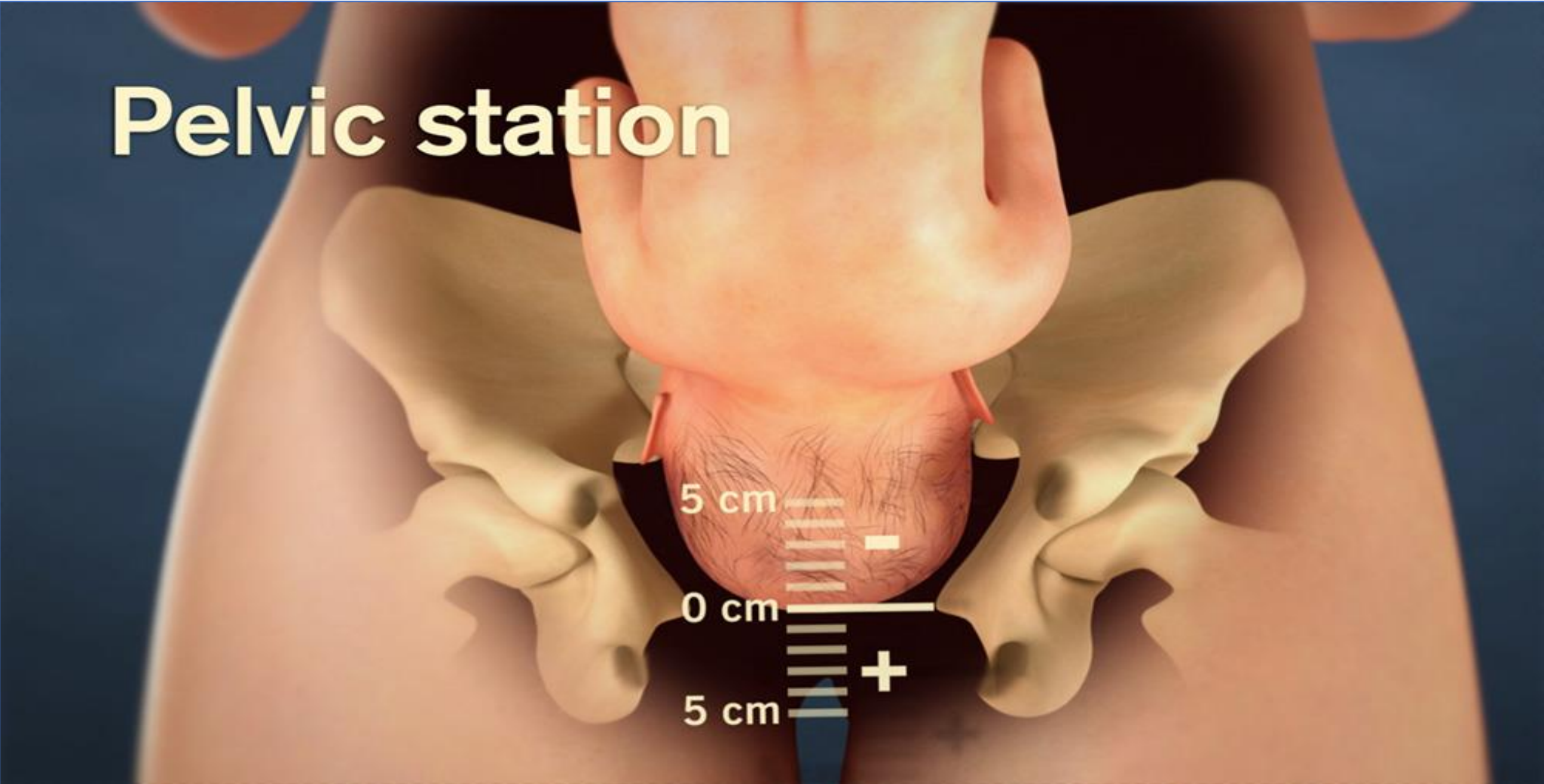
- Goes by quickly with your baby skin to skin

Forth Stage

- Gradual process
- Recovery for the uterus
- Takes about 4-6 weeks



Pelvic station



Timing Contractions



Duration = 1 minute

Frequency = 3 minutes (*from start of one to start of next*)



Early Labor Contractions



30-45 seconds long

5-30 minutes apart

Active Labor Contractions



45-60 seconds long
3-5 minutes apart

Transition Contractions



60-90 seconds long
1-3 minutes apart



When to go to the hospital



Your contractions are stronger and closer together

- If this is your first baby, you should go to the hospital when your contractions feel strong to you, last 45-60 seconds each, and occur 3 to 4 minutes apart for at least 2 hours
- If you've had a baby before, go to the hospital when your contractions have been occurring every 5 minutes for at least 1 hour



Your water breaks

- You do not need to wait from your water bag to break before you go to the hospital
- If you feel water leaking or gushing from your vagina, you should come to the hospital to be evaluated



Bloody show

- It is normal to have a small amount of blood and mucus discharge know as “bloody show” when the cervix starts to open
- Bright red, heavy bleeding which looks like menstrual period is not common, so go to the hospital got evaluation



Baby rotates a quarter turn

- allows head to fit through the pelvis

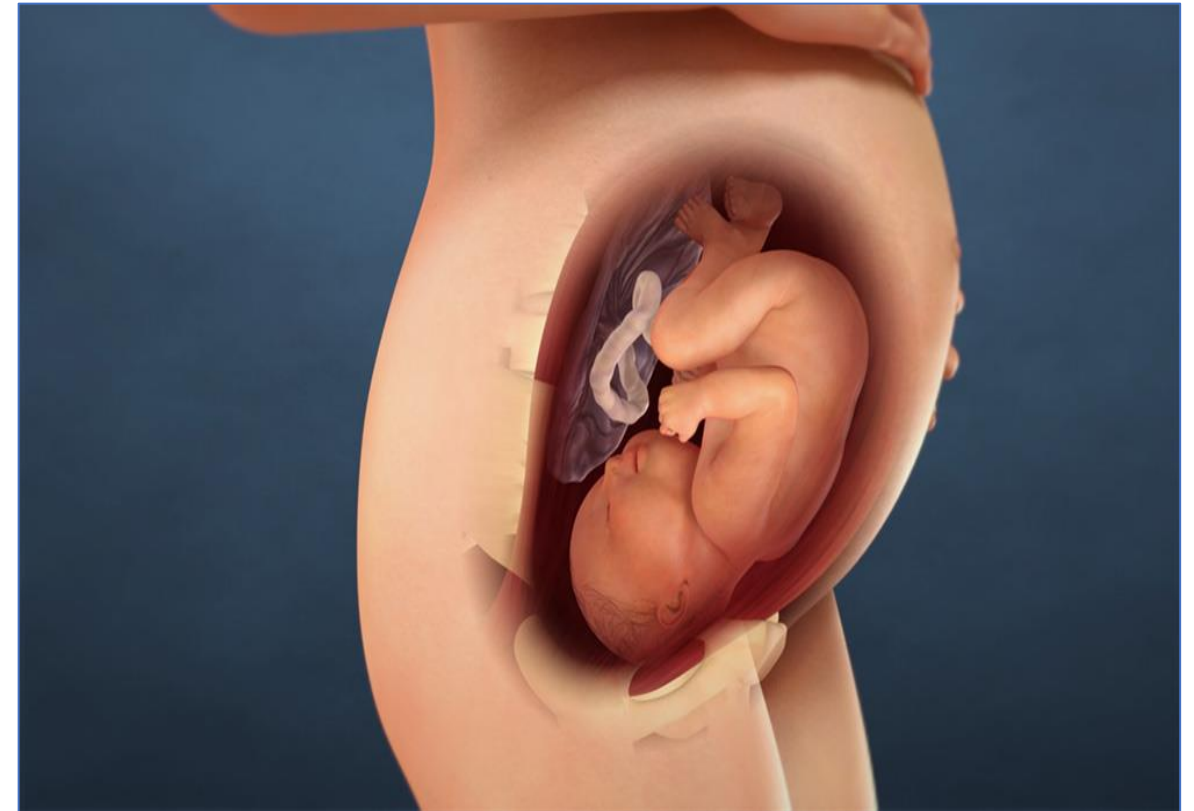
Labor progresses quickly

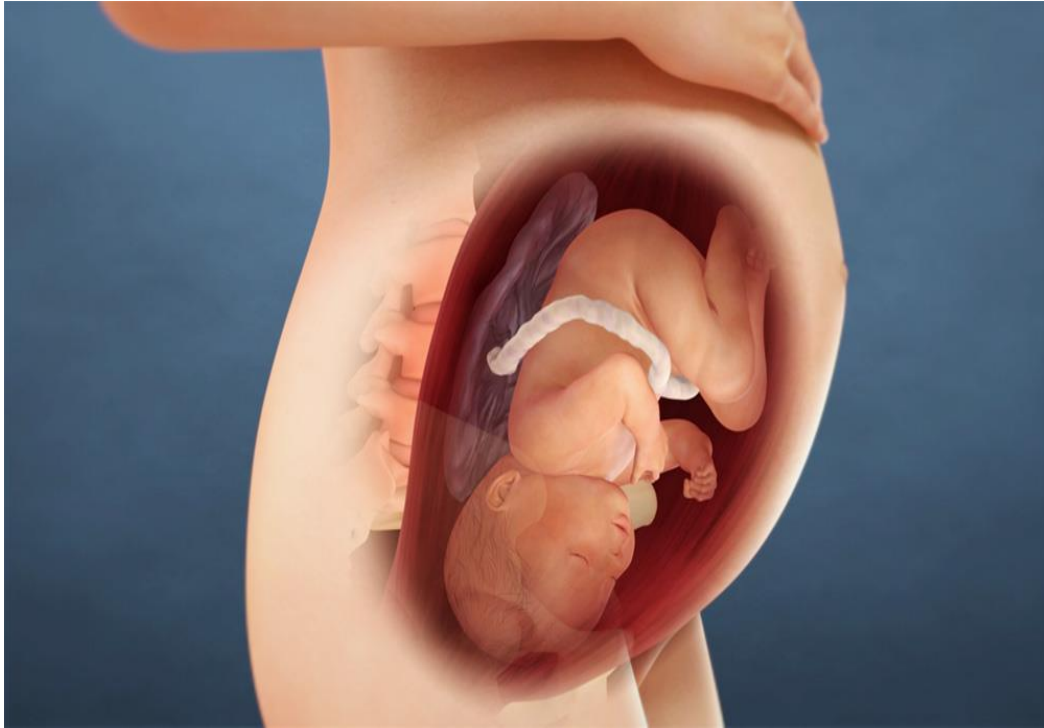
- head moves forward in the pelvis

Pressure on cervix increases along with pain

Anterior Position

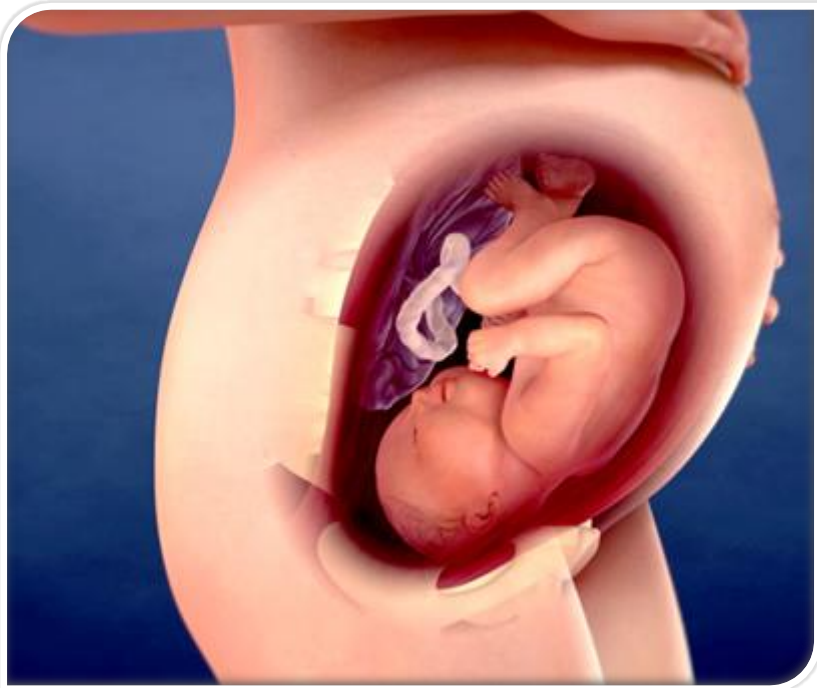
- Baby usually rotates face toward mother's spine



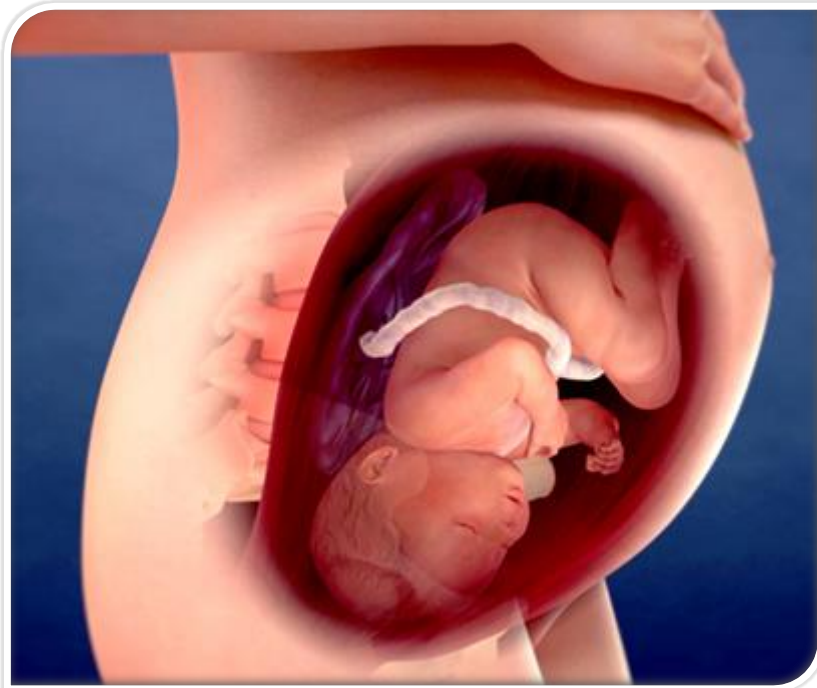


- Occasionally the baby will rotate to face the mother's pubic bone
- Increases pressure on the spine
- Usually painful
- Leaning forward and opening the knees can help the baby rotate to the anterior position
- Partners can help by putting pressure on the spine

Anterior Position



Posterior Position

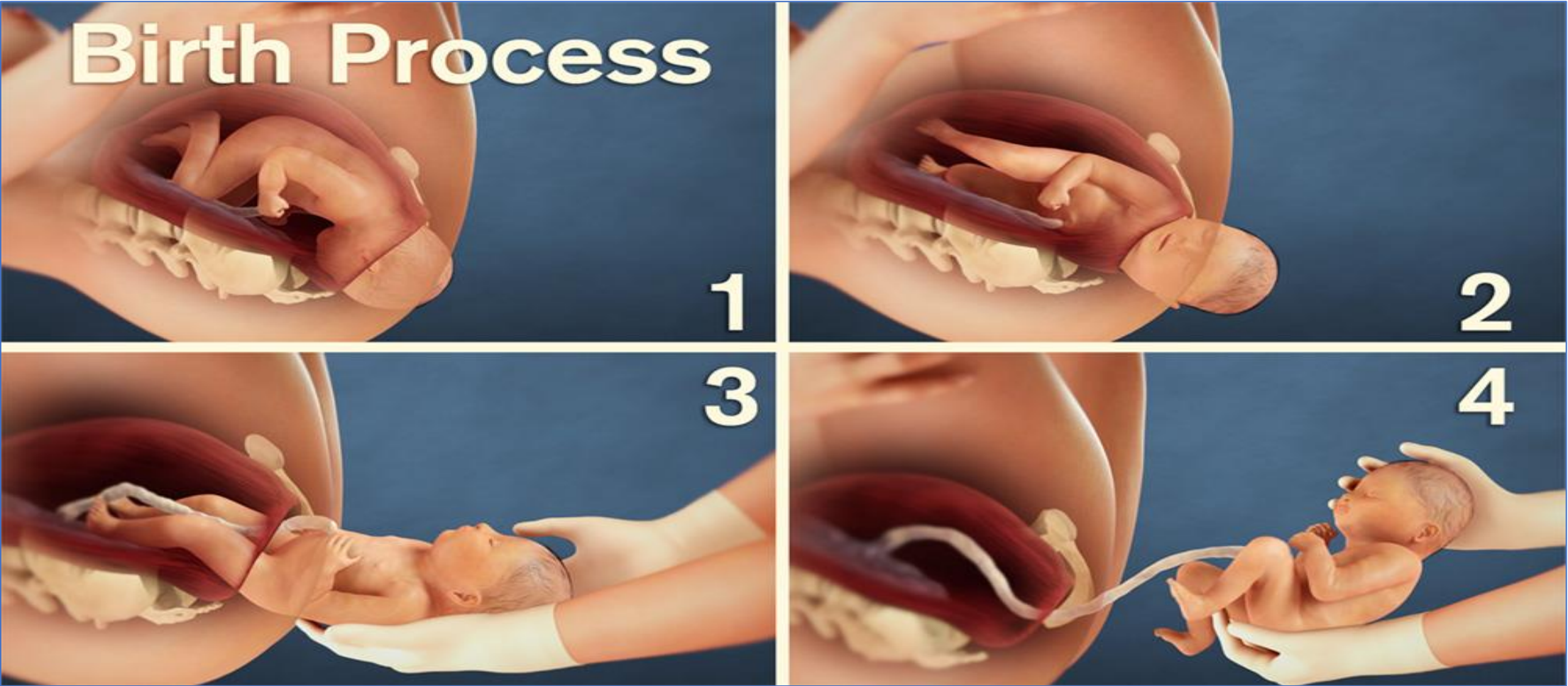




- Baby's head can elongate and narrow because the skull bones are not fused
- Hormones soften all the joints and the ligaments in the mother's body
- Mom's pelvis can open side to side as the baby enters into it
- Mother's pelvis can open front to back as baby exits during birth

Adaptive Mechanisms during Birth

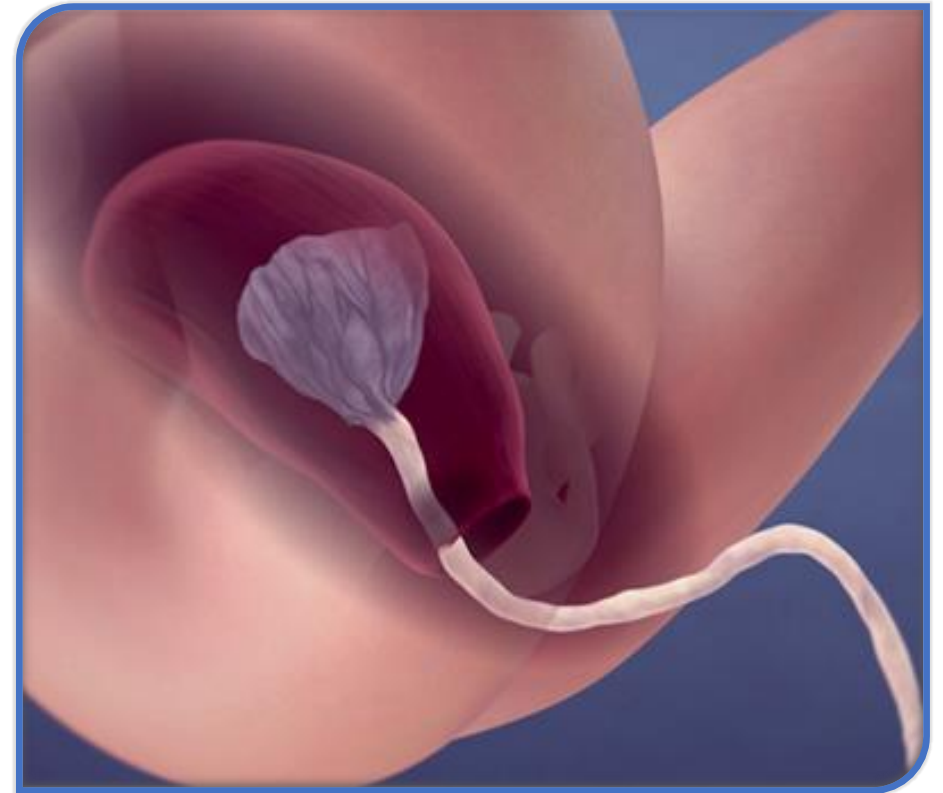






Third Stage Contractions

- These contractions are not as painful as labor contractions
- Goal is to separate the placenta from the uterine wall
- Mom will push the placenta out, usually within 5-20 minutes after birth of the baby





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The Golden Hour

The Golden Hour is a private time for you, your partner and your newborn to come together for the first time as a family



Skin to Skin

Skin contact soothes babies and helps regulate:

- Heartbeat
- Breathing
- Temperature



Breastfeeding

Baby's urge to see the breast is the strongest within first hours following birth





