The Birth Day

Pain Management Techniques

**No Narcotics Please Don’t Offer**

1. Water: birth tub or shower pointed at back. Temp 35-38°
2. Hypnobirth play list below
3. Slow breathing, 4-8 breathing, dial down from 10 visualization.
4. Change positions or use ball: See birth positions for details
5. Temple/ fore head massage
6. Lower back massage with analgesic oil.
7. Aromatherapy: lavender in diffuser or rubbed on temples
8. Sugar: Coconut water and snacks hidden in back of snack cupboard
9. Hot packs or cold pack
10. Distraction: count each breath during wave.
11. Acupressure: LI-4, LR-3 (top foot btw 1&2)

Hypnosis Information

-all tracks are on my computer in the hypnobabies folder on the desktop and on my phone on the hypnobabies playlist in Pi.

1. Early waves: Birth day Affirmations with finger drop technique or eyes open.
2. Easy Comfortable Child Birth
3. Waves 5-7 min apart: Fear Clearing, Deepening
4. Waves 4-6 min apart: Easy first Stage
5. Transformation, waves 2 min apart lasting 90 sec: Birth guide CD or Fear Clearing
6. Push time: Pushing baby out

Labour Stages

1. Established labour: waves are regular, 0-5 cm, sleep at night or maintain regular activity.
2. 1st stage active: 5-10 cm. Walk around, change positions, stay active.
3. 2nd stage active: 10 cm. Often a pause here, breath down baby, long exhale, hum, follow instincts
4. Transition: usually lasts 15 min.

In Labour To-Do List

1. Time contractions to make sure it’s actual labour.
2. Call \_\_\_\_\_\_\_ if not home.
3. Call Midwives pager: \_\_\_-\_\_\_-\_\_\_\_
4. Put cat in laundry room.
5. Fill birth tub.
6. Disinfect counters
7. Braid hair.
8. Put on bikini top or belly shirt
9. Put sheets on mattress: shower curtain, fitted sheet x3. Absorbent pads over top
10. Get son sent to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
11. Last minute touches to environment.

Things Needed and to Keep Track of During Labour

1. Coconut water
2. To pee once an hour, I won’t remember so you have to.
3. Might need snacks (hidden in back of snack cupboard)
4. Time contractions periodically and record. Measure start-to-start and start-to-end.
5. Active labour requires movement to keep things progressing. Remind me to move around, change positions etc.

After Baby is Born

1. Skin-to-skin with towel on top, pat dry.
2. Allow cord to empty for 2-5 minutes before clamping and cutting.
3. Shot of Pitocin has been agreed upon to prevent possible bleeding.
4. No antibiotic eye drops
5. Use oral vitamin K instead of injection
6. No bottles or pacifiers
7. No vaccines or shots of any kind at birth.
8. Heel prick test and heart test the next day.

Cheat Sheet

Your main job is to keep everything calm, control the environment and mitigate real and perceived threats.

For any proposed intervention consider benefits, risks, alternatives and what will happen if nothing is done.

If hospital is required, I do not consent to Fentanyl.

Labour Positions

* Sit on chair facing back of chair. Arms over the back.
* Side lying if a rest is needed
* Walking
* Standing or squatting with back against wall
* Hands and knees or knees to chest (back labour)
* Lounges are good to speed up late labour if it slows.

Exercise Ball Positions

* Sitting and rocking side-to-side
* Sit on ball and rest head on bed with pillows. Can apply pressure to back.
* Sit on ball, asymmetric lounges to stretch pelvis
* Hands & knees with ball supporting chest. Can apply pressure to back.
* Hands & knees with ball and pillow supporting head with knees wide. Can do cat-cow, also good push position.