

# My Labour and Delivery



# Introduction

This presentation is meant to give an overview of some important points about having a baby.

If you have detailed questions, a complicated situation or are worried about anything, please see your healthcare provider.



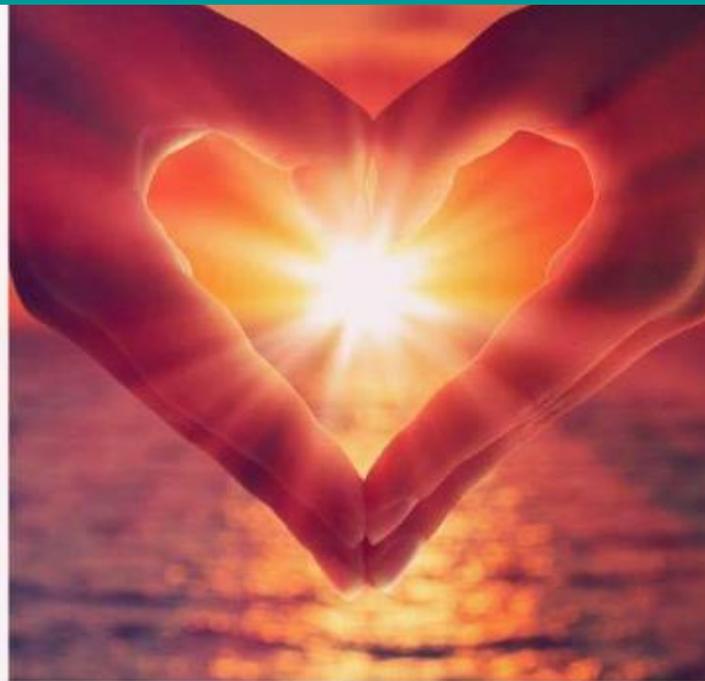
# Presentation Overview

- Terms
- What Happens During Labour
- How to Know When You're In Labour
- Support During Labour





## Terms, Body Parts and Functions



# The Simple Story Of Birth

Is there anything different about this story compared to other childbirth stories you've heard?

What parts of the story do you like?

Is there any part of the story you don't like?

Is There a part of the story that stands out for you?

Do you think it's a believable Story?

Questions or thoughts



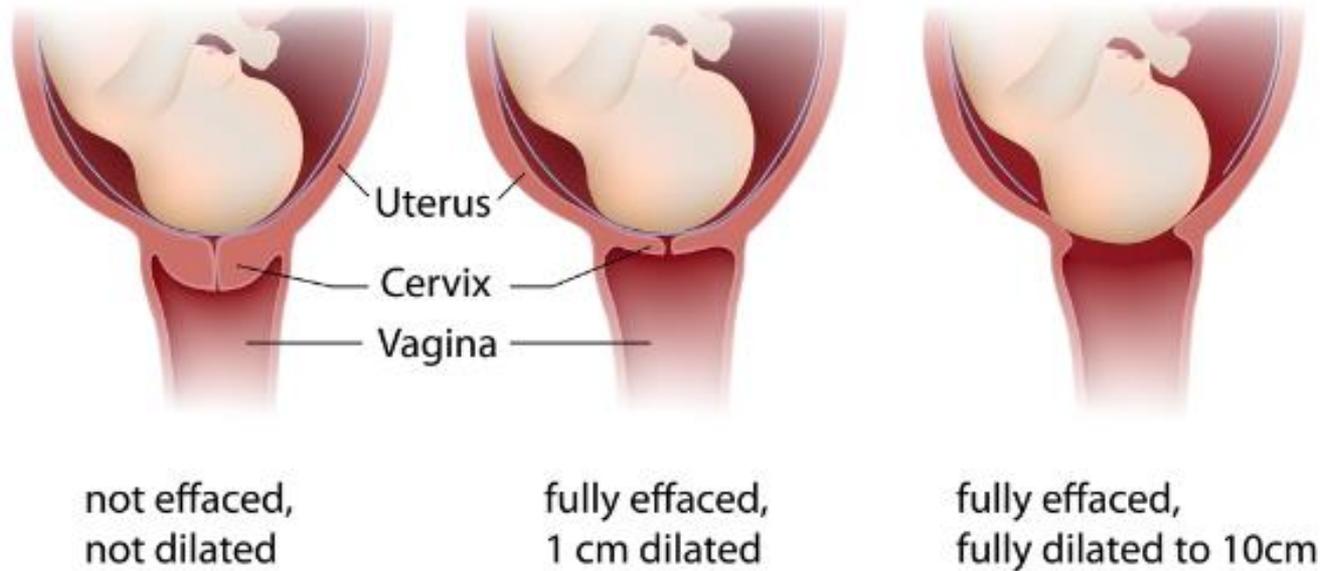
**NOTE: THIS WILL BE RECORDED**

# What Happens During Labour?



# What's Happening In Your Body During Labour?

## Cervical Effacement and Dilation

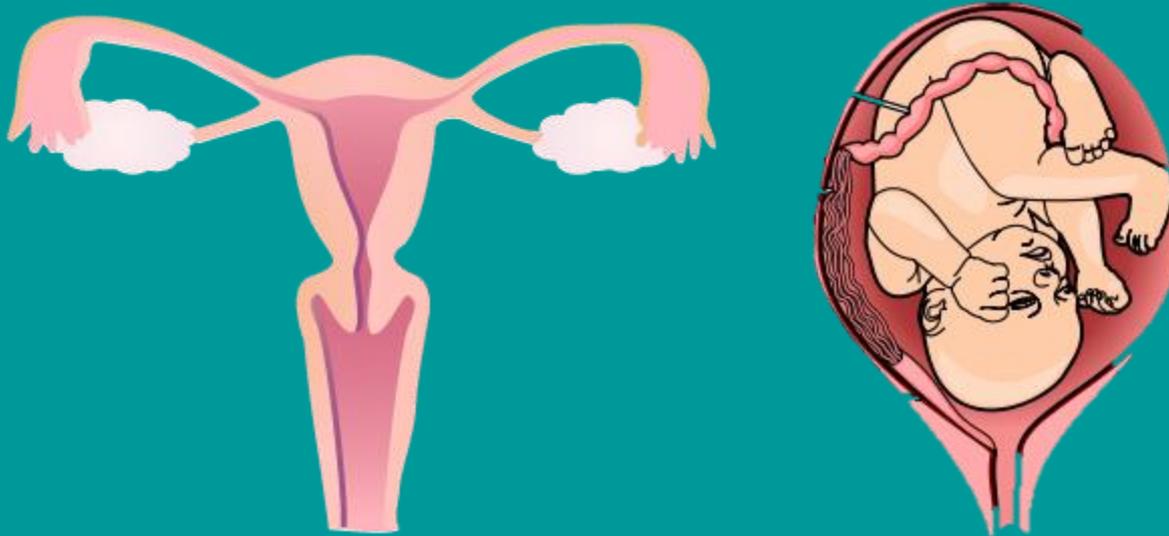




**What are Contractions Like?**



# What are Contractions?



**Contractions are the tightening and relaxing of your uterine muscles. This happens at intervals before and during childbirth.**

# How to Know When You're In Labour





**How will you know if you are in labour?**

**Your contractions become more powerful and more frequent.**

# Can I Have Contractions And Not Be In Labour?

Braxton Hicks Contractions	True Labour Contractions
Do not get stronger	Get stronger
Do not become regular	Become regular and get closer together
Go away with walking	Get stronger with walking
Feel strongest in front	May start in the back and move to the front
No bloody show	Bloody show is usually present

# What if it's Too Early?

What if I'm having regular contractions but I'm still far away from my due date?

Preterm labour means before 37 weeks of pregnancy

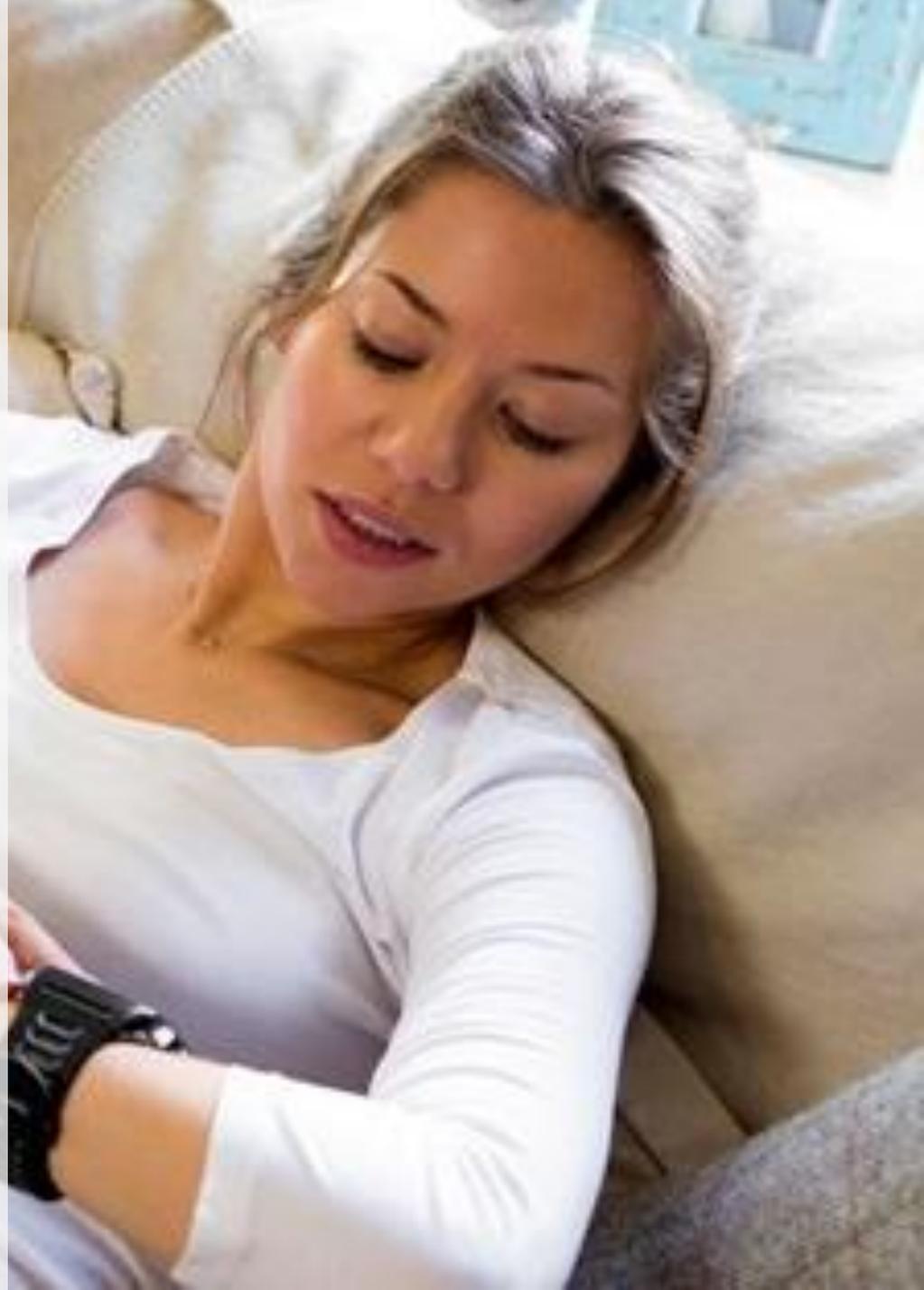
*\*It's important to see your doctor if you think you are in preterm labour*



# When Should I Go To The Hospital?

## Go to the hospital if:

- Your contractions happen every 4 minutes for an hour or more
  - ❖ *If you are a long way from where you plan to deliver, see your healthcare provider to check on your progress*
- You start bleeding
- You are uncomfortable and do not think you can cope at home
- Your water breaks. It may feel like a trickle or gush. If you aren't sure, it's best to go to the hospital to get checked.



# My Birth Plan

Due date:

Where do I plan to delivery my baby?

*Talk to your healthcare provider early on about the options available to you.  
They can discuss the pros and cons of planning of having your baby in a health centre  
close to you or a larger hospital.*

If I plan to go to the city to deliver my baby,  
when should I go?

*Date to go = Due date – 2 weeks*

Where will I stay?

How will I get there?

Who will I call when I go into labour?

1<sup>st</sup> person:

Phone number:

2<sup>nd</sup> person:

Phone number:

3<sup>rd</sup> person:

Phone number:

*Take the time early on in your pregnancy to  
figure out who are going to be your support  
people through your pregnancy and at your  
delivery. Make sure they know what you  
want from them (a ride? some food? a hug?).*

How will I pay for the trip?

How will I get back home?

I have a diaper bag for my baby ready to go.

I have an overnight bag for me ready to go.

I have an approved car seat ready to bring my  
baby home in.



# If in Doubt, Check it Out

If you think you're in labour or have concerns about your pregnancy, go to the clinic or hospital or call HealthLine to speak with a professional who can advise you about what to do.

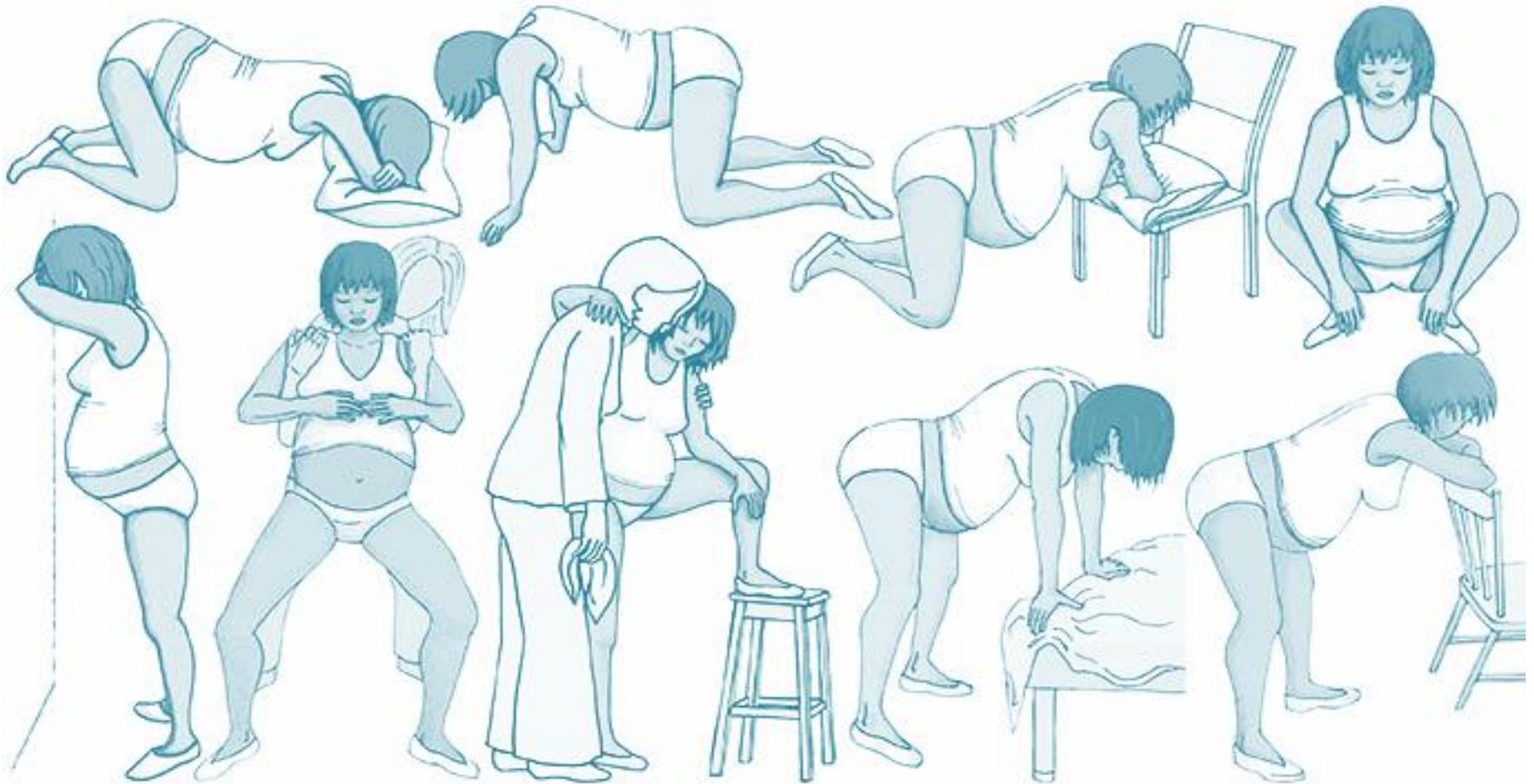


# Let's Talk About Pain Relief



*When you have many options for pain relief, your birth experience is likely to be more positive.*

# Position





# Movement

Slow Dance

Belly Dance

Walk

Easy Lunges

Hip sways

Rocking



# Focus

## Examples:

- Breath
- Mental Imagery
- Focal Point
- Vocalization
- Progressive Relaxation
- Music
- Counting

<https://www.youtube.com/watch?v=z3WA9iHz5ww>



**Effectiveness of these techniques changes as labor progresses, so something that stopped working an hour ago may work now**

## Use Spot Techniques

- Pressure massage
- Ice Packs/Heat Packs
- Empty Bladder
- Massage
- Cool Cloths
- Water
- Scent
- Shower
- Tub
- Try minty gum or brushing teeth

# Support During Labour





## Your Support Person(s)

Your support persons can help keep you physically, mentally, emotionally and spiritually well throughout your labour

# What If You're Told Your Labour is Too Slow?

- Stand or walk if no medical reason not to
- Sit upright on a toilet or a birth ball
- Nipple stimulation might also help as it can release oxytocin. Oxytocin is the hormone that is produced in orgasm, *labour* and lactation!



# Some Medical Terms

**Caesarean Section (C-section):** During a C-section, the baby is delivered through a cut (incision) in your abdomen and uterus. Some women know they are having a C-section before they arrive at the hospital and their healthcare providers will book a date for the delivery. Sometimes a C-section cannot be pre-planned but is needed so you and your baby are safe and healthy. Your medical team will help you through this procedure.

**Epidural:** This is a pain medication that is given to you in your spine. You will also be given fluids through an IV. It is your choice whether to have an epidural.

# Some Medical Terms Continued

**Episiotomy:** Sometimes, the healthcare provider needs to make the vagina bigger by making a cut (incision).

**Forceps:** This tool fits around the baby's head and helps with delivery.

**Induction:** A healthcare provider will give you a medication that helps your body begin labour. You may be induced if your baby is overdue or for other health reasons.

*If you have had one C-section, you may be able to deliver vaginally in the future. Talk to your healthcare provider.*



## Hold Your Baby Skin-to- Skin

Hold your baby  
as soon as  
you are able



## Feeding Baby

Try breastfeeding  
within the first hour  
after baby is born

## My Birth Preferences

A birth plan is a document that lets your caregivers know your preferences for your labour and delivery. It simply states what you would like to have happen and what you would like to avoid. It isn't so much a "plan" but a tool to communicate your wishes to your caregivers. Check the following questions that are important to you. You can use it to write your Birth Preferences. Make sure it is simple and easy to read. Remember to pack a few copies to bring along to the hospital.

### Before Birth

- Would you like to give birth with or without an epidural? If you are planning to give birth without an epidural, you can ask the medical staff not offer you one unless you ask.
- Are you okay with medical students being present during your labour and delivery?
- Would you like to wear your own clothes during labour?
- Do you prefer a dimly lit room with the blinds drawn?
- If possible, would you like to avoid Pitocin? (Pitocin is given through an IV. It is used to make contractions more powerful)
- Would you like your water to break on its own?
- Would you like to use a birth ball, birth bar or birth chair during labour?
- Would you like to be able to move around as much as possible during your labour?
- Would you like medical staff to help you find effective positions for labour and delivery?
- Would you like the medical staff to offer suggestions to your partner so he/she can better help you during labour and delivery?
- Would you like to eat during labour if you're hungry?
- Would you like to avoid tearing or an episiotomy? You can tell your care provider you do not want an episiotomy. You can also ask your care provider to utilize warm compresses or counter pressure during crowning.
- Is English your first language? If not, would you like to request a translator be present during your birth?



# Summary Points

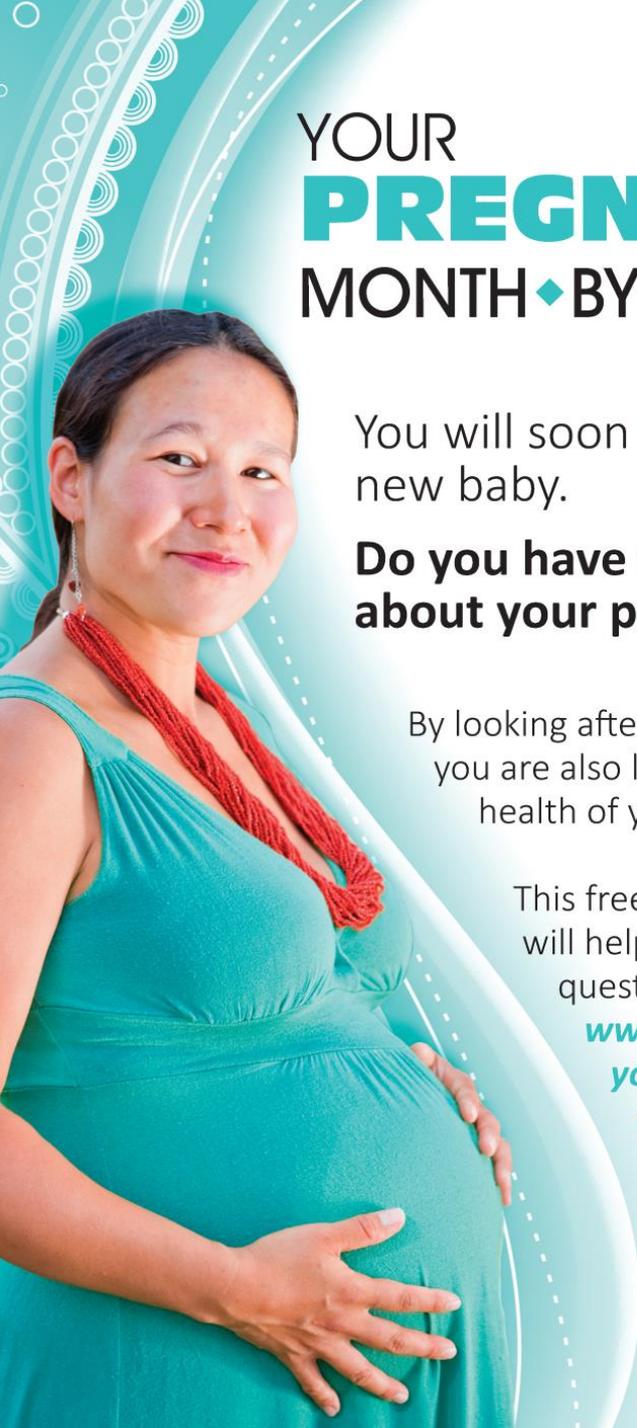
- Labour can take a long time for some women and be very short for others.
- You will know you are in labour if your contractions become stronger and closer together.
- It is important to see your health care provider if you think you are in preterm labour.
- The baby usually moves down head first. Contractions and pressure from your baby's head help to open your cervix.



# Summary Points Continued

- When you have many options for pain relief, your birth experience is likely to be more positive.
- It might be difficult to remember pain relief options during labour. Writing things down ahead of time and having a support person who is aware of these options can be very helpful.
- It is your right to be treated with dignity and respect. Writing down some of your preferences and taking it to the hospital with you lets the doctors and nurses know what you would like during your childbirth experience.
- Pack a bag and have it ready to go a month before your due date.





# YOUR **PREGNANCY** MONTH ♦ BY ♦ MONTH

You will soon have a new baby.

**Do you have any questions about your pregnancy?**

By looking after your own health, you are also looking after the health of your baby.

This free, online resource will help answer your questions.

[www.skprevention.ca/  
your-pregnancy-  
month-by-month/](http://www.skprevention.ca/your-pregnancy-month-by-month/)

*Your  
health is  
important!*

## For more information

Visit *Your Pregnancy Month by Month* at

<https://skprevention.ca/your-pregnancy-month-by-month/>

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