

Birth Plan Study Helps

To know for insurance: Pre-certification is only required for me to be admitted for labor if staying more than the recommended number of days. Length of stay covered under insurance: 1-3 days for both vaginal and caesarean. No discharge policies through Anthem BCBS. No co-pay, Anthem BCBS coverage % is 85% of the bill.

***Should bring to hospital:** honey; rebozo – long scarf; tennis balls; birth ball

Remind mom: sip of water after every contraction; pee every hour.

Check Bradley Handbook p. 38-39 for an **overview of each stage** to help determine where mom might be in labor.

Also see p.77 **to judge the progress of labor**. For **general coaching tips** see p. 82.

To set the ambiance/relaxation: diffuser with lavender; dim lights; use own blankets & clothes; music playlist – ocean sounds or Lets Do This playlist; Harry Potter book 7; letter to baby; relaxation mental techniques: think about the beach; relaxation methods at the beginning of each week in the Bradley book.

Coach checklist:

1. Position
2. Relaxation
3. Rub back
4. Guide breathing
5. Time contractions – use app
6. Talk her through contraction

Mom checklist: Sleep imitation

1. Do not move during contraction
2. Abdominal breathing
3. Relaxation
4. Duh look

1st Stage:

Part 1: Early Labor

Contractions 10 mins apart or less and last 45-60 seconds

Eat, drink, walk, shower, nap

Part 2: Active Labor aka head to hospital

Get 1 vaginal exam when first arriving to hospital

3-7cm dilation

Can take 3-5 hrs

45-60 sec long contractions

3-5 min rest in between (typically go to hospital when contractions are 3 min apart for 1 hour)

Emotions are pretty internal

Try to keep moving and walking

Position ideas:

1. Labor dancing – stand and sway
2. Sit on birth ball and circle hips
3. Climb stairs – two stairs at a time to encourage contractions to get regular
4. Walk – speed dilation; uses gravity
5. Lean over a birth ball – drape self and sway
6. Lean on the wall forward and sway

Resting positions if needed:

7. Lying on side – alternate side every 30 mins
8. Sit backwards on a chair and lean forward

9. rock in a chair
10. lean over bed – partner apply back counter pressure
11. sit on a toilet
12. soak in a tub

If serious back pain, might have Back Labor if baby is posterior:

13. hands and knees pelvic rock
14. lunging side to side – 1 leg on chair and other on ground
15. open knee chest
16. leaning over bed
17. leaning over birth-ball

Part 3: Transition

For Bradley book helps to get through Transition check pages 44-45

7-10 cm dilation; water can often break around 8 cm

Most challenging

Can take 30 min – 2hr

60 – 90 sec long contractions

30 sec – 3 min rest between

Emotions: determined; disoriented

2nd Stage: Pushing & birth

Get 1 vaginal exam when feel the need to push to make sure fully dilated

Can take 20 mins – 2+ hours. 2 hours is typical

45-90 sec long contractions

3-5 mins rest between

Urge to push

Ideal positions: between contractions rest. During contractions, get in position. Take 3 breaths and on the 3rd breath push for as long as is comfortable.

18. squatting
19. semi sitting in bed. Hook hands behind knees
20. birth stool
21. hands and knees for posterior babies
22. side position if need to protect mom from tearing and need to slow baby coming out (p.46-47)
23. asymmetrical squatting esp. if 2nd stage is stalled; one knee on ground
24. lean over birth ball
25. leaning against wall
26. soaking in a tub

3rd Stage: Delivery of the Placenta

Can take 5-20 min after birth

Make sure to breastfeed soon after baby is delivered so the uterus will contract and expel the placenta

Post-partum

Visit chiropractor for adjustment soon after birth to adjust hips and back