

CHILDBIRTH PREPARATION



ENLOE
MEDICAL CENTER



GROWING HEALTHY BABIES & FAMILIES

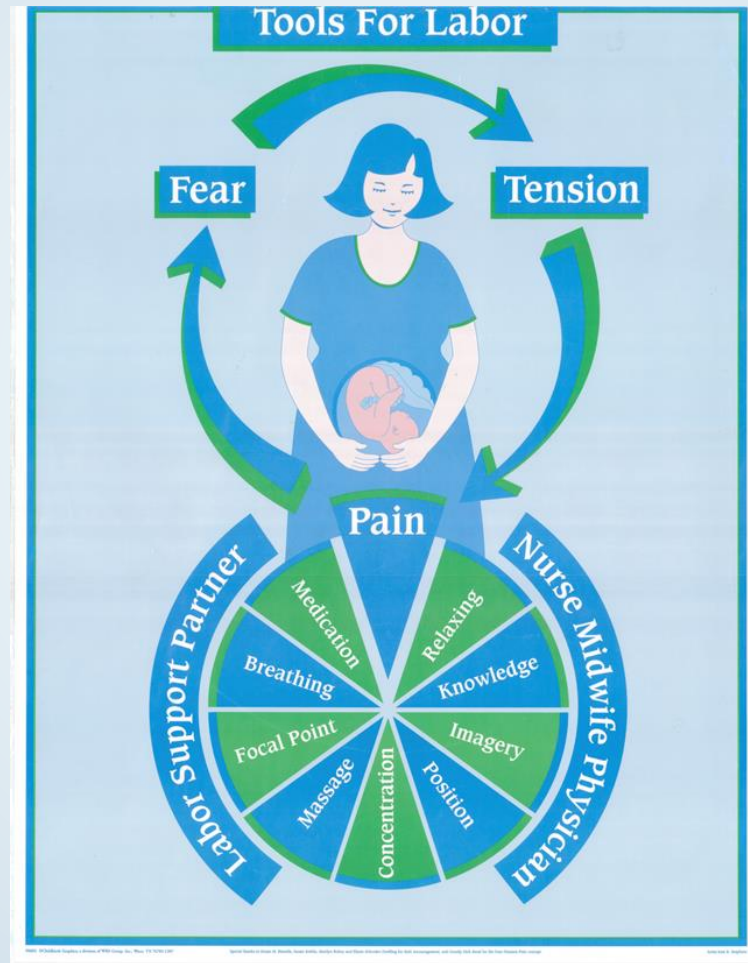
The History of Childbirth

- Throughout history, women have given birth to babies supported by many types of care givers; from friends and family to midwives and doctors
- In the 1950's a French physician, Dr. Lamaze, developed a method to help women cope with the labor and delivery process in a natural and empowering way. The philosophy is that we can learn to respond to a specific stimulus (mind conditioning) and offers a variety of coping techniques
- Other methods are the Bradley method, Hypnobirthing and more
- Our goal is to teach you parts of each of these to give you coping tools for your coping toolbelt. This way you can have a variety of techniques for your BIRTH day

Benefits of Childbirth Education

- Pregnancy & labor are normal & healthy occurrences
- Trust your body & don't fight contractions
- Options for managing labor pain
- Opportunity to ask questions in class openly
- Healthier outcomes for mother & newborn
- Importance of partner supporting laboring woman

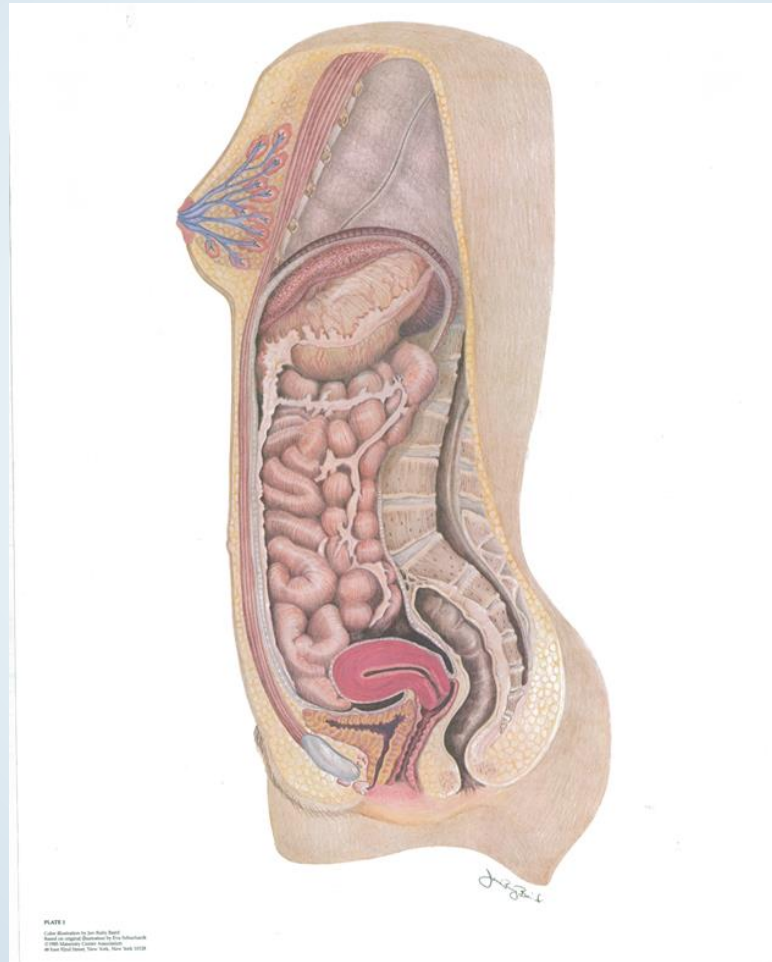
Break the Fear, Pain, & Tension Cycle



Discomforts During Pregnancy

- Hormonal Changes
- Skin changes
- Fatigue & Insomnia
- Swelling
- Nasal Congestion
- Breast Changes
- Heartburn
- Shortness of Breath
- Loose Aching Joints/Backache
- Sciatica
- Leg Cramps
- Hemorrhoids & Constipation
- Frequent Urination
- Round Ligament Stretching

Anatomy & Physiology First Trimester



Anatomy & Physiology Third Trimester



Good Nutrition

- Maintain a Healthy Weight
- Limit Caffeine
- Get Your Shots
- Visit Your Dentist
- Exercise
- Take Your Prenatal Vitamins

Alcohol, Tobacco, Marijuana & Street Drugs

- Drinking alcohol, smoking and taking street drugs during your pregnancy can cause many problems including premature birth, birth defects and infant death
- Ask for help if you need it
- Enloe has a smoking cessation program

Warning Signs During Pregnancy

- Pre-Term Labor
- Abdominal Pain
- Headache, Dizziness & Blurred Vision
- Vaginal Bleeding
- Fever (infection)
- Painful Urination (possible bladder infection)
- Decreased Fetal Movement

What to Pack in Your Labor Bag

- Tennis Ball, Wooden or Plastic Massage Tools
- Lip Balm
- Battery Fan
- A Way to Play Relaxing Music
- Slippers &/or Flip Flops
- Bathrobe
- Hair Tie or Hair Clip
- Lotion/Aromatherapy
- Change of Clothes for Coach
- Food/Snacks for Coach
- Cards, Books & Other Time Passers (if having induction of labor)
- Reading & Writing Material
- Focal Point (pictures, baby item)
- Toothbrush, Toothpaste & Mints
- Going Home Outfit for Mom & Baby

Terms

- **Dilation**

cervix opening 0-10 cm

- **Effacement**

cervix thinning 0-100%

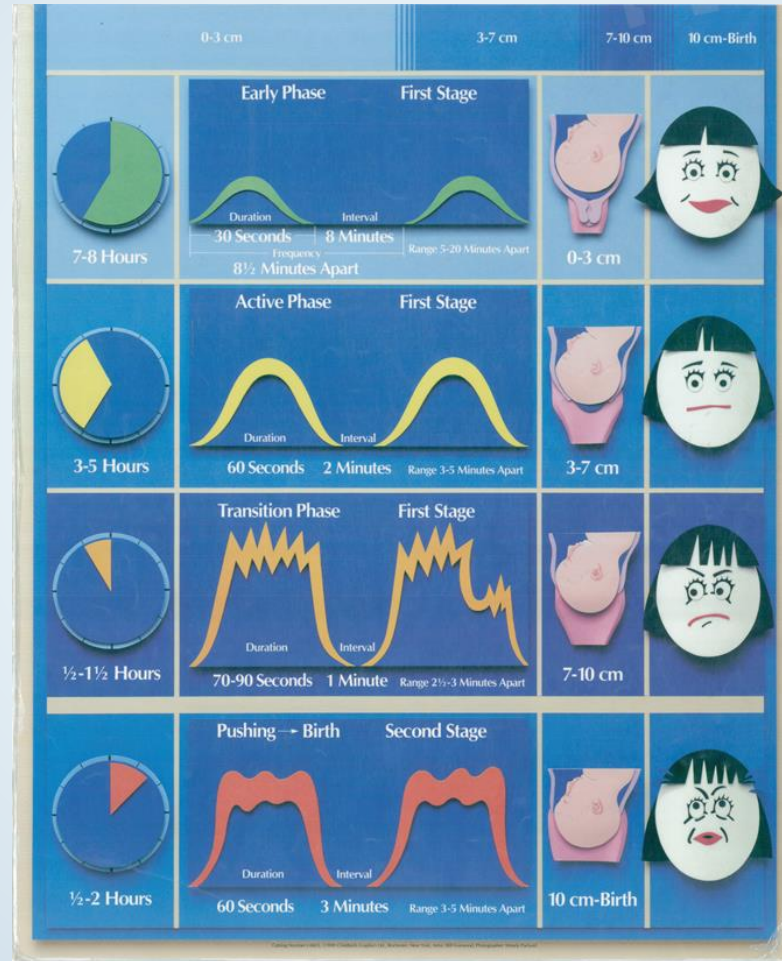
- **Station**

baby's position in relationship to mother's ischial spines in pelvis

- **Presentation**

position of baby presenting into mother's pelvis

Stages & Phases of Labor



Role of Labor Coach

- Emotional Support
- Reassurance & Words of Encouragement
- Timing of Contractions
- Reinforce Breathing Techniques
- Touch Relaxation & Massage
- Cool or Warm Wet Wash Cloths
- Comfort Measures: placing pillows, helping with changing positions & reminding to empty bladder

Importance of Relaxation

- Enhances Positive Energy
- More Blood Flow & Oxygen to Baby
- Personal Empowerment
- Less Adrenalin & Cortisol Release (which helps with labor progression)
- Breaks the Fear-Pain-Tension Cycle

Breathing Techniques

- Slow Paced-Deep Breathing: in through nose, out through mouth
- Patterned Paced: breathe 2-3-4, then hold 2-3-4, then out-2-3-4-5-6
- Random or Scrambled: Ahee, Ahee, Ahee, Ahoo
or 1, 2, or 3 Ahee's to 1 Ahoo (partner mixes them up)
- Blowing Off the Urge to Push: like blowing out a candle
- Pushing (2nd stage): Open Glottis vs. Closed Glottis

Proper Pushing Pelvic Floor Muscles

Open-Glottis

- Facilitates the pelvic floor muscles to lengthen via diaphragmatic breathing & exhalation to promote pelvic floor relaxation
- “INHALE BELLY BIG, EXHALE BELLY BIGGER”
- You will make some noise, and that is OK!

Closed-Glottis

- Holding breath & bearing down is associated with higher levels of fatigue/exhaustion and decreases the oxygen delivered to the baby
- Can cause increased pressure to the pelvic floor muscles

Creating a Relaxing Environment

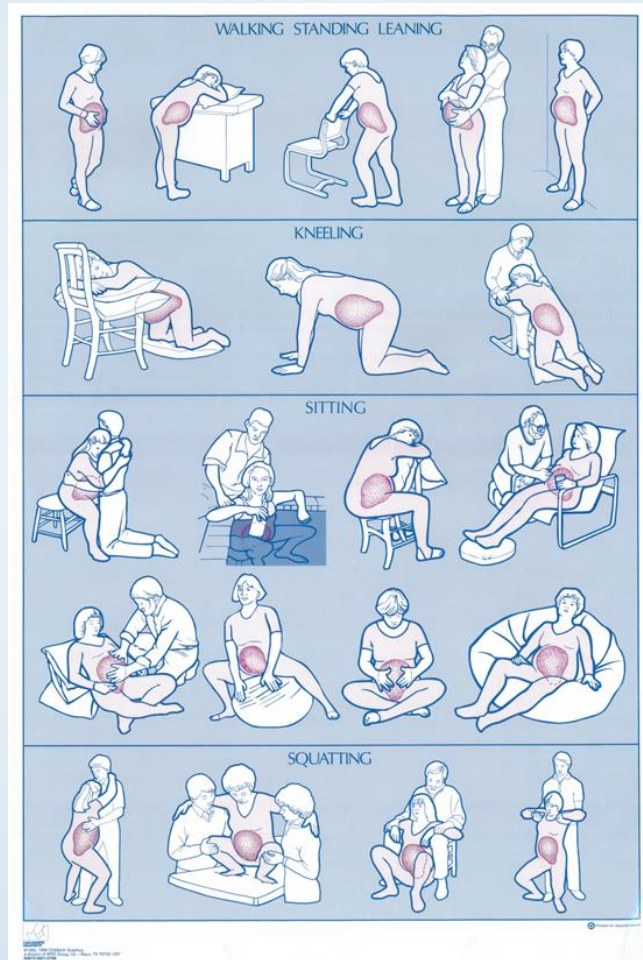
- Dim Lights
- Ice Chips
- Good Eye Contact
- Words of Encouragement
- Touch Relaxation
- Quiet Voices-Choose Support People Wisely
- Warm or Cool Washcloths
- Shower or Jacuzzi tub
- Massage
- Relaxing Music
- Aromatherapy
- Visualization-Guided Imagery
- Focal Point Internal & External
- Change Position Often: at least every hour
- Empty Bladder: at least every 2 hours

Laboring Without Medication

Babies born after an unmedicated labor tend to be more alert and may have an easier time breastfeeding. Some non-medicated pain relief options are:

- Aromatherapy
- Relaxation
- Massage
- Breathing Techniques
- Whirlpool Tub or Shower

Different Positions for Labor



Dilation of the Cervix Positions



Resting Positions



Epidural Positions



Pushing Positions



Pain Management Choices for a Vaginal Delivery

- Natural Unmedicated Choices
- Intravenous Medication
- Epidural Medication

Unexpected Labor Situations

The 3 P's-Passenger, Passage & Power

- Position of Baby's Head (posterior-back labor)
- Size of Baby
- Presentation of Baby
- Size & Shape of Mother's Pelvis
- Mother's Physical & Emotional state
- Effectiveness of Contractions
- Induction
- Augmentation
- Artificial Rupture of Membranes
- Vacuum Assistance
- Forceps
- Episiotomy
- Fetal Distress or Maternal/Placental Issue Leading: to a Cesarean Delivery

Sometimes a Cesarean Birth...

- ...is the safest mode of delivery for a mother and baby
- ...may be planned, such as in the case of a breech presentation or a repeat C/S
- ...may be unplanned, such as in a labor that does not progress, or a fetal or maternal emergency

Anesthesia for Cesarean Section

- Epidural
- Spinal
- General (emergency)

What to Expect Post-Op Cesarean Section

- Dressing, Staples, & Steri-Strips
- 3-4 Day Hospital Stay
- Shower on 2nd Post-op Day
- Pain Management
- Major Abdominal Surgery
- Emotions
- Prevention of Gas Distention
- Foley Catheter

What to Expect Postpartum

- The New Beginning
- Involution of Uterus
- Afterbirth Pain
- Lochia
- Birth Canal
- Menstrual Cycle
- Pericare
- Bladder
- Bowels
- Hemorrhoids
- Weight Loss
- Muscles & Joints
- Skin Changes
- Hair Loss
- Emotional & Hormonal Changes
- Nutrition
- Sexual Intimacy
- Support, Help & Resources
- Bittie Baby & Me Class
- Dad/Grandparent Classes

Baby Blues

- 60-80% of new moms experience this mood change
- 30% of dads or partners experience it
- Baby Blues is defined as tearfulness, exhaustion, and reactivity (or over-reactions)
- It is expected to last about 2 weeks
- If symptoms last longer than 2 weeks, it may be postpartum depression

Postpartum Mood & Anxiety Disorders (PMAD)

- Affects 1 in 7 new mothers in the US
- It can occur any time in your baby's first year
- Women who have a personal or family history of depression, anxiety or other mood disorders, are more likely to become depressed during pregnancy or after birth

Symptoms of Postpartum Depression & Anxiety

- Feeling anxious, sad and alone
- Low interest in normal activities that you used to enjoy
- Changes in your eating or sleeping patterns
- Feeling hopeless, helpless, worthless or guilty
- Irritability and moodiness
- Problems concentrating
- Difficulty making decisions
- Thoughts about hurting yourself or your baby

Resources for Postpartum Depression, Mood and Anxiety Disorders

- Talk to your Doctor or Midwife
- Review the Going Home Booklet
- Attend Enloe's Pregnancy and Postpartum Support Group
- Mothers Strong Organization: www.mothersstrong.org or call 2-1-1
- Postpartum Support International: www.postpartum.net
- Butte County Crisis Line: 530-891-2810
- Enloe Warm Line: 530-332-7208

Newborn: At Time of Delivery

- Apgar Score
- Milia
- Lanugo & Vernix
- Skin Characteristics
- Name Bands
- Infant Security
- Vitamin K
- Erythromycin Ophthalmic Ointment
- Hepatitis B Vaccine
- Hypoglycemia
- Positive GBS (Group Beta Strep)
- Assessment

Newborn: While in the Hospital

- Newborn Screen
- Newborn Hearing Screen
- Initial Bath (at 24 hours of age)
- Photos-365 Company
- Jaundice
- Circumcision (boys)
- Car Seat
- Discharge Process

Newborn: Initial Basic Care

- Use of Bulb Syringe
- Temperature Taking
- Holding and Burping
- Bathing
- Umbilical Cord Care
- Diapering
- Swaddling
- Appropriate Dress
- Health-Pediatrician
- Sleeping
- Crying & Calming
- The Five S's

Resources for Parent & Baby Care Education

- Bittie Baby & Me Class
- Infant/Child CPR
- Outpatient Lactation Services
- Grandparenting Class
- Fatherhood Class

Benefits for Baby

- Colostrum
- Easily Digested
- Perfectly Matched Nutrition
- Bonding with Mother
- Less Incidence of Allergies
- Antibodies that Protect Against Infections and Diseases
- Higher IQ

Benefits for Mother

- Forced Relaxation (😊)
- Less Risk of Hemorrhage
- Less Incidence of Breast Cancer & Ovarian Cancer
- Bonding with Baby
- Convenient
- Economical

Benefits for Society

- Less Environmental Waste
- Less Draw on Resources (doctor visits)
- Decreased Lost Workdays
- Better Short-Term and Long-Term Community health
- AAP Recommended (6 months exclusive)
- WHO Recommended (1 year and beyond)

Breastfeeding At Delivery




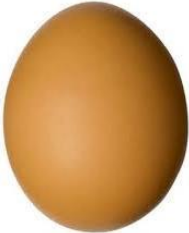
Making the most of the first 5 days after birth:

- Hand Expression in the First Hour After Birth.
- Skin to Skin Contact
- The A B C's:
 - Attachment
 - Breastmilk Production
 - Calories

Breastfeeding

- Supply & Demand
- Positioning & Latching
- Frequency & Duration of Feeding
- Is Baby Getting Enough to Eat?
- Preventing Engorgement & Mastitis
- Your Nutrition
- Breastfeeding Support & Community Resources

Size of Newborn Stomach

<p>Day 1 Size of a cherry 2 - 10 ml .4 - 2 tsp.</p>	<p>Day 3 Size of a walnut 15 - 30 ml 0.5 - 1 ounce</p>	<p>One Week Size of an apricot 45 - 60 ml 1.5 - 2 ounces</p>	<p>One Month Size of a large egg 80 - 150 ml 2.7 - 5 ounces</p>
			

**Our Outpatient Lactation Staff
is Here to Help You.**

Just give the Mother Baby Education Center a call:

530-332-3970

Thank you for Choosing Enloe to Deliver Your Precious Baby

WE ARE HONORED & GRATEFUL TO CARE FOR
YOU AND YOUR FAMILY!

