



Stages of Labor & Coping Tips

Early Labor

May last 12 hours or more

0-6 cm
Contraction Pattern:
Every 5-20 minutes
Lasting 30-60 seconds

- Change positions often, walk, bounce on birthing ball.
- Start breathing and relaxation techniques. (Soothing music, aromatherapy, gentle massage, roll tennis ball on back)
- Soak in a warm tub or take a warm shower if able.
- Rest and sleep
- Drink fluids and eat.
- You may have blood stained mucous (bloody show), low back pain, period like pains, loose bowel movements, sudden gush or a slow leak of fluid from the vagina. The waters should be clear or slightly pink.
- Get yourself packed and ready for the hospital.

Active Labor

May last 4-8 hours or more

6-8 cm
Contraction Pattern:
Every 3-5 minutes
Lasting 45-60+ seconds

- Call the doctor if your water breaks, you experience any bleeding or bright red discharge (not brown or pinkish), or if you experience blurred or double vision, a severe headache or sudden swelling, or if you're worried about anything.
- Go to the hospital following 5-1-1 rule: Contractions happen at least every 5 minutes, last for 1 minute each, and have been consistent for at least 1 hour.
- The hospital will get you in a gown, take vitals, start fetal monitoring, do a cervical exam, start an IV, get pain medications on board (if requested), and place a catheter.

Transition

May last 15 minutes to an hour

8-10 cm
Contraction Pattern:
Every 2-3 minutes
Lasting 60 seconds

- Try changing your position often.
- Empty your bladder often to make more room for the baby's head in your pelvis.
- Continue breathing and relaxation techniques.
- You may feel the urge to push, but don't until your doctor tells you to. Your cervix will need to be dilated to 10 first.

Pushing & Birth

May last a few minutes to 1-2 hours

10 cm
Contraction Pattern:
Every 2-5 minutes
Lasting 60-90 seconds

- Push when your doctor tells you too.
- You'll feel a strong urge to push with your contractions.
- Tips for pushing: With each contraction take a deep breath and hold your breath or exhale as your contraction peaks, bear down as if you are going to have a bowel movement (chin to your chest) and push with all your might. Relax and breath between contractions.
- Baby is born and umbilical cord is clamped in two places and cut when the stump.

Placenta Delivery

May last a few minutes to 20 minutes

Contraction Pattern:
mild contractions that last about a minute each. You may not even notice them.

- It's now time to deliver the placenta.
- If you had any tearing or an episiotomy your doctor will stitch you up at this time.
- You may get chills or tremble.
- Your provider might give you medication to slow bleeding.
- Breast feed as soon as able to promote uterine contractions and decrease bleeding. Skin to skin with baby to increase bonding.
- Your nurse will press and massage your belly every 15 minutes for the first two hours after delivery to ensure your uterus is contracted.

Coping With Birth Control

Consumer Guide, Linda Hughey Holt



Coping With Birth Control:

Coping with Birth Control Michael D. Benson, 1998 Discusses various aspects of sexual activity and birth control for both male and female teens

Christian Couples Coping with Childlessness Auli Vahakangas, 2009-06-01 Children are the focus of marriage in African cultures Marriage is considered full and functional only if the couple has children in many cultures preferably a boy Becoming a parent also contributes to one's full adulthood in the sense that childlessness blocks ascent towards full personal dignity as an adult person in the community As a result childlessness is often a major disaster for both of the spouses It has social economical and personal consequences quite often including divorce This book explores in depth how childlessness is perceived dealt with and coped with in two Christian communities in Machame on the slopes of Mt Kilimanjaro Childlessness is approached through narratives of the spouses concerned and the members of their communities Their stories reveal pain and courage brokenness and strength faithfulness and betrayal Christianity presents itself in an ambiguous light on one hand pressuring spouses to keep up facades supporting oppressive structures On the other hand Christian faith provides childless couples with personal hope in the afterlife that the African traditional culture offers only to those with children This study proves that childlessness is not only a personal but also a communal problem Childlessness and the fear of having no children contribute to family structures and sexual behavior In this way they have a considerable impact on the spread of HIV AIDS in Africa However this study reveals that the attitudes and practices towards marriage and children need not be petrified but rather that traditions can and do change

Birth Control News, 1929 Includes proceedings of the Society for constructive birth control and racial progress

The Birth Control Review Margaret Sanger, 1921

Stress, Appraisal, and Coping Richard S. Lazarus, Susan Folkman, 1984-03-15 The reissue of a classic work now with a foreword by Daniel Goleman Here is a monumental work that continues in the tradition pioneered by co author Richard Lazarus in his classic book Psychological Stress and the Coping Process Dr Lazarus and his collaborator Dr Susan Folkman present here a detailed theory of psychological stress building on the concepts of cognitive appraisal and coping which have become major themes of theory and investigation As an integrative theoretical analysis this volume pulls together two decades of research and thought on issues in behavioral medicine emotion stress management treatment and life span development A selective review of the most pertinent literature is included in each chapter The total reference listing for the book extends to 60 pages This work is necessarily multidisciplinary reflecting the many dimensions of stress related problems and their situation within a complex social context While the emphasis is on psychological aspects of stress the book is oriented towards professionals in various disciplines as well as advanced students and educated laypersons The intended audience ranges from psychiatrists clinical psychologists nurses and social workers to sociologists anthropologists medical researchers and physiologists

Birth Control Review Margaret Sanger, 1918

Birth Control, why and how George Whitehead, 1929

Coping with Self-Mutilation Jordan Lee, Alicia Clarke, 1999-03

The Case for Birth Control

Margaret Sanger,1917 **Bibliography on Racism** Center for Minority Group Mental Health Programs (U.S.),1972
The Survey ,1928 *Journal of Social Hygiene* ,1929 **Current History** ,1929 *Harper's Magazine* ,1930
Birth Control in Its Medical, Social, Economic and Moral Aspects Sigard Adolphus Knopf,1919 **The Nation**
and Athenæum ,1923 **Forecast** ,1924 *The Encyclopedia of Stress and Stress-Related Diseases, Second Edition* Ada
P. Kahn,2006 Presents information on stresses in the environment their causes effects and possible ways to minimize or
eliminate them *50 Ways to Cope with Menopause* Consumer Guide,Linda Hughey Holt,1995-02 Straightforward and easy
to understand this informative guide offers short descriptions of remedies that help women deal with the most common
discomforts and serious medical concerns during this time of change It also Includes natural and alternative remedies and
treatments Standing Room Only? Edward Alsworth Ross,1927

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