

# Coaches Cheat Sheet

Pre-Labour	Early Labour	Active Labour	Transition	Pushing
<b>Signs &amp; Symptoms</b> <ul style="list-style-type: none"> <li>• Cervix softening &amp; thinning</li> <li>• Irregular, weak contractions</li> <li>• Cramping</li> <li>• Frequent soft bowel movements</li> <li>• Release of mucous plug</li> </ul>	<b>Signs &amp; Symptoms</b> <ul style="list-style-type: none"> <li>• Regular contractions</li> <li>• Cervix is thinner and softer</li> <li>• Baby's head is down (hopefully!) with chin to chest</li> <li>• More mucous – maybe pink tinged</li> </ul>	<b>Signs &amp; Symptoms</b> <ul style="list-style-type: none"> <li>• Cervix is opening more steadily</li> <li>• Pattern of contractions changes to about 1 minute long and 3-4 minutes apart</li> </ul>	<b>Signs &amp; Symptoms</b> <ul style="list-style-type: none"> <li>• Transition between stages</li> <li>• You are near the end of dilating and the baby is starting to descend</li> <li>• Contractions are 1-2 minutes and close together</li> <li>• May get bearing down sensation – blow it away</li> <li>• Rectal pressure</li> <li>• 20-40 minute usual duration</li> <li>• Very strong contractions</li> <li>• Waters may break at this time</li> <li>• Contractions may peak more than once</li> </ul>	<b>Signs &amp; Symptoms</b> <ul style="list-style-type: none"> <li>• Fully dilated</li> <li>• Possible rest time</li> <li>• Baby's head out of cervix</li> <li>• Average 1-2 hours</li> <li>• Contractions are further apart, lasting ~60 seconds</li> <li>• FHR checked frequently</li> <li>• Rectal pressure</li> <li>• Feeling of fullness as head hits pelvic floor</li> <li>• Crowning, vaginal burning, stretching</li> </ul>
<b>Mother's Feelings &amp; Activities</b> <ul style="list-style-type: none"> <li>• Excitement</li> <li>• Anxiety</li> <li>• Drink plenty of fluids</li> <li>• Eat a high carbohydrate diet</li> <li>• Continue sleeping if at night</li> <li>• Continue normal activities if in day</li> <li>• Feel rested</li> </ul>	<b>Mother's Feelings &amp; Activities</b> <ul style="list-style-type: none"> <li>• Stay soft and loose</li> <li>• Labour settles into a routine</li> <li>• Mood becomes more serious and focused</li> <li>• Walk as much as possible</li> <li>• Try not to over-react</li> <li>• May get discouraged and restless</li> <li>• Change positions frequently</li> <li>• Give feedback between contractions</li> <li>• Release to massage</li> <li>• Continue deep, easy breathing</li> </ul>	<b>Mother's Feelings &amp; Activities</b> <ul style="list-style-type: none"> <li>• More intensity</li> <li>• Sense of humour fades</li> <li>• Very focused</li> <li>• Irritable</li> <li>• Tired</li> <li>• Discouraged</li> <li>• Deal with one contraction at a time</li> <li>• Use a routine for every contraction</li> <li>• Use visualization</li> <li>• Think open</li> <li>• May get cold feet, bring warm socks</li> <li>• Take long showers</li> <li>• Move with a rocking movement</li> <li>• Do the "baby dance"</li> <li>• Breathe slowly and evenly</li> </ul>	<b>Mother's Feelings &amp; Activities</b> <ul style="list-style-type: none"> <li>• Very intense</li> <li>• Sense of panic and self-doubt</li> <li>• Pressure of baby's head causes trembling thighs</li> <li>• Nausea and shivering</li> <li>• Emotional, over-whelmed</li> <li>• Breathing may speed up – keep it loose</li> <li>• Focus on exhale</li> <li>• Make noises</li> <li>• Keep jaw loose</li> <li>• May be drowsy</li> <li>• May have hot and cold flashes</li> </ul>	<b>Mother's Feelings &amp; Activities</b> <ul style="list-style-type: none"> <li>• Listen to your body</li> <li>• Usually has strong urge to push</li> <li>• Push only with contraction</li> <li>• Do not hold breathe for too long</li> <li>• Try gravity-positive positions – ie. Squat variations</li> <li>• Possibility of renewed energy</li> <li>• Uses more physical energy</li> <li>• Needs to stay relaxed</li> <li>• Rest between contractions</li> <li>• Push with the strongest part of the contraction</li> <li>• Take two deep breathes, hold the third</li> <li>• Chin down – bulge perineum</li> <li>• Use "open" visualization</li> <li>• Listen to birth attendant</li> <li>• To avoid pushing, blow hard with chin up</li> <li>• To encourage, use mirror</li> </ul>
<b>Coach's Role</b> <ul style="list-style-type: none"> <li>• Encourage normal activities</li> <li>• Visit friends</li> <li>• See a good movie</li> <li>• Rest with mother</li> <li>• Suggest bath or shower</li> <li>• Do not go to the hospital too early</li> <li>• Relaxation is contagious</li> <li>• Feel the excitement</li> </ul>	<b>Coach's Role</b> <ul style="list-style-type: none"> <li>• Stay close during contractions</li> <li>• Walk with her</li> <li>• Massage</li> <li>• Have her drink lots</li> <li>• Remind her to pee</li> <li>• Match her mood</li> <li>• Help her maintain comfort</li> <li>• Give undivided attention</li> <li>• Help her stay relaxed</li> <li>• Suggest position or place changes as needed</li> <li>• Use verbal encouragement</li> <li>• Emotional support</li> <li>• Love her</li> <li>• Get food and rest for yourself if possible</li> </ul>	<b>Coach's Role</b> <ul style="list-style-type: none"> <li>• Centre on her</li> <li>• Keep room quiet</li> <li>• Continue to help her relax</li> <li>• Maintain routine ie. Tapping, counting, massaging, stroking, brushing hair, etc.</li> <li>• Change routines as necessary</li> <li>• Get feedback between contractions</li> <li>• Follow mother's lead, take cues from her</li> <li>• Touch throughout contractions</li> <li>• Sip water after each contraction</li> <li>• Use hot and cold packs</li> </ul>	<b>Coach's Role</b> <ul style="list-style-type: none"> <li>• Stay calm and close</li> <li>• Face to face</li> <li>• May need the "take charge routine"</li> <li>• Breathe with her</li> <li>• Lots of verbal encouragement</li> <li>• Remind her she's almost there</li> <li>• Help her "blow away" the urge to push if necessary</li> <li>• Provide extra blankets</li> <li>• Cold cloth for her face</li> <li>• Massage her inner thighs</li> <li>• See contractions as a wave</li> <li>• Talk her through the peak and descent</li> <li>• Do not leave her</li> <li>• Regulate her breathing so she inhales as much as she exhales</li> <li>• Intense back massage</li> </ul>	<b>Coach's Role</b> <ul style="list-style-type: none"> <li>• Verbal encouragement</li> <li>• Avoid "push" chorus</li> <li>• Use "breathe the baby out" "open"</li> <li>• Remind her to keep her mouth and jaw loose</li> <li>• Massage legs between contractions</li> <li>• Support and hold legs</li> <li>• Wipe her face and neck with a cold cloth</li> <li>• Offer ice and water often</li> <li>• Stay close</li> <li>• Lots of people may be present</li> <li>• Pictures?</li> <li>• Enjoy the birth!</li> </ul>

