

Stage of Labor Game

2ND STAGE, PUSHING	PRE-LABOR	LATENT PHASE
ACTIVE PHASE	TRANSITION	GO ON WITH DAILY LIFE AS USUAL
BRAXTON-HICKS CONTRACTIONS BECOME MORE NOTICEABLE, BUT STILL CEASE WITH MOVEMENT OR REST	YOU MAY LOSE YOUR MUCUS PLUG IN PIECES OR AS A WHOLE	YOU MAY FEEL EXTRA TIRED, SQUIRRELLY, OR NESTY
THIS PART OF LABOR CAN TAKE HOURS, DAYS OR WEEKS	YOUR BABY WILL DROP INTO YOUR PELVIS	YOUR JOINTS WILL LOOSED

NOURISH (EATING,
DRINKING NORMALLY)

THIS PART OF LABOR CAN
BE A FEW HOURS TO DAYS
LONG

YOU WILL DILATE FROM
0-4CM

CONTRACTIONS WILL
PATTERN, 30-60 SECONDS
LONG EVERY 10-20
MINUTES

REST, NOURISH (EATING,
DRINKING TO
HUNGER/THIRST)

YOU MAY BEGIN TO HAVE
BLOODY SHOW

YOU WILL BE YOURSELF,
LUCID & EXCITED

USE VISUALIZATIONS

YOU CAN TALK THROUGH
MOST CONTRACTIONS

THIS PART OF LABOR CAN
BE FROM 6-24 HOURS

YOU WILL DILATE FROM
4-7CM

YOU WILL LOOKED FLUSHED

CONTRACTIONS WILL BE
60-90 SECONDS LONG,
EVERY 3-7 MINUTES

YOU WILL LOSE YOUR
MODESTY

YOU WILL WITHDRAW &
NOT BE ABLE TO TALK
FREELY

YOU SHOULD CHANGE
POSITIONS EVERY HOUR

YOU SHOULD BE APPLYING
COMFORT MEASURES

THIS PART OF LABOR TAKES
BETWEEN 30 MINUTES-2
HOURS

YOU WILL GO FROM 7CM
TO COMPLETE

YOU MAY VOMIT & YOU
MAY FEEL SHAKY

YOU SHOULD PEE EVERY 1-2
HOURS

YOU SHOULD PEE EVERY 1-2
HOURS

YOU SHOULD PEE EVERY 1-2
HOURS

YOU SHOULD REMEMBER TO
TAKE SIPS OF WATER & EAT
SNACKS IF POSSIBLE

YOUR CARE TEAM SHOULD
BE REASSURING &
ENCOURAGING

YOU MAY FEEL EXHAUSTED
& THAT YOU CAN'T GO ON

CONTRACTIONS WILL BE
60-90 SECONDS LONG,
EVERY 90-120 SECONDS
WITH DOUBLE PEAKS

CONTRACTIONS ARE ABOUT
5 MINUTES APART &
45-90 SECONDS LONG

YOU WILL FEEL AN
UNSTOPPABLE URGE TO
PUSH

YOU WILL GRUNT

THIS PHASE IS FROM WHEN
YOU ARE COMPLETE TO
WHEN YOU BIRTH YOUR
BABY

YOU WILL NEED YOUR CARE
CIRCLE TO SUPPORT YOUR
BODY IN ANY POSITION
YOU CHOOSE TO BE IN

YOU WILL NEED COLD
COMPRESSES ON YOUR
CHEST, FOREHEAD, OR NECK

YOU WILL FEEL STRETCHING
IN YOUR PERINEUM

THIS PART OF LABOR TAKES
USUALLY TAKE 2 HOURS

ONLY OFFER WATER

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THIS PART OF LABOR CAN TAKE HOURS, DAYS OR WEEKS	YOUR BABY WILL DROP INTO YOUR PELVIS	YOUR JOINTS WILL LOOSED

<p>NOURISH (EATING, DRINKING NORMALLY)</p>	<p>THIS PART OF LABOR CAN BE A FEW HOURS TO DAYS LONG</p>	<p>YOU WILL DILATE FROM 0-4CM</p>
<p>CONTRACTIONS WILL PATTERN, 30-60 SECONDS LONG EVERY 10-20 MINUTES</p>	<p>REST, NOURISH (EATING, DRINKING TO HUNGER/THIRST)</p>	<p>YOU MAY BEGIN TO HAVE BLOODY SHOW</p>
<p>YOU WILL BE YOURSELF, LUCID & EXCITED</p>	<p>USE VISUALIZATIONS</p>	<p>YOU CAN TALK THROUGH MOST CONTRACTIONS</p>
<p>THIS PART OF LABOR CAN BE FROM 6-24 HOURS</p>	<p>YOU WILL DILATE FROM 4-7CM</p>	<p>YOU WILL LOOKED FLUSHED</p>

CONTRACTIONS WILL BE 60-90 SECONDS LONG, EVERY 3-7 MINUTES	YOU WILL LOSE YOUR MODESTY	YOU WILL WITHDRAW & NOT BE ABLE TO TALK FREELY
YOU SHOULD CHANGE POSITIONS EVERY HOUR	YOU SHOULD BE APPLYING COMFORT MEASURES	THIS PART OF LABOR TAKES BETWEEN 30 MINUTES-2 HOURS
YOU WILL GO FROM 7CM TO COMPLETE	YOU MAY VOMIT & YOU MAY FEEL SHAKY	YOU SHOULD PEE EVERY 1-2 HOURS
YOU SHOULD PEE EVERY 1-2 HOURS	YOU SHOULD PEE EVERY 1-2 HOURS	YOU SHOULD REMEMBER TO TAKE SIPS OF WATER & EAT SNACKS IF POSSIBLE

<p>YOUR CARE TEAM SHOULD BE REASSURING & ENCOURAGING</p>	<p>YOU MAY FEEL EXHAUSTED & THAT YOU CAN'T GO ON</p>	<p>CONTRACTIONS WILL BE 60-90 SECONDS LONG, EVERY 90-120 SECONDS WITH DOUBLE PEAKS</p>
<p>CONTRACTIONS ARE ABOUT 5 MINUTES APART & 45-90 SECONDS LONG</p>	<p>YOU WILL FEEL AN UNSTOPPABLE URGE TO PUSH</p>	<p>YOU WILL GRUNT</p>
<p>THIS PHASE IS FROM WHEN YOU ARE COMPLETE TO WHEN YOU BIRTH YOUR BABY</p>	<p>YOU WILL NEED YOUR CARE CIRCLE TO SUPPORT YOUR BODY IN ANY POSITION YOU CHOOSE TO BE IN</p>	<p>YOU WILL NEED COLD COMPRESSES ON YOUR CHEST, FOREHEAD, OR NECK</p>
<p>YOU WILL FEEL STRETCHING IN YOUR PERINEUM</p>	<p>THIS PART OF LABOR TAKES USUALLY TAKE 2 HOURS</p>	

MAMA IN EACH POSITION/POSTURE PLEASE ASK YOURSELF:

- ◉AM I ABLE TO BREATHE IN THIS POSITION?
- ◉AM I ABLE TO FULLY RELAX IN THIS POSITION?
- ◉AM I ABLE TO TEND TO MY PHYSICAL, EMOTIONAL, & MENTAL NEEDS IN THIS POSITION?
- ◉CAN I TAKE DEEP SLOW BREATHS IN?
- ◉ARE MY EYES CLOSED WHEN I AM RESTING (OBVIOUSLY NOT WHEN YOU ARE WALKING AROUND)?
- ◉HAVE I BEEN SIPPING WATER & SNACKING?

PARTNERS IN EACH POSITION/POSTURE PLEASE ASK YOURSELF:

- ◉DOES SHE LOOK COMFORTABLE IN THE POSITION?
- ◉HAS SHE ACHIEVED FLOPPY SOGGINESS IN BETWEEN CONTRACTIONS?
- ◉HAVE I OFFERED SIPS OF WATER OR NIBBLES OF FOOD?
- ◉HOW IS HER BREATHING?
- ◉AM I TALKING TO HER IN A CALM-SOOTHING VOICE?
- ◉HAVE I TOLD HER SHE'S BLOWING ME AWAY BY HOW WELL SHE IS DOING, THAT I LOVE HER, THAT SHE IS DOING GREAT?
- ◉AM I MASSAGING ENOUGH, WHILE RESERVING MY OWN ENERGY SO I DON'T TIRE TOO EARLY?