

Expectations - Partner

Once your new baby arrives, there will be a lot more going on in your lives. Life as you know it will change forever, in good ways and in not so good ways. Imagine for a moment that your baby has arrived. What can you do to help with the care of your baby, to make life a little easier for your partner and to help you bond with your baby?

Please think about what percentage of each of the following tasks you will be able to do when you are at home:

	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%
Changing diapers										
Bottle feeding										
Calming the baby										
Burping the baby										
Taking the baby for a walk										
Dinner preparation or take out										
Baby care while your partner naps										
Laundry										
Housecleaning										

List everything you're worried about after the baby arrives:

List five simple things that make your partner happy:

Guide to Penny Simkin's Road Map of Labor

1 - 2 CM (CONTRACTIONS 5 OR MORE MINUTES APART)

- walking
- eating and drinking
- baking
- resting and relaxing
- timing contractions
- call the birth team

3 - 5 CM (CONTRACTIONS 4 MINUTES APART, 1 MINUTE LONG AND IT'S BEEN THAT WAY FOR AN HOUR -- THAT'S THE 4-1-1)

- relax, breathe, focus
- relaxing massage
- shower
- 3Rs (Relaxation, Rhythm, Ritual)
- slow dancing

5 - 8 CM (CONTRACTIONS CONSISTENTLY 3 TO 4 MINUTES APART AND AT LEAST 1 MINUTE LONG) PAIN 'MAXES OUT' AT 7 CM

"NORMAL" LABOR

- bath
- leaning on birth ball
- bathroom (1-1/2 hrs. max.)
- stay well hydrated
- resting (rocker or nap)
- leaning forward

DETOUR - "BACK" LABOR

- lean on birth ball on the bed
- lean on birth ball on the floor
- lunge
- heat on your back
- abdominal lift and knee bend
- shower
- tub
- counter pressure
- double hip squeeze

TAKE THE TOLL ROAD - GET THE EPIDURAL

- get a bag of iv fluids first
- get a urinary catheter
- get your blood pressure taken frequently
- Pitocin is frequently used
- sleep and wait

8 - 10 CM (CONTRACTIONS 2 TO 3 MINUTES APART) NO MORE BACK LABOR

- you may feel cold or hot
- maintain focus and rhythm

EPIDURAL

- sleep and wait

10 CM (GET YOUR SECOND WIND)

- push with urge
- sidelying
- squatting
- hands and knees
- hold your legs under your thighs
- have partner and doula hold your legs

EPIDURAL

- push when you're told to push
- push while on your back
- breath holding (purple) pushing
- use rebozo with squatting bar

One hour of uninterrupted time to bond with your baby and begin breastfeeding