

Coach's Checklist

- **Check position**
- **Check relaxation**
- **Time contractions...4 or 5 every now and then...not continuously**
- **Guide breathing**
- **Rub her back**
- **Talk her thru contractions...reminders, encouragement, and praise**
- **Maintain a peaceful relaxed uninterrupted environment**
- **Remind her to drink between contractions and use restroom every hour**

Coaching Cues

- **Try pelvic rocking, hands and knees, rocking chair or birth ball**
- **Get her something cool to drink**
- **Pour on the praise**
- Encourage her to accept the discomfort and relax as deeply as possible to make contractions more effective
- Tell her what a good Mommy she is
- Try walking
- Get her a warm cup of tea/milk
- **If she's tensing during contractions, tell her, "With your next breath I want you to exhale all of your tension"**
- Try counter-pressure
- Eat a little something
- Massage her feet
- Hold her hand and tell her that you love her
- **Use the Stroking technique (see below)**
- **Give her a pep talk. Tell her to "hang in there."**
- **Talk about why she's doing this, and why it is so important and worth it**
- **Remind her to go to the bathroom at least every hour**
- Massage her arms between contractions
- Remember muscle observation and make sure she's completely relaxed
- Massage the tension out
- **Use a cool washcloth to wipe her face**
- Remind her to breath abdominally
- Have her stand up between contractions and massage her neck, shoulders, arms, upper/lower back and legs
- Ask for some privacy
- **Talk about how well the baby will handle the labor and transition into this world not drugged**
- Tell her to "Concentrate on your hands being loose and limp and relaxed"
- Turn off lights, close the door, get her into a comfortable position and try to have her sleep during contractions
- **Talk about letting go, giving in, and letting your body take over**
- Encourage her to make relaxing sounds to release tension and express herself
- **Give her a hip to leg to foot massage**
- **Offer her a shower or bath**
- Try using a hot water bottle or an ice pack to relieve some of her discomfort
- Have her concentrate on relaxing her bottom and opening the passageway for the baby
- Monitor the spot where she tenses up first and keep it relaxed
- Try something different...position, attitude, environment, and activity
- **Take one contraction at a time and stay focused on this one only**
- Set her up in a reclining chair with a hot water bottle on her lower back. Use long flowing strokes to massage her legs and feet.

Six Needs during First Stage Labor

- Darkness and solitude
- Physical relaxation
- Quiet
- Physical comfort
- Controlled Breathing
- Closed eyes/Appearance of sleep

Second Stage Positions

1. Knees back with elbows up and out
2. Chin on Chest
3. Curved spine

- Classic position
- Assisted classic position
- Side lying position
- Squatting position
- Assisted squatting position
- Hands and knees position
- Asymmetric Position
- Standing

Positive pushing techniques...

1. *Push to the point of comfort*
2. *Hold breath only as long as is comfortable*
3. *Relax everything except muscles necessary to push and let go with each push. Push down and out.*
4. *Completely relax between contractions*

Encouraging Words

- You're doing a great job
- Wonderful
- I'm so proud of you
- Good job
- You can do it. I know you can.
- You're doing just fine
- Our baby will be here soon
- Pretty soon you'll be able to hold this baby in your arms
- You're doing so well
- This baby is so lucky to have you
- You are doing such a wonderful thing for this baby
- Each contraction gets us closer to our baby's birth
- Hard contractions mean we are really getting down to work

Judging the Progress of Labor

	Emotional/Behavioral	Contractions	Mother's Description	Clothing
Early 1st Stage	Excitement/acceptance "Putsy-putsy"	10 min apart or less 45-60 seconds long	"Wow, these are strong contractions"	Modest
Active 1st Stage	Seriousness "Do Not Disturb"	Quite close together 60 seconds or more	"Shhh"	Less Modest
Transition	Self Doubt Confession "I give up"	One on top of another Double peak, space out, stop	"I don't think I can do this anymore!"	Little Modesty
2nd Stage	Calmness & Determination	Space out again Approx 60 seconds long	"Here it comes again honey...breath"	No Modesty

Physical Relaxation

Stroking (from/to):

- Shoulder
- Upper Arm
- Elbow
- Forearm
- Wrist Hand

- Hip
- Thigh
- Knee
- Calf
- Ankle
- Foot

- Top of head
- Down hair

Pressure:

- Hip squeeze
- Palm on tailbone
- Fist on lower back
- Tennis balls on either side of spine
- Hot/Cold pack for back, neck, feet, etc...
- Thumb pressure on either side of lower back
- Thumb pressure on hip joints

Massage:

- Hands
- Feet
- Belly
- Back
- Neck
- Shoulder

Stroking Technique

As your partner concentrates on relaxing and letting go, put your whole hand at the back of her neck and slowly but firmly stroke down across her shoulder, upper arm, elbow, forearm, hand, and fingertips. Reinforce by telling her to concentrate on relaxing completely in response to your touch. Talk about stroking the tension down and out of her body. This technique can be used on her arms, legs, back, and face.

Progressive Relaxation Script

Imagine you are under a gentle waterfall on a warm day. Feel the water as it flows over your head and down the back of your head and your face. Smell the freshness and let your body absorb the moisture as you relax your head, neck, and shoulders. Notice how the water cascades over your shoulders in smooth sheets and caresses your arms, elbows, wrist, and each finger as it drains off your hands. Just let go of these muscles as they begin to feel the relaxing sensation of this warm water. Next feel the water run down your back and hips and down your neck, breasts, and abdomen. Feel these muscles releasing and letting go. Think about how relaxing this must be to your baby: Warm, safe, and comfortable. Now focus on the water flowing down your legs, to knees, to ankles, to feet and toes as it washes away the tension and pressure of the day.