

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 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