

Best Start Resource Centre –
Prenatal Education Program

Labour and Birth

best start
meilleur départ

Resource Centre/Centre de ressources

by/par health **nexus** santé



Brain Buster



Events of Late Pregnancy

Common changes in the pregnant woman:

- ↑ Production of colostrum.
- ↑ Frequency of practice contractions.
- ↑ Cervical mucous.
- Relaxation of pelvic joints.
- Loss of mucous plug.



Getting Ready for Labour and Birth

During your last few months:

- Attend prenatal education classes.
- Discuss your birth plan.
- Learn about breastfeeding and skin-to-skin care.
- Make a list of phone numbers you need.
- Plan your maternity leave.



Getting Ready for Your Baby

During your last few months:

- Borrow/buy supplies.
- Arrange for help.
- Prepare baby's sleeping space.



Your Birth Place Suitcase



Natasha and Michael



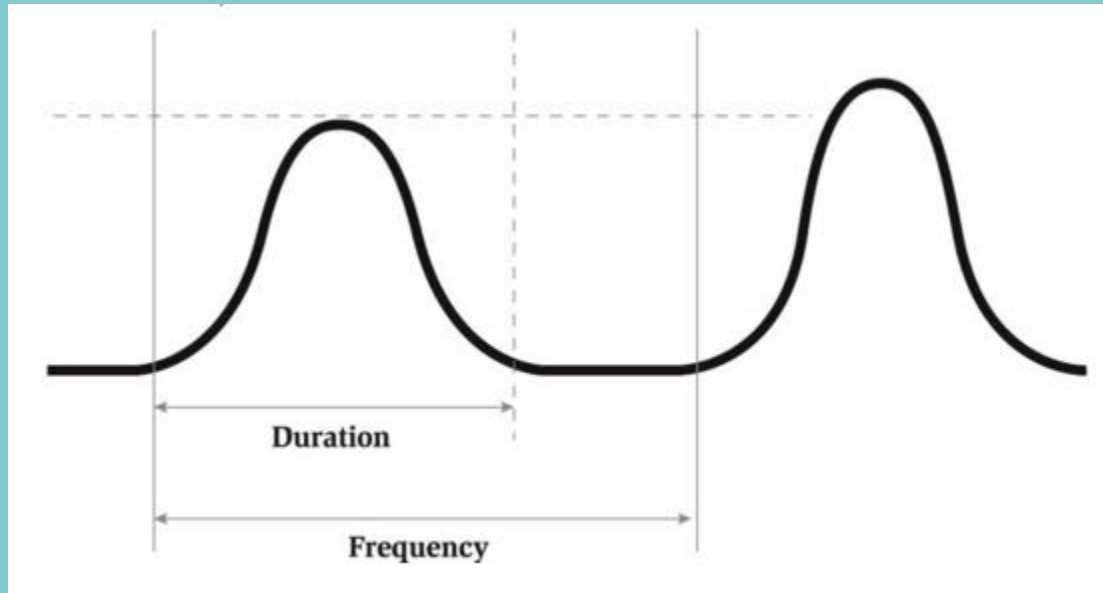
Am I Really in Labour?

Pre-labour contractions	True labour contractions

Am I Really in Labour?

Pre-labour contractions	True labour contractions
Do not get stronger	Get stronger
Do not become regular	Become regular and closer together
Go away with walking	Get stronger when you walk
Feel strongest in front	May begin in back and move to front
There is no bloody show	Bloody show usually present

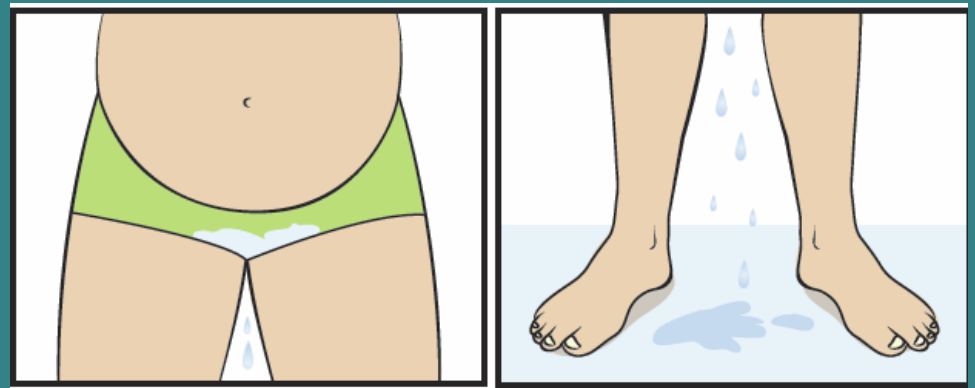
Timing Contractions



Rupture of the Membranes

Record the:

- **T**ime when the bag of waters broke.
- **A**mount of the fluid.
- **C**olour of the fluid.
- **O** odour of the fluid.



When to Go to Your Place of Birth



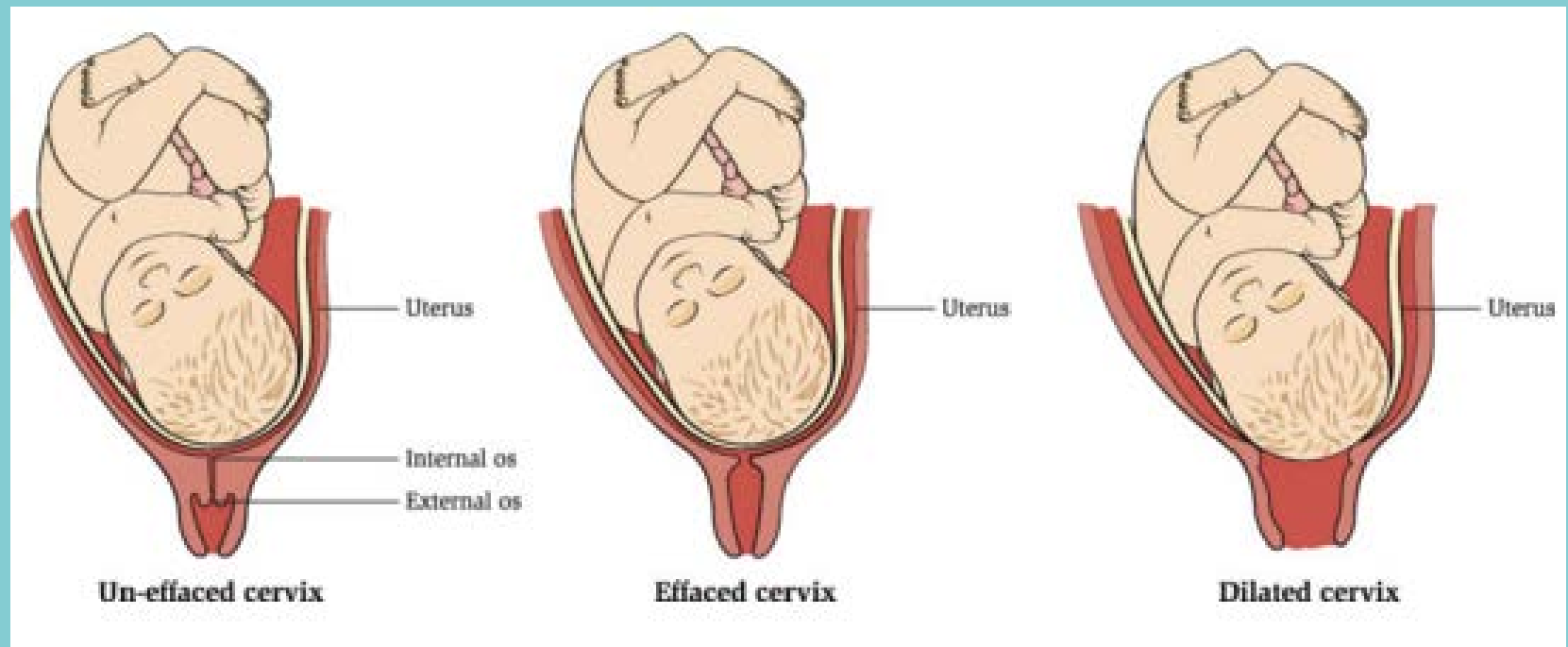
When to Go to Your Place of Birth – Activity 1



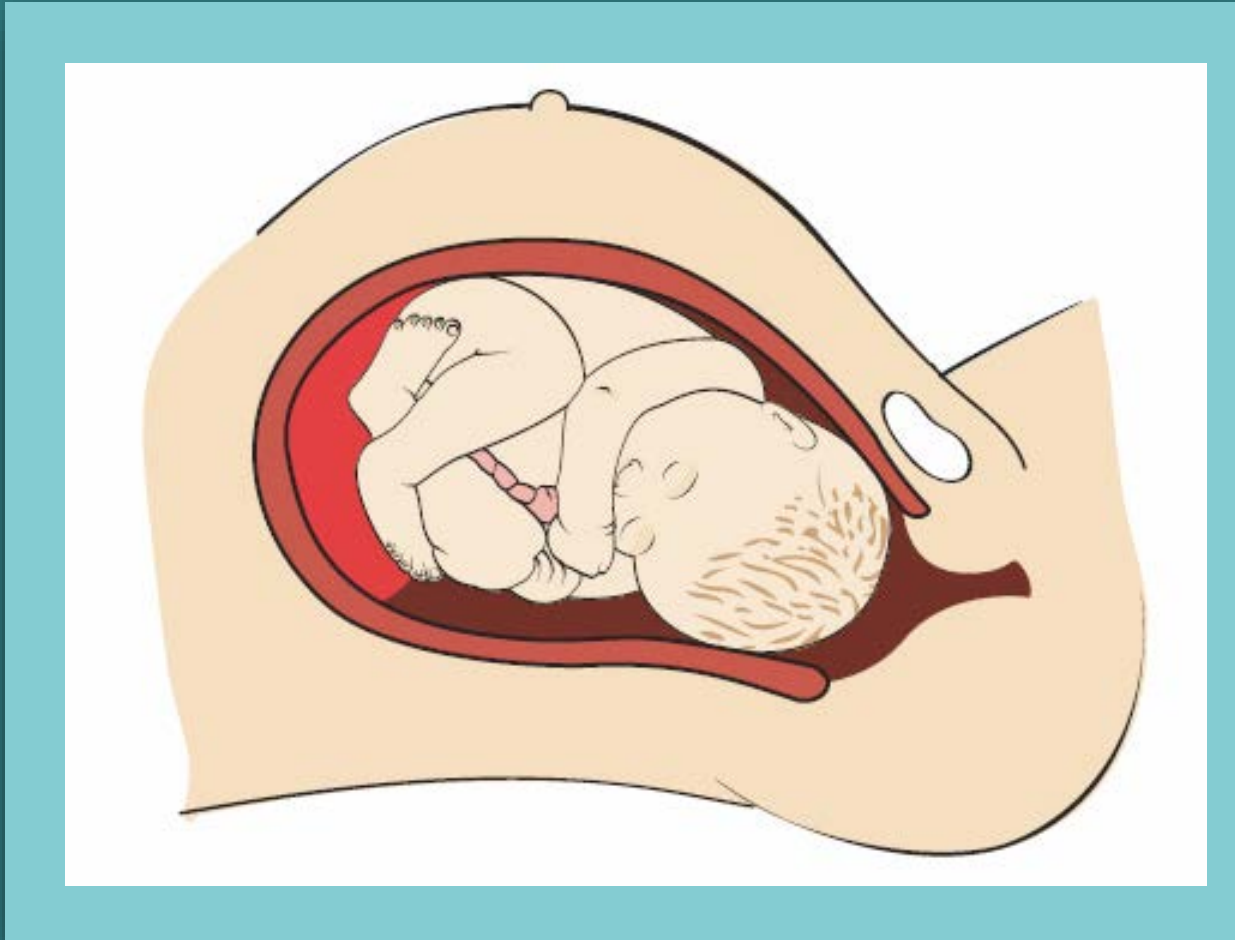
When to Go to Your Place of Birth – Activity 2



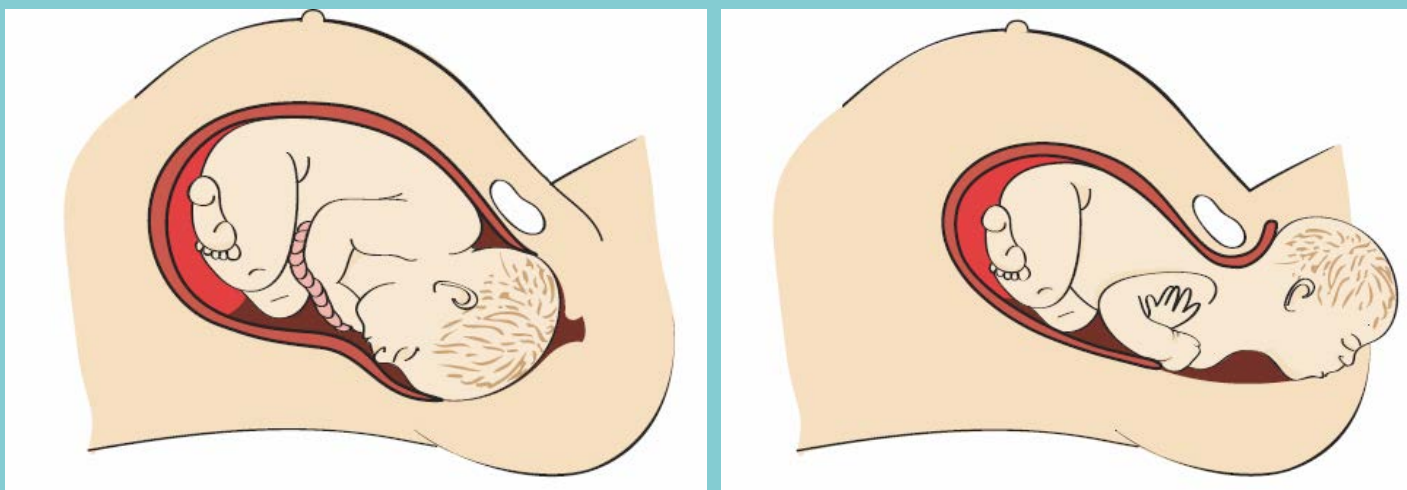
The Changing Cervix



Your Baby's Journey: Engagement, Flexion, Descent



Your Baby's Journey: Internal Rotation, Extension



Your Baby's Journey: External Rotation, Expulsion



Your Journey



Your Journey

Phase of labour (Stage 1)	Cervical dilation	Length of contractions	Time between contractions
Early or latent	0-3 cm	30-45 seconds	5-10 minutes
Active	3-8 cm	45-60 seconds	3-5 minutes
Transition	8-10 cm	60-90 seconds	2-3 minutes

Your Journey

Phase of labour (Stage 1)	Cervical dilation	Length of contractions	Time between contractions

Hormonal Influences

- Oxytocin
- Endorphins
- Adrenaline
- Noradrenaline
- Prolactin





For More Information

Contact or refer to:

- Health care provider
- Local hospital or birth centre
- Certified doula
- Public health department

The information represents the
best practice guidelines at the time of publication.
The content is not officially endorsed by the Government of Ontario.
Consult your health care provider for information specific to your pregnancy.



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www.beststart.org

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