

Goal

- To increase awareness about preparation for labour and birth.
- To decrease concerns about the labour and birth experience.

Objectives

By the end of the module, participants will be able to understand:

- What to expect in late pregnancy.
- How to prepare for labour and birth.
- The difference between true labour and pre-labour.
- The four stages of labour.
- How to time contractions.
- When to go to the hospital/birthing centre and/or when to call the midwife.
- Where to find more information and support.

Labour and Birth Outline (45 – 60 minutes)

1. Introductions and housekeeping
2. Brain Buster or other icebreaker activity
3. Events of late pregnancy
4. Getting ready for labour and birth
5. Pre-labour and true labour
6. Contractions and ruptured membranes
7. When to go to your place of birth
8. Your baby's journey
9. Your journey (stages of labour)

Materials

- Laptop/computer and projector.
- Pencils (1 per couple).
- 'True labour' and 'Pre-labour' heading cards and 12 game cards (included in outline).
- Tape.
- Knitted uterus, pelvis, cloth doll, placenta/amniotic sac and cord models (can be purchased from health care supply companies such as Childbirth Graphics).
- Posters and charts (can be purchased from health care supply companies such as Childbirth Graphics).
- Individually wrapped, sugar-free Life Saver candies.

Handouts

- Best Start Resource Centre, *Healthy Beginnings*, (5th edition when available) or *A Healthy Start for Baby and Me* (2016).*
- Best Start Resource Centre, *Labour Progress Key Messages* PDF.
<http://www.ontarioprenataleducation.ca/labour-progress/>
- Prenatal Fun activity sheet, 1 per couple (included in module outline).
- Prenatal Fun answer sheet (1 for the facilitator), included in outline.
- Best Start Resource Centre, *Preterm Labour Signs & Symptoms*, 2016.
- Sheedy, M., Labour Decision Tree, March 2013, included in outline.

Websites

- Are you pregnant? Best Start Resource Centre
http://en.beststart.org/for_parents/are-you-or-your-partner-pregnant
- The Healthy Pregnancy Guide, Public Health Agency of Canada
<http://www.phac-aspc.gc.ca/hp-gs/guide/index-eng.php>
- Preparing for Labour, HealthyFamilies BC
www.healthyfamiliesbc.ca/home/articles/topic/preparing-labour
- Signs and Stages of Labour, HealthyFamilies BC
www.healthyfamiliesbc.ca/home/articles/topic/signs-stages-labour
- Breastfeeding Information for Parents, University of Ontario Institute of Technology and Durham Region Health Department
www.breastfeedinginfoforparents.ca
- 40 Reasons to go the full 40
www.health4mom.org/zones/go-the-full-40

Apps

- Mom and Baby to Be
<https://itunes.apple.com/app/mom-and-baby-to-be/id560579312?mt=8>
- OMama
 - Google Play <https://play.google.com/store/apps/details?id=com.omama.mobileapp>
 - iTunes <https://itunes.apple.com/ca/app/omama/id1066408682?mt=8>

Video Suggestions.

- *Understanding Birth, Chapter Two-Understanding Labour*, 3rd edition, InJoy Birth & Parenting Education, 2015.
- *Stages of Labour*, 3rd edition, InJoy Birth & Parenting Education, 2013











Be aware that newer American videos such as the ones above may describe the second phase of labour starting at 6 cm, vs. the SOGC guidelines that state 3 cm. You may choose to use the 2nd edition of these videos for this reason.

* Unless provided previously to participants.

References

- Best Start Resource Centre. (2009). *Giving birth in a new land– Strategies for service providers working with newcomers*. Toronto, Canada: author.
- Best Start Resource Centre. (2012). *Preterm labour signs and symptoms*. Retrieved from www.beststart.org/resources/rep_health/preterm/Preterm_English_2012.pdf
- Best Start Resource Centre. (2016). *A healthy start for baby and me*. Retrieved from www.beststart.org/resources/rep_health/pdf/low_lit_book_fnl_LR.pdf
- Buckley, S. (2015). *Hormonal physiology of childbearing: Evidence and implications for women, babies, and maternity care*. Retrieved from www.nationalpartnership.org/research-library/maternal-health/hormonal-physiology-of-childbearing.pdf
- Canadian Association of Midwives. (2016). *Position statements & joint statements*. Retrieved from www.canadianmidwives.org/position-statements.html
- Simkin, P., Whalley, J., Keppler, A., Durham, J., & Bolding, A. (2010). *Pregnancy, childbirth and the newborn: The complete guide* (4th ed.) . Minnetonka, MN: Meadowbrook Press.
- Wellington-Dufferin-Guelph Health Unit. (2003). *Reproductive health manual - class #4*.

Prenatal Fun











MOOD 	BILABOURTH		n come 4 
e l s f i n e g	H₂O 		<div style="border: 1px solid black; padding: 5px; width: fit-content;"> I agree to _____ _____ Signed, _____ </div> + shuns
	 2	 + E + N	
 regular	 +	 + PURR	

 Algoma Public Health Prenatal Team
2016

**it start
départ**
 Resource Centre/Centre de ressources

 by/par health **nexus** santé

Prenatal Fun

<p>MOOD</p>  <p>mood swings</p>	<p>BILABOURTH</p> <p>labour & birth</p>	<p>sleep</p> <p>little sleep</p>	<p>n come 4</p>  <p>uncomfortable</p>
<p>e l s f i n e g</p> <p>mixed feelings</p>	<p>H₂O</p> <p>water breaks</p> 	<p>O +</p>  <p>OB</p>	<p>contractions</p> <p>I agree to</p> <p>Signed,</p> <p>+ shuns</p>
 <p>kegels</p>	 <p>2</p> <p>skin to skin</p>	 <p>+ E + N</p> <p>Caesarean</p>	 <p>be smoke free</p>
<p>regular check up</p> <p>✓</p> <p>regular</p>	 <p>safe sleep</p> <p>+</p>	 <p>+ PURR</p> <p>diaper</p>	 <p>lucky you</p>

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Pre-labour Contractions

Do not get stronger

Do not become regular

Go away with walking

Feel strongest in front

There is no bloody show

True Labour Contractions

Get stronger

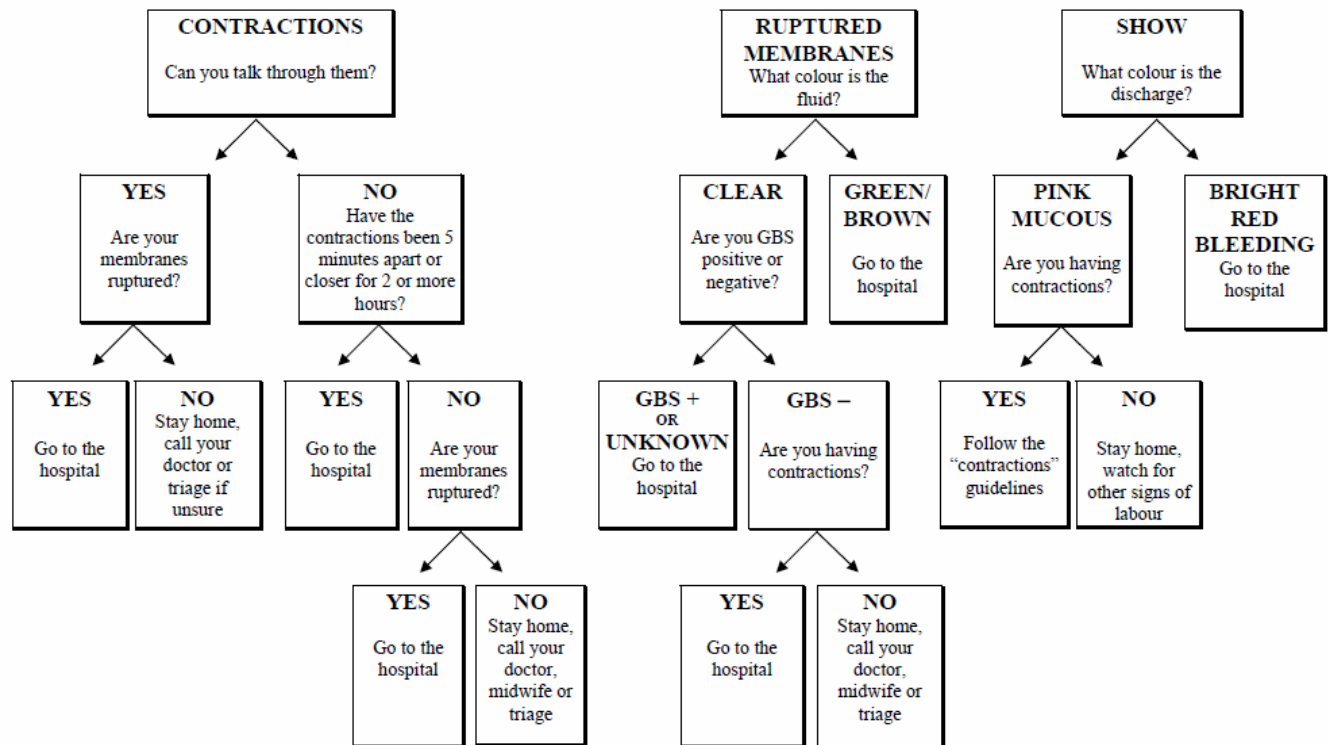
Become regular and closer together

Get stronger when you walk

May begin in back and move to the front

Bloody show usually present

LABOUR DECISION TREE



This is not intended to replace the advice of your health care provider.

Use this tool only once you are 37 weeks pregnant.

If at anytime you are unsure of what to do, you should call your doctor, midwife, or labour triage at your birth facility.

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