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|  | **EXCITED MAMA** | **FOCUSED/SERIOUS MAMA** | **DOUBTFUL MAMA** |
| **STAGE OF LABOUR** | *Latent/early first stage* | *Established labour* | *Final part of first stage/transition* |
| **MUM’S BEHAVIOUR** | * Talkative * Excited * Making eye contact * Breaks off to have a contraction and picks up where she left off | * Becomes much more internally focussed * Becomes mono-syllabic * Will answer questions but it will take a while * Stops talking | * Declaring she can’t do it or has changed her mind * May ask for pain relief * Might be sick * Signs of hard physical work |
| **CONTRACTIONS** | * Irregular * Stop/Start * Can have long gaps in between * Can last a long time | * Become regular * Lasting between 45-60 seconds * She can’t talk during a contraction and wants to rest in between them | * Could be lasting 90 seconds * Can feel as though they are double peaking and very close together |
| **WHAT SHE CAN DO** | * Distraction, distraction, distraction * Eat and sleep * Have a bath * Go for a walk * Create oxytocin! * Stay at home for as long as possible * Listen to ‘Letting Go’ track to help keep calm | * Focus on contractions and breathe * Rest in between contractions * Utilise relaxation techniques * Move hips with each contraction * Listen to hypnosis tracks * Stay at home – this stage can still last many hours * Bath or shower | * Focus on breathing * Make deep sounds on exhalation * Listen to Labour Track * Upright, Forward, Open position if possible |
| **WHAT BIRTH PARTNER CAN DO** | * Match her mood * Eat and sleep as she does * Avoid looking at the contraction app on your phone * Create oxytocin | * Offer instead of asking * Massage/affirmations/trigger phrase * Keep her fed and hydrated * Stop talking if she isn’t * Ring midwife when appropriate\* \*\* | * Don’t match mood! * Reassurance * Encourage her to relax her jaw * Model breathing and take control if necessary * Remind her she is close to having her baby |

\*As a rough guide go to hospital when she is having 3 – 4 minute long contractions in a 10 minute period lasting at least at least an hour. **NB: some women’s contractions do not get closer together but they will get longer and more intense**

\*\* If she feels the urge to push STAY WHERE YOU ARE and call an ambulance. It’s better for baby to be born at home than on the side of the road!