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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
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| **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
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\*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!