

When Labor Begins

Energy Saving Techniques

- 1) Don't pay attention too soon:
 - Call your birth provider once you feel that your labor has begun. Put your birth team on alert!
 - Wait until your labor is well-established and the mother is in hard labor before leaving to your birth place.
- 2) Go through this list of early labor activities, slowly:
 - Eat • Walk • Bath/Shower • Sleep/Nap
 - Stay active • Follow your normal daily routine
- 3) Face your labor calmly:
 - Relax and breathe normally through each contraction
 - Get the most of our every contraction by completely letting go!
 - Call your birth team if you have a contraction that grabs your attention or if you have any negative thoughts or feelings.
- 4) Before leaving to your birth place or having your birth team come to your home:
 - Take a photo and if the laboring woman does not smile then it's time to go, if she smiles then wait awhile.
 - Call your birth team to notify them that you are leaving or that they should come over.
 - Pack ahead! The mother is the last thing to be placed in the car.
- 5) Go back home if you arrive at your birth place too early:
 - If a mother is less than 5 centimeters dilated and not showing signs of late labor, then be willing to go back home. At home you can be in a familiar setting which will help you stay relaxed and progress.