

# Workshop 2: Preparing for birth

## Important

This workshop supports the advice you'll be given directly by the maternity team.

If you have any questions about the information included, or any concerns, please contact your named midwife or email the parenthood education team:

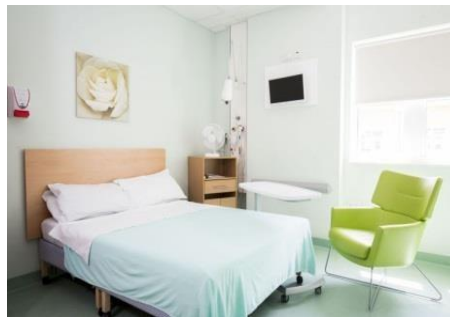
[rf-tr.bhinfantfeeding@nhs.net](mailto:rf-tr.bhinfantfeeding@nhs.net)

# How are you preparing for labour?

- Talk to baby and respond to movements
- Keep well – looking after yourself
- Think about where you will have your baby
- Carry notes and be aware of contact numbers
- Pack your bag
- Birth preferences
- Regular, gentle exercise
- Pelvic floor exercises
- Perineal massage
- Use relaxation techniques

# Places of birth

- Barnet Hospital
- Edgware Birth Centre
- Homebirth
- Obstetric room
- Royal Free Hospital



# Places of birth

You can find more information in:

- The link below:

<https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/choosing-where-to-have-your-baby/>

- <https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/choosing-where-to-have-your-baby/>

- NHS choices:

<https://www.nhs.uk/conditions/pregnancy-and-baby/where-can-i-give-birth/>

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# What to pack for you

## ♡ Things to bring in

### For you

- ♡ Hospital notes
- ♡ Isotonic drinks for during labour (if you are diabetic it is advisable to bring sugar free squash, please discuss with your midwife)
- ♡ Hair-tie/band for long hair
- ♡ Old loose nightie (preferably covering your bottom) for labour
- ♡ 2 x loose nighties for postnatal
- ♡ Thin dressing gown
- ♡ Warm socks
- ♡ Bath towel and face towel
- ♡ Slippers
- ♡ 2 x wireless bras – front opening for breast feeding (buy these from 37 weeks of pregnancy)
- ♡ Breast pads
- ♡ Tissues

- ♡ Hair brush
- ♡ Maternity sized sanitary towels
- ♡ Disposable pants (buy at least one size larger than you normally wear!)
- ♡ Cereal bars and biscuits
- ♡ Pen
- ♡ Food and drink for your partner
- ♡ Camera
- ♡ Change for the phone/drinks machine/parking
- ♡ Toilet bag
- ♡ Toothbrush/toothpaste
- ♡ Shampoo/Conditioner
- ♡ Shower gel/soap
- ♡ Anti-perspirant
- ♡ Lip balm
- ♡ Moisturiser
- ♡ Flannels/sponges

# What to pack for your baby

For baby:

- ♡ 1 packet of new born nappies
- ♡ Baby grows
- ♡ Vests
- ♡ Scratch mittens
- ♡ Cotton wool balls

Please note, the Royal Free London is a UNICEF Baby Friendly Trust, which means the hospital does not provide artificial milk for healthy babies. If you intend to bottle feed you would need to bring formula milk, bottles, teats and a bottle brush in with you. The hospital will provide use of a steriliser during your stay. You and your partner will be expected to make up your baby's feeds – help is available initially.

It is not necessary for those mums choosing to breastfeed to bring artificial milk. A healthy breastfed baby does not need supplementary feeds. In the event of a baby being unwell, milk is provided until your partner can purchase your own supply.

Royal Free London is committed to helping mums breastfeed their babies.



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# What to pack when going home

## ♥ Going home

These items can be in a separate bag and brought in only when you are ready to go home (let someone know where they are!)

### For you:

- ♥ Loose comfortable clothing/ at least one size larger than pre-pregnancy
- ♥ Underwear
- ♥ Shoes
- ♥ Coat

### For baby:

- ♥ Vest
- ♥ Baby grow
- ♥ Cardigan
- ♥ Cotton hat
- ♥ Cellular blanket
- ♥ Car seat – baby must travel home in an approved car seat – check positioning/fixing before you have your baby. *Only applies if you are planning to go home via car.*



# Birth preferences

It is a good idea to start thinking about your birth preferences early in pregnancy in preparation for your birth preference discussion with your midwife at around 36 weeks.

*Remember, knowledge is power – start your research*

[www.nhs.uk/conditions/pregnancy-and-baby/how-to-make-birth-plan/](http://www.nhs.uk/conditions/pregnancy-and-baby/how-to-make-birth-plan/)

# Perineal massage and pelvic floor exercises

## Perineal massage

- Research has shown a 16% reduction in the cases of episiotomies and an overall 9% reduction in the incidence of tears in women who practiced perineal massage
- You can start this from 34 weeks in pregnancy
- Speak to your midwife for more information

## Pelvic floor exercises

- Please speak to your Midwife on pelvic floor exercises

# Signs of labour may include...

Feeling sick or  
diarrhoea

Back ache that  
comes and goes

Possible 'show'  
(mucous plug)

Period like pains

Contractions  
starting

# When to come in....

Regular  
contractions  
3 to 5 minutes  
apart, lasting up  
to 50 seconds or  
more

Waters breaking

Vaginal bleeding

Reduced fetal  
movements

If you have any  
concerns  
(see next slide)

If you are less  
than 37 weeks  
and have signs of  
labour



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positive about pregnancy

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 **Call your Maternity Unit...**

**immediately** if you have:




**obvious swelling** of your hands and face, or upper body



**severe pain** just below the ribs in the middle of your tummy



**vaginal bleeding or leaking fluid** (clear or any colour)




noticed your **baby's movements** slow down, change or stop



**problems with vision** (blurring, flashing lights or spots, difficulty focusing)



a persistent **headache**



a high **temperature**

**within 24 hours** if you have:

- **itching** (particularly hands or feet)
- **abnormal vaginal discharge**

**It is NOT true...**  
...that babies move less at the end of pregnancy. If you think your baby's movements have changed, call your maternity unit straight away, no matter how many times this happens. **You should be asked in for assessment.**

FOR MORE INFORMATION VISIT:

[www.mamaacademy.org.uk](http://www.mamaacademy.org.uk)

<https://www.mamaacademy.org.uk/for-mums/call-the-midwife/>

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# Stages of labour

## First stage:

Neck of the womb (cervix) dilates (0cm to 10cm, ie cervix closed to fully dilated)

### Latent phase

#### *Early labour*

0cm to 4cm – neck of the womb (cervix) getting thinner, softer, shorter (effacing) starting to dilate

### Active phase

#### *Established labour*

4cm with regular contractions to 10cm

### Transition

**Second stage:** Cervix fully dilated, urge to push → **Baby is born**

**Third stage:** Placenta delivery

- active management
- physiological management

# 1<sup>st</sup> stage of labour: What's happening in your body?

**Cervix closed to fully dilating (approximately from 0cm to 10cm)**

Forms bulk of labour, splits into 2 phases:

Latent: early labour	Active: established labour
<ul style="list-style-type: none"><li>• Cervix getting softer, shorter (effacement)</li><li>• Beginning to dilate 0-4cm</li><li>• Signs- see previous slides</li><li>• If it is your first labour this stage can take a few days</li></ul>	<ul style="list-style-type: none"><li>• Cervix dilating 4-10cm</li><li>• Strong, regular contractions</li><li>• Transition (just before 2<sup>nd</sup> stage)</li><li>• If it is your first labour cervical dilation occurs about 0.5cm an hour.</li></ul>

**Transition:** last part of cervix moving out the way - very frequent strong contractions - almost feel continuous - may start feeling urge to push

# 2<sup>nd</sup> stage of labour

10cm dilated and pushing/bearing down until baby is born

## Signs:

- contractions feel more expulsive
- you may feel a strong urge to push

## What to do

- listen to your body and your midwife
- stay positive and focussed...baby's almost here!

## Birth partners

- can offer physical and emotional support - lots of encouragement, help you to keep focussed, hydrated, change position if necessary

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# 3<sup>rd</sup> stage of labour

## Delivery of placenta

**Active management:** injection given to help delivery of placenta, cord clamped and cut, placenta delivered by midwife, associated with lesser blood loss

**Physiological management:** cord not cut or clamped and placenta delivers with maternal effort.

All babies receive some delayed cord clamping after delivery as it is best for your baby, unless advised otherwise.

# Tools and techniques for labour and birth – links

For more information see:

NHS Choices:

<https://www.nhs.uk/conditions/pregnancy-and-baby/pain-relief-labour/>

Labour pains:

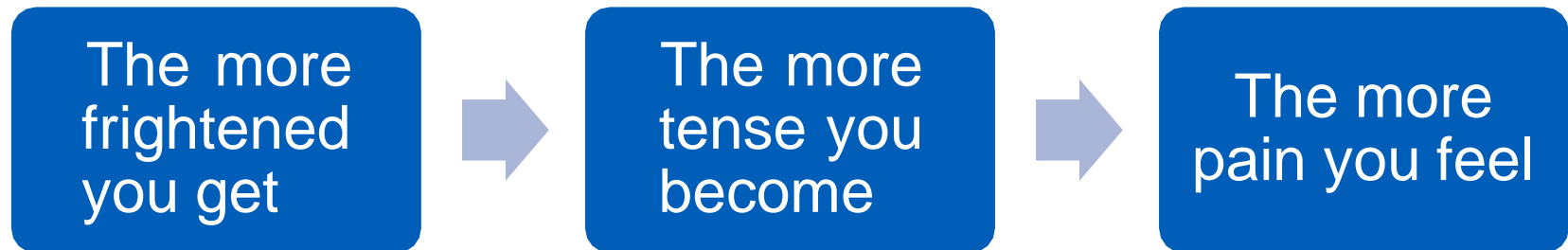
<https://www.labourpains.org>

# What your birth partner can do...

- Be with you
- Work as a team
- Create a calming environment
- Support you to relax and stay hydrated
- Breathe with you
- Massage
- Eye-to-eye contact to help keep focussed
- Discuss birth preferences together
- Positions: help to mobilise and change position as needed
- Emotional support and giving you reassurance

# Focus...

Break the fear – tension – pain cycle...



# Stay positive – you can do this...

**Think** – each contraction is:

- ✓ Purposeful and positive
- ✓ Anticipated
- ✓ Intermittent
- ✓ Normal



....one step closer to baby

# When nature needs a helping hand, you may be offered...

- Induction of labour
- A ventouse delivery
- Forceps delivery
- Caesarean section

For more information on labour and preparation for birth visit:

<https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/induction-of-labour/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/?tabname=labour-and-birth>

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Your midwife will discuss this with you if relevant to you

# Congratulations...bonding time!



If you can't  
start skin to  
skin... your  
partner can

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## Skin to skin contact



- | Keeps your baby warm
- | Stabilises their heartbeat and breathing
- | Releases a hormone called oxytocin which helps you bond with your baby
- | Helps to initiate your baby's first feed

It is important to watch your baby's breathing and colour while in skin to skin contact, and to let your midwife know if you have any concerns.

For more information about skin to skin, ask your midwife.

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**We hope you found this workshop helpful. If you have any feedback, please contact:**

**[rf-tr.bhinfantfeeding@nhs.net](mailto:rf-tr.bhinfantfeeding@nhs.net)**

Thank you for your feedback



# The information on this workshop is based on the following websites:

Labour Pains website

- <https://www.labourpains.com/home>

MAMA Academy leaflet and website

- <https://www.mamaacademy.org.uk/for-mums/call-the-midwife>

NHS Choices website

- <https://www.nhs.uk/conditions/pregnancy-and-baby/where-can-i-give-birth/>
- <https://www.nhs.uk/conditions/pregnancy-and-baby/how-to-make-birth-plan/>
- <https://www.nhs.uk/conditions/pregnancy-and-baby/pain-relief-labour/>
- <https://www.nhs.uk/conditions/pregnancy-and-baby/?tabname=labour-and-birth>

Royal Free London maternity website

- <https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/choosing-where-to-have-your-baby/>

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