

- ✓ Use of a birthing ball
- ✓ Massage
- ✓ Aromatherapy
- ✓ Position changes during labor
- ✓ Music
- ✓ Meditation
- ✓ Use of cold and heat compresses
- ✓ Use of a labor support person

Discuss pain relief options with your doctor. Explore all the options and discuss benefits and risks.

Labor Comfort Measures



Taking a Childbirth Class can help you prepare for your upcoming labor and birth.

Positioning and Comfort Measures

Peanut balls may help during the first and second stages of labor. This means you can use them as your cervix is doing the work to dilate to 10 centimeters (cm) and then again in the pushing stage.



The major claim out there is that a peanut ball can help women who are in bed open the pelvis in a similar way to a birthing ball can help on the ground. Opening the pelvis is key to baby more easily making their way down the birth canal. (And the easier, the better — as you can imagine!)

Other possible benefits of using a peanut ball during labor include:

- *reduction in pain*
- *shortened labor time*
- *reduction in rate of cesarean delivery*
- *reduction in rate of other interventions, like [forceps](#) and [vacuum](#) extraction*

We Have Peanut Balls!!!

Ask your Nurse about using the Peanut Ball

POSITIONS FOR THE FIRST STAGE OF LABOR (FROM EARLY CONTRACTIONS TO THE FULL DILATION OF THE CERVIX)

UPRIGHT POSITIONS USE GRAVITY TO: • HELP YOUR BABY DESCEND INTO THE PELVIS & ROTATE • PROGRESS YOUR LABOR



Walking

- Provides change of scenery
- Boosts your confidence



Abdominal Lifting

- Alleviates back and groin pain
- Try abdominal lifts from the beginning to the end of several consecutive contractions



Sitting

- Good resting position
- Keep your knees lower than your hips to give the baby enough room to rotate

FORWARD LEANING POSITIONS USE GRAVITY TO: • HELP THE BABY TURN AND ALIGN PROPERLY • PROGRESS YOUR LABOR • EASE BACK PAIN



Sitting

- Lean forward and rest your upper body against a bed, the back of your chair, or another sturdy surface



Standing

- Lean against a raised bed, a birth ball that's placed on a bed, or another sturdy surface



Hands and Knees

- Support your weight on your hands and knees, or kneel with your upper body on a birth ball
- Consider kneeling on a pillow
- Try this position during contractions, and rest in-between contractions

ASYMMETRICAL POSITIONS PLACE THE LEGS AT DIFFERENT HEIGHTS, SUCH AS STANDING ON THE FLOOR WITH ONE FOOT ELEVATED ON A STOOL. THIS OPENS ONE SIDE OF THE PELVIS MORE THAN THE OTHER, WHICH HELPS MAKE ENOUGH ROOM FOR THE BABY TO TURN.



Stair Climbing

- Try stair climbing with a support person nearby
- Use the hand rail to help maintain your balance



Kneeling Lunges

- Do kneeling lunges on a bed
- A support person is needed to help you maintain balance if you do kneeling or standing lunges
- Try lunging on both sides, and do more on the side that feels best



Standing Lunges

- Make sure that you have good traction under your feet
- Stabilize a chair or footstool that won't slide and place it to your side
- Stand upright with one foot on the chair and lunge over the raised knee until you feel a stretch in both thighs
- Shift your weight back to an upright position and repeat

SIDE-LYING POSITIONS ARE RESTFUL, AND HELP THE BABY ROTATE MORE THAN IF YOU WERE LYING DOWN FLAT ON YOUR BACK. THESE ARE GOOD POSITIONS TO TRY IF YOU'VE HAD AN EPIDURAL, IF YOU'RE TIRED, OR IF YOU'RE PHYSICALLY LIMITED FOR ANY OTHER REASON.



Side-Lying

- To do this position, lie on your right or left side with a pillow under your top knee for support



Side-Lying Modified

- You may prefer to roll over onto your chest with your upper knee drawn up toward you, keeping the pillow under your knee for support

PUSHING POSITIONS: THERE ARE SEVERAL BENEFICIAL POSITIONS FOR THE SECOND STAGE OF LABOR. CONSIDER TRYING THESE POSITIONS INSTEAD OF LYING FLAT ON YOUR BACK, WHICH DOESN'T OFFER ANY GRAVITY ADVANTAGE, AND MAY NOT GIVE YOUR BABY ENOUGH ROOM TO ROTATE.



Sitting

- These positions offer gravity advantage, and a little more room for your baby to rotate
- Semi-sitting or sitting upright may not always give babies enough room to move, so consider pushing in a variety of positions



Hands and Knees

- This position uses gravity to help your baby rotate
- Modify the hands and knees position during the second stage by leaning on the back of the bed, a squatting bar, or over a birth ball

IMPORTANT TIP

Although you may practice these positions, it is crucial that you never attempt actual pushing before your labor begins. When you are in labor, you will need to have your nurse or healthcare provider present when you are pushing to ensure the safety of you and your baby.



Squatting

- Squatting has a significant gravity advantage, and opens your pelvis to assist the baby's rotation
- Keep your feet flat on the floor or a sturdy lowered section of the bed, and lower yourself into a squatting position with the help of a partner (you can also use a squatting bar, which attaches to the hospital bed)



Side-Lying

- During pushing and birth, your legs will need to be far enough apart that the baby can come out
- Your upper leg will be supported by a leg rest that's attached to the hospital bed, or by a support person

IN GENERAL:

- Practice all of these positions at home with a support person (becoming familiar with them now will make it easier to use them during labor and childbirth)
- It's helpful to change positions every thirty minutes, switching from being restful to being active
- If you find that a certain position or movement feels better than others, and your labor continues to progress, you may stay in that position for as long as you like
- Don't use any position that doesn't feel right, or if the baby's heart rate decreases as you're using it
- Movement can be applied to most of these positions, so experiment until you find movements that feel soothing and natural

Exclusive Breastfeeding

When you exclusively breastfeed it means that your baby gets all of his or her food and drink from breastfeeding. It is recommended by the Academy of Pediatrics and several other governing bodies that your baby receives only breastmilk for the first six months of their life



Benefits for Mom

- ✓ *Helps mom return to pre-pregnancy weight sooner*
- ✓ *Lower maternal risks of Cardiac disease, diabetes, ovarian cancer and breast cancers*
- ✓ *Saves money*

Benefits for Baby

- ✓ *Easy to digest*
- ✓ *Has antibodies that helps protects against ear infections, GI infections, Respiratory infections and diarrhea*
- ✓ *Also decreases SIDS, asthma, childhood obesity and type II diabetes*

When your baby turns six months old you can introduce solids after a full breastfeed. You can continue to breastfeed through the first two years of life and beyond. The ongoing benefits of breastfeeding will continue for

Skin to Skin Right after delivery and beyond

- Ask that your baby be placed skin to skin right away after delivery.
- Most babies are ready to breastfeed within one to two hours of birth.
- Skin to skin is for all babies!

Importance of skin to skin:

- Regulates babies vital signs (temperature, heart rate and breathing)
- Regulates blood sugar

And of course, where else would they rather be, than with you!

ALWAYS be able to see your baby's face during skin to skin, to check breathing and color.

Early initiation of Breastfeeding

- Early, frequent stimulation of the breast is vital to milk production
- It is also vital to the mom/baby learning the art of latching and positioning
- Baby breastfeeds better and longer with early introduction

This is why your newborn wants to nurses so often



Feeding Cues

EARLY CUES - "I'm hungry"



• Stirring



• Mouth opening



• Turning head
• Seeking/rooting

MID CUES - "I'm really hungry"



• Stretching



• Increasing physical movement



• Hand to mouth

Responding to your baby's behavior, not only gives them security, it also allows them to build their milk supply and gain weight appropriately. Understanding your baby's feeding cues will promote better feedings. Responsive feedings are important for both breast and formula feed babies

Colostrum is your baby's first food

It is low volume, high quality

By day 3-4 your milk will increase in volume with lots of nursing

Making and Maintaining your Milk Supply

- ✓ *Breasts are meant to be suckled often for frequent removal of milk.*
- ✓ *If breasts stay full too long, then the breast will think the milk is not needed.*
- ✓ *Breast pumps and/or hand expression should be used if you are separated from your baby.*

Baby's Tummy Sizes

Day 1 size of one 

Day 3 size of a 

Day 10 size of a 



CalvertHealth™

ROOMING-IN

Here at Calvert's Family Birth Center we encourage
Rooming in on our Mother/Baby Unit.

It is best for families and their babies to stay together 24 hours a day. In addition to allowing the family to get to know one another, this also provides you with the opportunity to bond with your baby and learn your baby's feeding cues. Likewise, it is also important for parents to understand their infant's sleep patterns before going home - and to learn calming techniques that will help settle the infant back to sleep.

Parents are the most concerned and observant caregivers in the world, and with the time spent learning from the birth center staff with the baby present, you will go home more confident and secure in the knowledge that you know your baby and are comfortable caring for your baby.



WHY ROOMING-IN

- Decreases Mother & Baby's stress
- Allows baby to feed when hungry
- Safer for baby
- Allows Mother to learn feeding cues and infant behavior
- Increases milk volume

Eye Medicine and Vitamin K Injection For Newborns

Why do newborns get eye medicine?

Antibiotic ointment is placed in a newborn's eyes after birth. This is to protect babies from getting bacterial eye infections that can be acquired during birth. Untreated, these infections can cause serious problems including blindness. *The antibiotic erythromycin is used most often.*

- The ointment may cause a baby's eyes to appear cloudy. Although it is rare, some newborns' eyes may become red or swollen. This is short-term. The medicine should not be washed or cleaned out of the eyes.

Newborn babies routinely get eye medicine and vitamin K shots (injections) soon after birth. Both prevent serious conditions. These can both be done while baby is skin to skin.

Why do newborns get vitamin K injections?

Vitamin K is important to blood clotting. Newborn babies normally have low levels of this vitamin until several days after birth.

- The injection prevents vitamin K deficiency bleeding. This is also known as hemorrhagic disease of the newborn.

Most babies get an injection of vitamin K in the upper thigh. This may be briefly painful to the baby, but it doesn't seem to cause babies any pain afterward.

Without the vitamin K injection, babies are about 80 times more likely to have vitamin K deficiency bleeding. This bleeding can result in death or serious long-term disability.

If you have concerns about either of these treatments, talk to your baby's healthcare provider

Your Baby's First Vaccine = Hepatitis B

Your baby will be given their injection within the first 24 hours of life. This is usually done soon after delivery. Our staff will have you sign a consent form after receiving orders from your pediatrician.



The American Academy of Pediatrics statement recommends that all medically stable newborns with a minimum birth weight of 2000 grams (about 4 lbs., 6 oz.) receive the vaccine within 24

The first dose is highly effective in preventing mother-to-baby infection when given within the first 24 hours, the report states. After completing the full 3 to 4-dose hepatitis B vaccine series, 98 percent of healthy infants achieve full immunity to the virus. The