



connecting
pregnancy

Connecting Session 3

Talking about labour and birth

Today's Discussion	Overview of labour and birth The labour and birth experience Options available for birth Monitoring the health of mom and baby during labour	
Baby's Best Chance	Stages of labour	pp 67-74
Homework	Consider relaxation methods	

Notes:

Connecting Pregnancy Program Labour Decisions

You have gathered lots of information during your pregnancy to help you make many decisions related to labour and birth. Use this list to document and decisions you have made or to help you think about the decisions that you need to make. If you need more information or advice about these decisions let us know.

1. How will I take care of myself in early labour at home? Will someone be with me? If so who?

2. When will I call my doctor? When will I go to the hospital?

3. How will I get to the hospital?

4. Who will take care of my children, my pets, my home while I am away?

5. Who do I want with me at the hospital? Who do I want in the room? What if who I want in the room changes in labour? Who can help me?

6. What do I want the environment in the room to be like? Low light? Music?

7. What are my plans for help with pain during the hardest work of labour? Do I want to try to have no medications or do I hope to have medications?