

# Your Toolkit For Labour & Birth

Effective preparation for  
expectant parents

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There isn't a right way to do labour & birth. Knowing more can boost your confidence and it can help you to take it step by step, making decisions as you go, rather than feeling overwhelmed.



# What words describe birth for you?

Be honest and jot down all the words that are relevant for you

# What are your expectations of birth?

When you think about your labour and birth, what does it look like?



# Labour & Birth - for you to consider...

Do you feel  
confident about  
working with your  
contractions?

Do you know what  
your body needs  
to do during  
labour  
and birth?

Do you know how  
to use your  
breathing  
to stay calm?

Do you feel  
confident about  
using movement  
and positions?

Do you know what  
to expect from  
your midwife?

Do you know what  
birth support  
might be helpful?

Do you know what  
could be helpful  
to you during  
labour?

Do you know  
what could be  
unhelpful to you  
during labour?





Early labour can be build quickly or it can build over several days. This is a time when you will be at home so it helps to think about your coping strategies and what you might need

# Early Labour

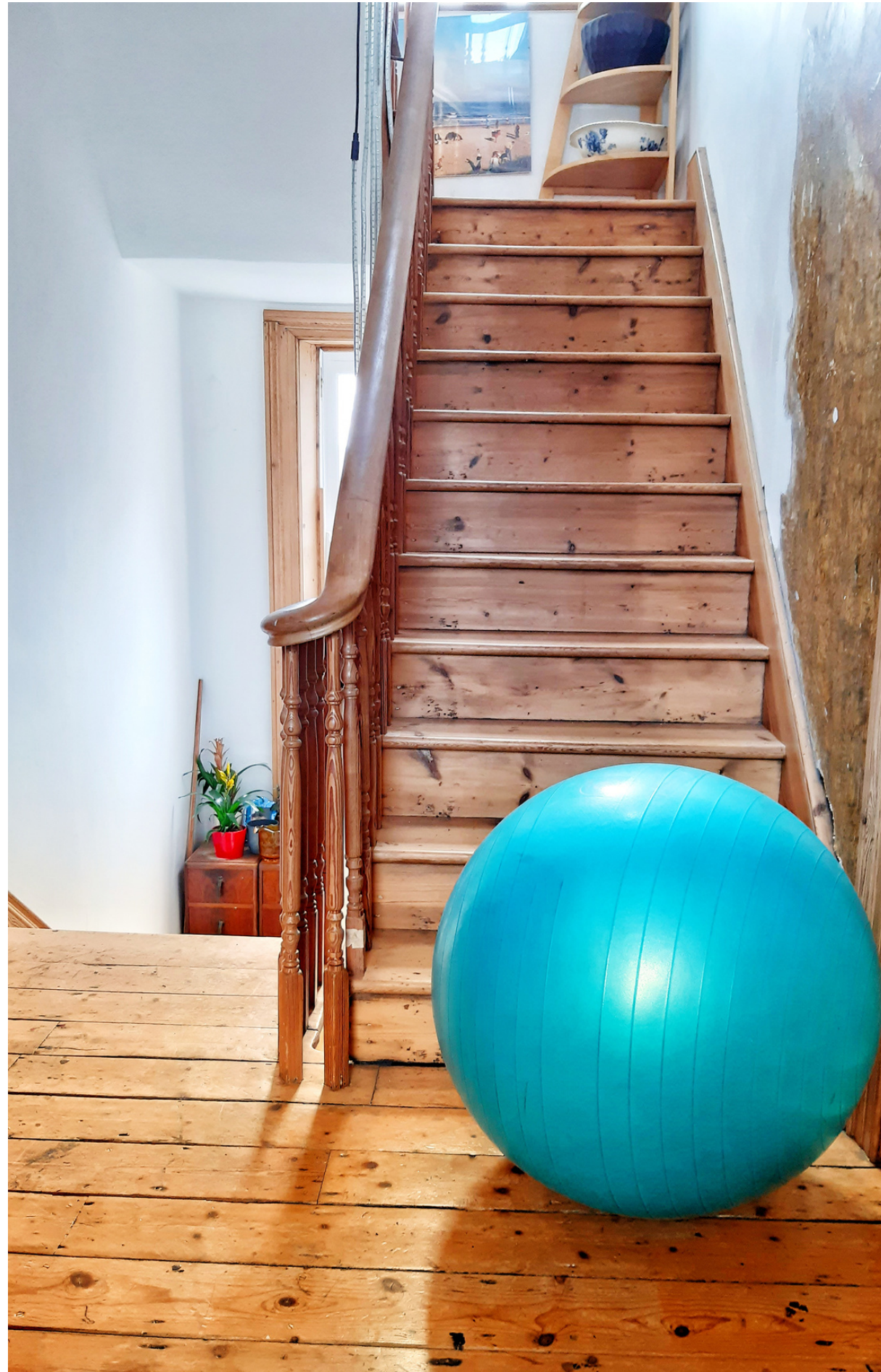
How can you work with your contractions?

How can you manage your energy?

What are your options if your waters break?

What might you need to manage fear or anxiety?





# What is going to be helpful for you at home in early labour?

To stay as calm and as comfortable as possible as you manage your energy and work with your contractions





# What support might you need when you are at home?

What can birth partners do?





With established labour usually comes strong, powerful contractions and the focus can be on working with those contractions and managing your energy so you can keep going.

# Established Labour

How can you work with your contractions  
at home?

How can you manage your energy?

How can you work with your contractions  
in hospital?

What might you need to manage fear or anxiety?





# What is going to be helpful for you with powerful contractions?

To stay as calm and as comfortable as possible as you manage your energy and work with your contractions



# What support might you need when you are in labour?

What can birth partners do?



# If you have an epidural...

You will most probably need to stay on the bed. This lack of movement and gravity can increase the need for further interventions. How can you manage being on a bed so you are comfortable and still able to work with your contractions and manage your energy?





# If you use a birthing pool...

What might you need so you are comfortable, able to work with your contractions and to rest?





With birth also  
comes strong,  
powerful  
contractions which  
are more  
expulsive, as they  
guide your baby  
out of the womb  
and down through  
the birth canal



# Giving Birth

How can you work with your contractions?

How can you manage your energy?

How can you work with your contractions  
if you are on a bed

What might you need to manage any panic?



# What is going to be helpful during birth?

To stay as calm and as comfortable as possible as you manage your energy and work with your contractions





# What support might you need when you are giving birth?

What can birth partners do?





Using different positions in pregnancy, labour and for birthing It can be beneficial to think about how you can move and be more comfortable as your pregnancy progresses and when your contractions begin.

# What might you need to aid your comfort during pregnancy and then in labour?





# Labour & Birth Space - for you to consider...

Do you  
feel safe?

Are you  
warm  
enough?

Does the light  
need switching  
down?

Is it quiet enough?

Are there too  
many people in  
the room?

Are you on your  
own? Do you  
need a midwife  
with you?

Can you rest?  
What do you  
need?

Do you need  
more information?



# What might you need when you are labouring to be more comfortable?



# What Could Impact The Decisions You Make In Labour?

<p>How might having a slow labour impact your decisions?</p>	<p>What decisions might you make if you are exhausted?</p>
<p>How might having a long labour impact your decisions?</p>	<p>How could you manage your contractions if they are overwhelming or if your labour is fast?</p>

# What Could Impact The Decisions You Make In Labour?

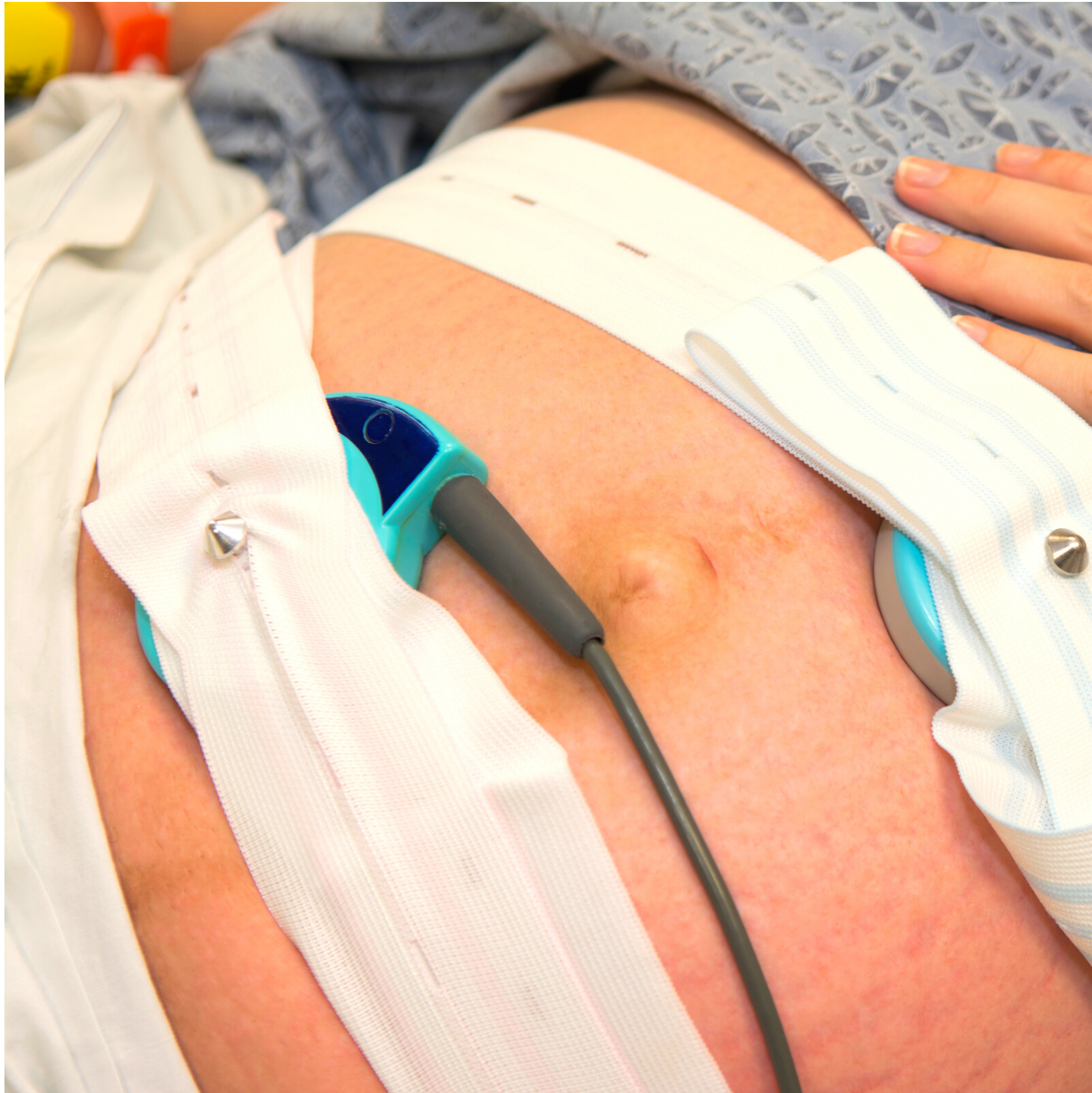
What can you do if it is suggested that you get on the bed?

How can you manage being on the bed?

How can you manage an epidural

How can you stay calm if there is an emergency?





Labour can sometimes need to be induced for medical reasons or because pregnancy has reached 41-42 weeks.

# Being Induced

What might you need to take into hospital with you?

How can you relax and look after yourself as you wait for labour to start?

If you are in a shared induction suite, how do you look after your space?

If you are told to be on a bed, how do you manage this and what are your options?





What questions do you have about  
being induced?





Caesareans can be  
planned during  
pregnancy or a  
caesarean can become  
needed after labour  
has started



# if you need a caesarean

What questions might you need to ask?

What can you do to stay calm?

Do you know what options you might have  
for a caesarean?

What could your options be for meeting  
your baby?



What questions do you have about having a caesarean?





Using your breathing  
can be a simple and  
effective way to stay  
calm, to give you focus  
and to ease pain and  
discomfort

# using your breathing

How can you use your breathing to be calm?

How can you use your breathing to work with your contractions?

How can you use your breathing if you are feeling overwhelmed?

How can you use your breathing during pregnancy to make it easier to use?



## Relax & Breathe - for you to consider...

Are you holding  
your breath?

Do you feel  
tense?

Are you feeling  
anxious or  
panicky?

What do you need  
to be calm?

What do you need  
to be able to  
relax?

Are you on your  
own? Do you  
need a midwife  
with you?

Can you rest  
in-between  
your contractions?

Are you tense  
during your  
contractions?

Describe what your birth partner can do  
to help and support?





Describe what could help you  
during labour?

Describe what might not help you  
during labour?



Women need to feel  
safe in labour and this  
comes from being  
informed, reassured  
and supported.



# What might you need to feel safe?

So you can be as calm and as comfortable as possible to understand what is happening, to work with your contractions and to feel supported and able to birth.





I hope this toolkit has been useful for you to think about what you might need for your labour and birth.

It can be useful to write down any questions or thoughts for your birth preparation and we can chat about them during a 1:1 session together.

I can also help you to write an effective birth plan.

Let's talk soon.

*Janine*