

# BABY STEPS TO YOUR BEST BIRTH!

**Be active!** Walk, dance, bake some bread...do what ever it takes to keep moving and groovin' in labor! Movement and upright positions have been shown to decrease discomfort and increase the probability of a vaginal delivery. If you need a rest it's OK! Just make sure you change positions hourly. Don't forget to sit on your birthing ball or try a nice long soak in the tub. Our nurses have skills to assist you towards your best birth ever.

**Be Relaxed!** Your uterus has a big job ahead—try to stay out of its way. You can't run a marathon like a sprinter, you need to keep your body as loose as a goose.

The uterus needs as much oxygen and energy as you can give it to function smoothly and efficiently. When the rest of your muscles (face, jaw, arms, legs) are soft and relaxed, the uterus can get the job done with less time and effort. You know what that means...you will be holding your little bambino sooner than later!

**Assemble your team!** Who will help you? Consider a doula to assist you and your primary coach on this special day. Or maybe you have a sister/girlfriend that is supportive and has some skills at keeping the two of you "chillaxed." Bring her to the party!

Get as much POSITIVE information about birth as possible, so consider childbirth educators. You will need all the tools you can get. If your well-meaning friend insists on telling you her "war story" about her own childbirth...tell her you will gladly listen after YOUR birth is over, but not before. Enough said.

**Don't be worried about labor!** Women have been doing this for centuries and most of us do it more than once! Break your labor down into small do-able pieces. Get through one contraction at a time. Remember, 60 seconds is how long most contractions last. You can do anything for 60 seconds. Stay strong. You got this!

**Coaches...Be sweet to your honey!** Tell her you love her! Tell her she is doing great and getting closer by the minute. Keep her drinking fluids throughout labor, she is working hard and will need your help with keeping hydrated and energized. You can't run a marathon without food and water!

- Ask your provider about eating in labor.
- Massage her back or apply pressure.
- Dance with her, walk with her, touch her.
- Help keep her muscles soft and relaxed.
- And, very importantly, keep yourself fed, watered and rested! Yep, coaches need all that stuff too!
- Chew some gum occasionally...especially after coffee!

**Be Aware!** Your body does a pretty good job at telling you what it needs. Listen to it. Do you think your water broke? Hey, tell someone! Especially your provider! Baby not moving and poking you as much? Tell someone!

Call your physician or labor and delivery at 406-414-1009. We LOVE to hear from you any time of day, but especially about 2 a.m.

## **Trust your beautiful body!**

It is a birthing machine, and it knows what to do!  
Believe in yourself!  
You are stronger than you think!

The nurses and staff at Bozeman Health Family Birth Center are hopeful that this information will give you a head start (no pun intended) towards your "Birth Day Party"!

Congratulations in advance!

