

## Expectations - Partner

Once your new baby arrives, there will be a lot more going on in your lives. Life as you know it will change forever, in good ways and in not so good ways. Imagine for a moment that your baby has arrived. What can you do to help with the care of your baby, to make life a little easier for your partner and to help you bond with your baby?

Please think about what percentage of each of the following tasks you will be able to do when you are at home:

	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%
Changing diapers										
Bottle feeding										
Calming the baby										
Burping the baby										
Taking the baby for a walk										
Dinner preparation or take out										
Baby care while your partner naps										
Laundry										
Housecleaning										

List everything you're worried about after the baby arrives:

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List five things that make your partner happy:

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# Guide to Penny Simkin's Road Map of Labor

## 1 - 2 CM (CONTRACTIONS 5 OR MORE MINUTES APART)

walking  
eating and drinking  
baking  
resting and relaxing  
timing contractions  
call the birth team

## 3 - 5 CM (CONTRACTIONS 4 MINUTES APART, 1 MINUTE LONG AND IT'S BEEN THAT WAY FOR AN HOUR -- THAT'S THE 4-1-1)

relax, breathe, focus  
relaxing massage  
shower  
3Rs (Relaxation, Rhythm, Ritual)  
slow dancing

## 5 - 8 CM (CONTRACTIONS CONSISTENTLY 3 TO 4 MINUTES APART AND AT LEAST 1 MINUTE LONG) PAIN 'MAXES OUT' AT 7 CM

### *"NORMAL" LABOR*

bath  
leaning on birth ball  
bathroom (1-1/2 hrs. max.)  
stay well hydrated  
resting (rocker or nap)  
leaning forward

### *DETOUR - "BACK" LABOR*

lean on birth ball on the bed  
lean on birth ball on the floor  
lunge  
heat on your back  
abdominal lift and knee bend  
shower  
tub  
counter pressure  
double hip squeeze

### *TAKE THE TOLL ROAD - GET THE EPIDURAL*

get a bag of iv fluids first  
get a urinary catheter  
get your blood pressure taken frequently  
Pitocin is frequently used  
sleep and wait

## 8 - 10 CM (CONTRACTIONS 2 TO 3 MINUTES APART) NO MORE BACK LABOR

you may feel cold or hot  
maintain focus and rhythm

### *EPIDURAL*

sleep and wait

## 10 CM (GET YOUR SECOND WIND)

push with urge  
sidelying  
squatting  
hands and knees  
hold your legs under your thighs  
have partner and doula hold your legs

### *EPIDURAL*

push when you're told to push  
push while on your back  
breath holding (purple) pushing  
use rebozo with squatting bar

One hour of uninterrupted time to bond with your baby and begin breastfeeding