

RECOGNISING COMMON BEHAVIOURS DURING LABOUR, FOR BIRTH PARTNERS

<p><u>EARLY LABOUR</u> excitement, nervousness, anticipation restlessness, energy Diarrhoea twinges and mild, inconsistent contractions mucous discharge walking around making conversation making eye contact unable to sleep eating and drinking as usual needing active companionship, distraction rupture of membranes (waters breaking) with or without immediate contractions</p>	<p><u>POSSIBLE ACTION</u> stay with her offer food and drink check car is ready, petrol, route bags packed and ready stay calm and relaxed distract her offer gentle support and encouragement get some rest/sleep keep my own energy levels up remind her to empty her bladder</p>
<p><u>ESTABLISHED LABOUR</u> sitting and resting between contractions avoiding conversation and eye contact head resting on arms or pillow needing to rest legs, beginning to sink towards floor more comfortable upright thirsty, but may lose appetite for food finding own comfortable position needing companionship that is unobtrusive and non-disruptive Developing own breathing patterns changing behaviour only when necessary rupture of membranes (waters breaking)</p>	<p><u>POSSIBLE ACTION</u> stay with her tune in to her behaviour offer food and drink try not to talk during a contraction massage back and shoulders, if required ask midwife to read birth plan remind her to relax and to breathe out insist on a V.E. before any drugs</p> <p>keep my own energy levels up offer sincere encouragement negotiate on her behalf</p>
<p><u>TRANSITION</u> shaking and vomiting are common sudden change in behaviour patterns Personality changes, irrational comments, swearing feeling out of control, unable to manage requesting pain relieving drugs restless, needing to move, trying different comfort measures noises, yelling rupture of membranes (waters breaking)</p>	<p><u>POSSIBLE ACTION</u> stay with her accept the abuse! remind her how far she has come strong emotional encouragement 'you're nearly there'</p>
<p><u>SECOND STAGE</u> 'rest and be thankful' phase, a lull or a pause 'second wind', spurt of energy sense of purpose reappears, feeling calmer intensely introverted needing physical support dropping towards floor, bending and opening knees sounds change, grunts and 'pushing' noises sudden need to empty bowels rupture of membranes (waters breaking)</p>	<p><u>POSSIBLE ACTION</u> stay with her offer strong physical support support her chosen position allow her to focus inwards whisper 'open', (don't yell 'push')</p>

