

Discussion Worksheet Key, Page 2

Braxton Hicks vs Active Labor

In the last few weeks of pregnancy, Braxton Hicks contractions may *intermittently* become more rhythmic, closer together, and more painful. But unlike active labor, they don't *consistently* grow stronger, longer, or closer together. It is the consistency of the contraction intervals — the strength and length of the contractions — that signals active labor.

Cervical Effacement

When the cervix becomes soft and thin

Cervical Dilation

The opening of the cervix to allow the baby to pass through into the birth canal

Station

How far into the pelvis the baby's head has moved



Your coach can help with words of encouragement, a tender touch, and help with your breathing.

What Is Labor?

7. Early first-stage labor can be an ongoing process for the entire ***last*** month of your pregnancy.
8. The magnitude of ***active*** labor contractions is much more significant than Braxton Hicks contractions.
9. It's probably not necessary to begin ***timing*** your contractions until they become painful enough to prevent you from carrying on your regular routine, like talking on the phone or grocery shopping, during the contraction. Labor pain is much more intense than Braxton Hicks.
10. Accurately timing your contractions allow you to stay home longer. The advantages to this are:
 - You can ***eat*** when and what you want.
 - You have freedom to ***come*** and ***go*** at will.
11. The 4-1-1 Rule means contractions are:
 - Four (4) ***minutes*** apart.
 - Last a minimum of one (1) ***minute***.
 - For consistently one (1) ***hour***.
12. First-stage labor is divided into ***early, active, and transition***.
13. Generally contractions will occur ***2 to 5*** minutes apart when a person is in active labor and the cervix is changing.
14. Mentally visualize each contraction as a ***massage*** stimulus for your baby.
15. The end of ***cervical dilation*** is the end of the first stage of labor.

Stop the DVD at "Transition."

