

### Road Map of Labor

The "Yellow Brick Road" - Normal Labor & Detour for Back Pain

**Early Labor**  
 M: excited anxious, may over-react  
 P: distract, rest, eat, drink, time contractions

Prescribed ritual when can't walk, talk thru contractions  
*Relax, Breathe, Focus*

### 3 to 5 cm: The "Moment of Truth"

M: Discouraged, "trapped," can't control labor  
 Needs mobility and "safety"

P: Encourage her; Change ritual; Note change in mood; Progress speeds up

### Active labor:

M: Finds spontaneous ritual (3Rs)  
 P: Helps with ritual, offers drinks

### Transition:

Peak @ 8 cms

M: Hot/cold, trembling, rectal pressure, nausea, loss of rhythm, fear  
 P: Take Charge Routine

### Second Stage: the Birth

- Lull? Rest & be thankful phase
- Descent: Urge to push:  
 M: Alarm over pressure; "holding back," discouragement  
 P: Assist with positions; encourage release of pelvic floor
- Crowning & Birth - burning & stretching  
 M: Anxious to "get it over with" vs fear of a tear  
 P: Listen to caregiver

*Rejoice in the birth!*

### Back Pain:

Positions, movements to turn baby  
 Relieve back pain  
 M: tired, discouraged  
 P: patience, back pressure  
 Babies turn!