



Your Guide to Be Happily Nested

Childbirth Education

For additional resources, class information and
more, visit:

nestedbaby.com

Important things to remember during your pregnancy:

CALL YOUR MEDICAL PROVIDER IF:

5-1-1 Rule:	Decreased Fetal Movements:	If your water breaks:	Other things:
Contractions are 5 minutes apart, lasting for 1 minute each, for 1 hour. This could be labor starting and should be evaluated. Call your medical office first, so they can prepare for your arrival.	10 movements within a two-hour period are normal. If you don't feel movements try to eat something, drink a cold, iced beverage and lay down on your left side to monitor the baby. Call your medical provider if you feel the baby is less active than your normal pattern.	Note the time, as well as the color and odor of the fluid.	Vaginal bleeding Burning with urination Blurry vision Intense headaches unrelieved by Tylenol Itchy skin Leg swelling If you fall or are in a car accident, call immediately

Phone Numbers for RHJN Offices:

DC office (202) 331 - 1740
CC office (301) 654 - 5700
VA office (703) 533 - 9211



TO DO LIST BEFORE BABY COMES

- ☐ Choose a pediatrician by 36 weeks
[Click here for RHJN's referral list for pediatricians](#)
- ☐ Pre-register at your hospital for delivery by 37 weeks
[Click here for Sibley's pre-registration forms](#)
- ☐ Install car seat and have it inspected
- ☐ Pack your hospital bag
- ☐ Review your birth plan (reference RHJN's birth plan in your OB packet)
- ☐ Be familiar with pregnancy and postpartum resources

Remember the Life Savers?

...Key terms:

Effacement

Cervical Dilation

Station

[Click to learn more](#)



Preparing for the hospital-- your packing list:

The hospital will provide: **gowns, mesh underwear, diapers, wipes, socks, toiletries, towels and an outfit for the baby.** Pack lightly.

Please label your belongings especially if you put things in the fridge on labor and delivery.

Mom	Partner	Baby
<input type="checkbox"/> Insurance cards, ID and wallet <input type="checkbox"/> Lounge pants and shirt, open in front <input type="checkbox"/> Slippers or flip flops 1 pair <input type="checkbox"/> Sweatshirt/cardigan, open in front <input type="checkbox"/> Nursing tank top or nursing bra <input type="checkbox"/> Bathrobe & your own pillow <input type="checkbox"/> Toiletries & Chapstick <input type="checkbox"/> Cotton loose undies <input type="checkbox"/> Hairbrush & rubber band <input type="checkbox"/> Eyeglasses & contacts <input type="checkbox"/> Deodorant <input type="checkbox"/> Advance Directive <input type="checkbox"/> Snacks for postpartum	<input type="checkbox"/> Extra sweatshirt/sweater <input type="checkbox"/> Directions to hospital <input type="checkbox"/> Snacks <input type="checkbox"/> Change of clothes <input type="checkbox"/> Toiletries <input type="checkbox"/> Medications <input type="checkbox"/> Camera, video, batteries <input type="checkbox"/> Cord blood kit if plan to collect or donate <input type="checkbox"/> Cell phone and charger <input type="checkbox"/> Phone number list <input type="checkbox"/> Music list	<input type="checkbox"/> Installed & inspected car seat <input type="checkbox"/> Going home outfit <input type="checkbox"/> Socks <input type="checkbox"/> Extra hat <input type="checkbox"/> Baby book (for footprints)

Signs of Labor

Braxton Hicks contractions

Losing your mucus plug

Lightning

Nesting

Cramps or back pain

Joints loosen

Diarrhea

Fatigue

Increased vaginal discharge

Sibley Memorial Hospital

5255 Loughboro Road, N.W.

Washington, D.C. 20016

Main Hospital Number..... 202-537-4000

Admissions Department.....202-537-4444

Stages of Labor

Stage One: Labor

Latent (Early) Labor

May last 12 hours or more

30-60 seconds at most

0-6 cm

- Contractions usually last 30-60 seconds and are 5-20 minutes apart. They gradually become longer, stronger, and closer together.
- Effacement occurs—the cervix thins.
- Dilation begins—the cervix opens (dilates) to 6 centimeters.

- You may notice bloody show, which is a brown- or pink-tinged mucousy discharge that comes out of the vagina.
- Your water may break (rupture of amniotic sac)—a sudden flow or trickle of watery fluid leaks from the vagina. But this may not happen until later in labor.
- You may be dilated for several weeks before feeling contractions.

Active Labor

May last 6 hours or more

45-60 seconds

6-8 cm

- Contractions become stronger, can last 45-60 seconds (or longer), and are 2-5 minutes apart. There is a distinct peak in the middle of each contraction.

- Dilation continues up to 8 centimeters.
- Bloody show may increase.
- You may feel increasing pressure in your back.
- Active labor may not last as long if you have had a baby before.

Transition

May last a few minutes to a few hours

60-90 seconds

8-10 cm

- Contractions are very strong, can last 60-90 seconds, and are 2-3 minutes apart or less. Each contraction may have multiple intense peaks that last for most of the contraction.
- Dilation continues up to 10 centimeters.

- Bloody show may increase.
- You may feel strong pressure in your back and rectum.
- You may feel the urge to push (bear down), but you should wait to push until instructed by your healthcare professional.

Birthing Positions

What a partner can do to support mom:

- Stay calm
- Offer reassurance and support
- Time contractions
(App Store: '[Full Term- Labor Contraction Timer](#)')
- Update friends and family so mom can rest
- Remind her to urinate
- Backrubs
- Hand and foot massages
- Offer ice chips, chapstick, warm or cool compresses
- Keep track of the baby book (for footprints later!)
- Help coordinate cord blood collection (if applicable)



Post Partum

The Stuff that No One Tells You...

Bottom hurts

It takes time to pass gas

Your body needs lots of rest

Food never tasted so good

Sleeping in the hospital is not restful

Your postpartum nurse and you will become close

Showering will make you feel like magic

Pack everything you can from the hospital to take home

Help After Delivery:

Breastfeeding:

[Sibley Lactation Services](#)

202-243-2321 or email sibleylactation@jhmi.edu
(You can have a breast pump delivered to hospital room.)

RHJN has a list of lactation consultants ([click here](#)). If you have any questions, do not hesitate to call your doctor.

Post Partum Depression and Support Groups:

Contact your doctor or Heather Ross, RHJN's Patient Care Coordinator, at 301-654-5700 ext 1232 or hross@rhjn-obgyn.com.

RHJN has a great page of resources ([click here](#)) including support groups, therapists and medical information.

When to Call Your Doctor:

Lochia

Lochia is uterine discharge postpartum. It is normal. Call the office if you're bleeding heavily (changing more than a pad per hour for 2 hours), notice an odor or have a fever.

Mastitis

Call the office if you have signs of a breast infection: fever > 101°F, breast redness or streaking, moderate to severe breast pain, the breast feels warm or hot, chills and weakness.

Other Reasons

Incision concerns (redness, pain or fever), urinary symptoms (painful urination, urinary urgency), pelvic pain, depression/anxiety. **Never hesitate to call!**