



# Your Guide to Be Happily Nested

Childbirth Education

For additional resources, class information and  
more, visit:  
[nestedbaby.com](http://nestedbaby.com)

# Important Things to Remember During Your Pregnancy

Call your medical provider if:

- 5-1-1 Rule

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  - Contractions are 5 minutes apart, lasting for 1 minute each for 1 hour
  - This could be labor starting and should be evaluated
  - Call your doctor's office first, so they can prepare for your arrival to Labor and Delivery
- Decreased fetal movement

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  - 10 movements within a two-hour period is 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 doctor's office if you feel the baby is less active than your normal pattern
- Your water breaks

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  - Note the time, color and odor of the fluid
- Other reasons

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  - 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

Checklist – Start now!

- 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. Tip: register online.](#)
- Install car seat and have it inspected
- Decide if you want to collect cord blood and register with desired company
- Pack your hospital bag (packing list is on the next page)
- Review your birth plan (reference RHJN's birth plan [here](#))
- Be familiar with [pregnancy](#) and [postpartum](#) resources. Download a contraction app ([Full Term - Labor Contraction Timer](#))

# Hospital Packing List

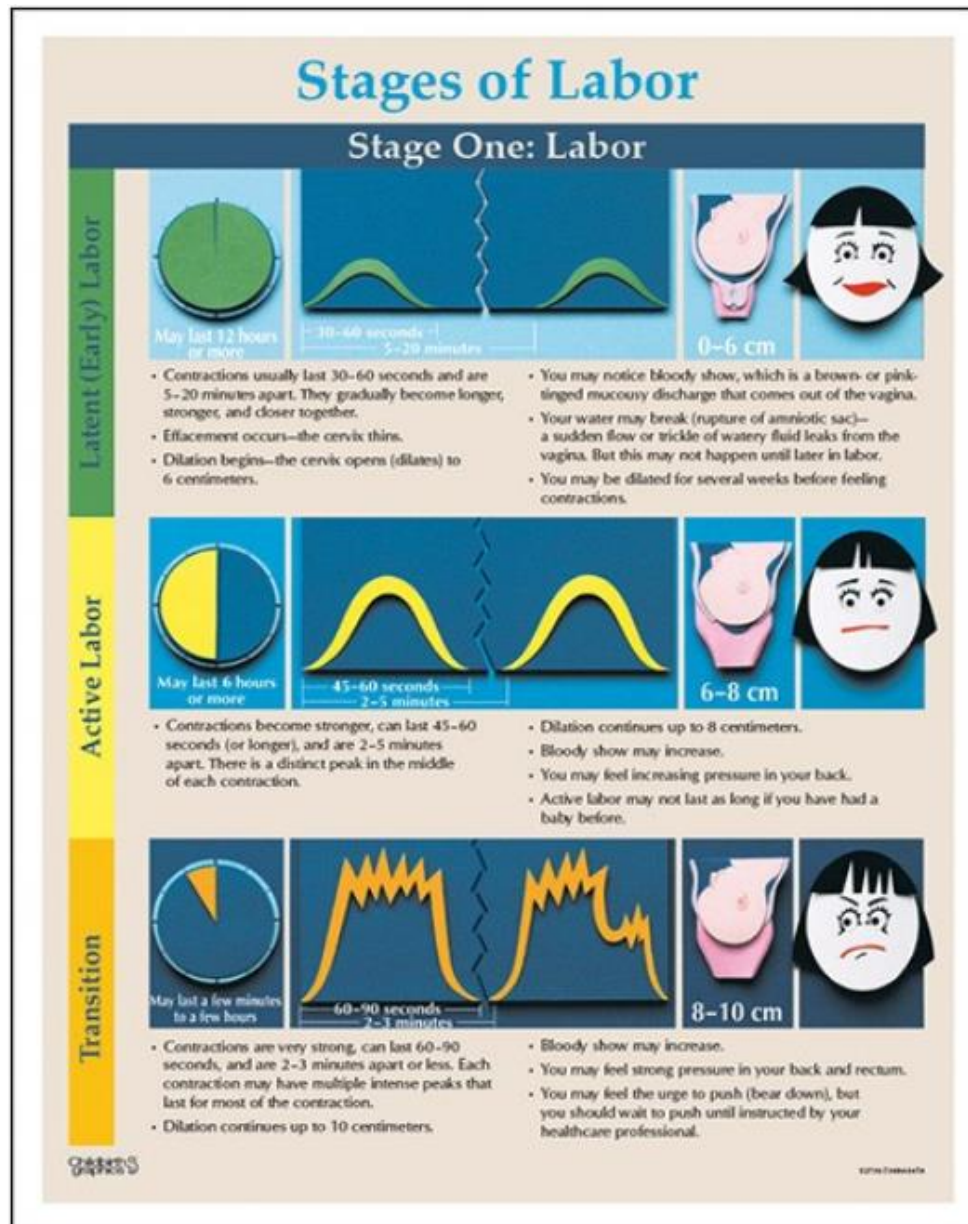
- The hospital will provide: gowns, mesh underwear, diapers, wipes, socks, toiletries, towels and an outfit for the baby.
- Pack lightly.
- Label your belongings, especially if you put things in the fridge on labor and delivery.

<p><i>Mom</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Insurance cards, ID, wallet</li> <li><input type="checkbox"/> Lounge pants and shirt (opens in the front)</li> <li><input type="checkbox"/> Slippers or flip-flops (1 pair)</li> <li><input type="checkbox"/> Sweatshirt or cardigan (opens in the front)</li> <li><input type="checkbox"/> Nursing tank or nursing bra</li> <li><input type="checkbox"/> Bathrobe</li> <li><input type="checkbox"/> Your own pillow</li> <li><input type="checkbox"/> Toiletries &amp; Chapstick</li> <li><input type="checkbox"/> Loose cotton undies</li> <li><input type="checkbox"/> Hairbrush &amp; hair ties</li> <li><input type="checkbox"/> Eyeglasses &amp; contacts</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Advance Directive</li> <li><input type="checkbox"/> Snacks for post-partum</li> </ul>	<p><i>Dad</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sweatshirt or sweater</li> <li><input type="checkbox"/> Directions to hospital</li> <li><input type="checkbox"/> Snacks</li> <li><input type="checkbox"/> Change of clothes</li> <li><input type="checkbox"/> Toiletries</li> <li><input type="checkbox"/> Medications</li> <li><input type="checkbox"/> Camera, video, chargers, batteries</li> <li><input type="checkbox"/> Cord blood kit if you plan to collect or donate</li> <li><input type="checkbox"/> Cell phone &amp; chargers</li> <li><input type="checkbox"/> Important phone numbers</li> <li><input type="checkbox"/> Music playlist</li> </ul> <p><i>Baby</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Installed &amp; inspected car seat</li> <li><input type="checkbox"/> Going home outfit</li> <li><input type="checkbox"/> Socks</li> <li><input type="checkbox"/> Extra hat</li> <li><input type="checkbox"/> Baby book (for footprints)</li> </ul>
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## Labor

<p><a href="#">Signs of Labor</a></p> <p>Braxton Hicks contractions          Losing your mucus plug          Lightning          Nesting          Cramps &amp; back pain          Joints loosen          Diarrhea          Fatigue          Increased vaginal discharge</p>	<p><a href="#">Key Terms</a></p> <p>Effacement          Cervical dilation</p> <p>Click <a href="#">here</a> for definitions.</p> <p><a href="#">Labor Video</a></p> <p>Click <a href="#">here</a>.</p>
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## Stages of Labor



## Special Topic: Induction of Labor

- Your provider will discuss induction of labor at your 39 week visit
- Typically occurs at 41+ weeks for your first baby
- You may come in the night prior for Cervidil medication to ripen the cervix
- Note that it's safer to deliver the baby via induction than to delay childbirth past a certain point
- Inductions for medical reasons are more common (i.e. pre-eclampsia, growth restriction of fetus, diabetes or age of mother)

## Birthing Positions



## Key Points for Delivery

- Remember that labor is a collaborative approach between you, your partner, doctor, nurse and—of course—your baby!
- Be flexible and understand that the baby is in charge
- Refer to the RHJN birth plan in regards to labor requests, food, and visitors.
- You don't need to write a birth plan but if you have specific requests, please talk with your medical providers

## Breathing

- Slow breathing method
  - Begin slow breathing when contractions are intense enough that you can no longer walk or talk through them without pausing
  - Slowly inhale through your nose and exhale through your mouth, allowing all your air to flow out with a sigh. Pause until the air seems to “want” to come in again
  - Your exhale should be longer than your inhale
- Light accelerated breathing
  - Accelerate and lighten your breathing as the contraction increases in intensity. Keep your mouth and shoulders relaxed

- Breathe in and out rapidly through your mouth at about one breath per second. Keep your breathing shallow and light
- Your inhalations should be quiet, but your ex-halation clearly audible
- Variable breathing
  - After every second, third or fourth breath, blow out a longer breath. Verbalize this longer exhale with a “who.” (example- “hee-hee-who”)
  - When the contraction ends take one or two deep relaxing breaths with a sigh

### Comfort Techniques During Labor – Video Links

- Demo of peanut ball - [https://youtu.be/hSn\\_BWjL1nw](https://youtu.be/hSn_BWjL1nw)
- Dance/Upright positions- <https://youtu.be/p1cKYtD1KxA>
- Iliac Crest Massage - <https://youtu.be/mjSgavbCDHU>
- Pressure- head/back <https://youtu.be/hPuFzhIVrzs>
- Vocalizations- <https://youtu.be/8o8BbuuBp70>
- Deep Breathing demo- <https://youtu.be/7tJdCOxmFkE>
- Mindful meditation- <https://youtu.be/6RONRwr8oA>
- Meditative Music- <https://youtu.be/zpMYPsCNmoE>

### What a partner can do to support mom

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

### What Happens after the Baby is Delivered

- Cord cutting: Partner can cut the cord on your new baby!!!
- Public and private bank for cord blood collection
- Public: complete paperwork by 34 weeks
- Private: Family Cord, Viacord and CBR are reputable
- Baby to mother immediately for skin to skin
- Baby goes to the warmer
- Skin to skin contact and breastfeeding encouraged
- Circumcision done by RHJN physician after 24 hrs in nursery

# Post-Partum

## Postpartum Care at the Hospital

- 2 nights for vaginal delivery
- 4 nights for C-section
- Baby rooms with mother
- Postpartum is a time to rest and heal
- Time to learn about each other
- Opportunity to work on nursing, swaddling, changing a diaper
- Limit visitors and time visiting

## The Stuff that No One Tells You

- Your 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

### Sibley Lactation Services

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

### Breastfeeding Center of Greater Washington

They offer free breastfeeding classes (click [here](#) for calendar) and are an amazing resource for supplies and lactation consults.

<http://breastfeedingcenter.org/>

### Capitol Hill Doulas

Did you know your doula can help you with post-partum needs in addition to labor assistance? Check out more on their website: <http://www.doulasofcapitolhill.com/>

### Post-Partum Depression and Support Groups

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

*Call your doctor to coordinate the best plan for you*



## When to Call Your Doctor

- Lochia

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  - 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

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  - Call the office if you have signs of a breast infection:
    - Fever > 101 F, breast redness or streaking, moderate to severe breast pain
    - Breast feels warm or hot
    - And you have chills and weakness
- Other Reasons

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

## Special Topic: How Do I Take Care of My C-Section Incision?

- Keep incision clean and dry
- After a shower pat dry or use a hairdryer
- Allow small bandages (steri-strips) to come off on their own
- Do not put any creams on the incision
- If gets red, painful, opens up, or has drainage call your medical provider
- Make an incision check appointment at 2 weeks

## Post-Partum Mental Health Concerns

### "Baby blues"

- Occurs right after delivery
- Symptoms include: mood swings, sadness, crying spells, loss of appetite, sleeping problems, and feel irritable, restless, anxious, and lonely
- What helps: a nap, warm meal, a shower

### Postpartum Depression

- Occurs up to 1 year after delivery
- Symptoms include: sadness, lack of energy, trouble concentrating, anxiety, and feelings of guilt and worthlessness
- Affects her quality of life and functioning
- Last more than 2 weeks
- What helps: Therapy, medication, support groups.

### Postpartum Psychosis (very rare)

- Occur soon after delivery
- Symptoms include: delusions, hallucinations, sleep disturbances, and obsessive behaviors, thoughts of hurting baby or herself
- Requires immediate medical attention

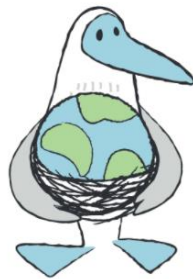


## Links

- [Nestedbaby.com](https://www.nestedbaby.com)
- [Reiter, Hill, Johnson & Nevin OB/GYN](#)
- [Sibley Labor & Delivery Page](#)
- [Nutrition & Exercise](#)
- [Partner Tips](#)

## Philanthropy

Check out our website to learn more about Project Nido.



Project Nido