

## The Emotions and Activities of First Stage Labor

This activity graphically represents the length of each phase of first stage labor and the emotions and activities of laboring woman and her partner/labor support team.

(Add whatever items you want, depending on what you want to highlight and how much time you have. The list below represents a sample of possible items. I stash the items underneath class members chairs, in a strategic order, and have them retrieve the item, describe what they think it represents or how it's used, and then tape it to the appropriate part of the "labor line". ) Have fun! [Kim James](#)

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| 10mins | <p><b>Early Labor</b></p> <p><b>Normal First Stage of Labor</b></p> <p><b>Activities and Emotions</b></p> | <p><b><u>EARLY LABOR</u></b></p> <ol style="list-style-type: none"> <li>1. 10 Pieces of paper 7 Yellow: Early, 3 Orange 1 red.<br/>Q. What does this represent? A. First Stage of Labor or Opening Stage. 70% is spent in the Early phase, 30% in the Active phase, in general. The last part of Active labor is called Transition. You are transitioning from the Opening part of labor to the Pushing part. Short, but very intense.</li> <li>2. Cake mix: Have a labor project. Something that will occupy your brain, distract you and has simple steps. Reminds us to keep our heads where our cervixes are.</li> <li>3. Sorry, We're Closed: Contractions will be 5 minutes apart or greater. The cervix is not likely opening yet. It's effacing. Effacement takes a long time and that's why early labor is the longest part.</li> <li>4. Thick and thin rubber bands. (Put the thick band in early labor. Put the thin band in active labor.</li> <li>5. Bed: How is sleep going to go for you? In early labor, sleep when it's night</li> <li>6. TENs: Very helpful in early labor, especially being able to sleep and carry on your day without too much discomfort</li> <li>7. Happy Face: Exciting! But, don't let your head get too far ahead of your body. You are just warming up for the big event.</li> <li>8. Heart: Oxytocin. Your uterus is growing more oxytocin receptor sites in order to make coordinated contractions later on in active labor. You must facilitate this by adopting a loose, relaxed and adrenaline-free state of mind in Early labor.</li> <li>9. Netflix: Do something distracting. Do not obsess over contractions.</li> </ol> |
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for energy.

12. Hat: Buy a hat and hold the F on to it. Transition is intense and short.