



Birth Preparation Course

These presentations accompany the 3 Birth preparation Videos produced by the Chelsea and Westminster Hospital NHS Trust which can be found on the Birth Preparation page of our website

The “Padlets” mentioned in the presentation are also available on the same page of the website





Part 1

Getting Ready for Birth





Preparation for Birth

Helping baby into a good position for birth

- Please read the leaflet on “Optimal Fetal Positioning” in Class 1 of the Padlet”
- If your baby is still in the breech position (bottom first) at 34 weeks, you will be referred to our Breech Clinic to discuss your options (if you decide to opt for ECV to turn the baby manually, there is information and a video of this procedure in Class 1 of the Padlet)

Pelvic Floor Exercises/Perineal Massage

- Please check out the video and information in Class 1 of the Padlet
- Even if you haven’t done any pelvic floor exercises yet, it is never too late to start
- Perineal massage has been shown to reduce the risk of perineal tearing and can be started from 35 weeks if you choose



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When to “Call the Midwife”

Call the hospital if you experience:	If you think labour has started, time the contractions and call
<ul style="list-style-type: none">• Any vaginal bleeding• Severe frontal headaches• Excessive swelling• Excessive itching (particularly on palms or soles of feet)• If you have not felt your baby move as much normal over the course of the day	<p>0203 315 6000</p> <ul style="list-style-type: none">• Option 1 for Labour Ward• Option 2 for Birth Centre <p>Please do not come to the hospital without calling us first</p> <p>N.B. These numbers are for Chelsea & Westminster Hospital – Please check with your own hospital for correct contact numbers</p>





Preparation for Birth

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Signs of Labour

Contractions
(Braxton Hicks
or “practice
contractions?”)

Waters Break

Losing the
mucous plug
(or “show”)

Vomiting
and/or
diarrhoea

“Lightening”
(the bump
drops down in
the abdomen)

Nesting

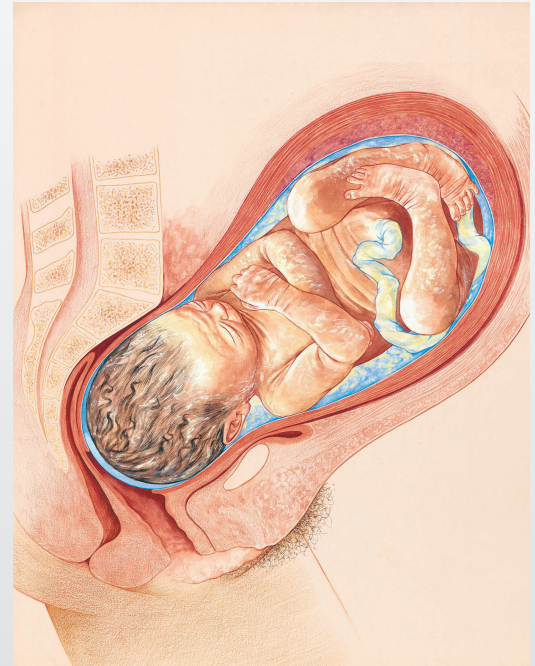
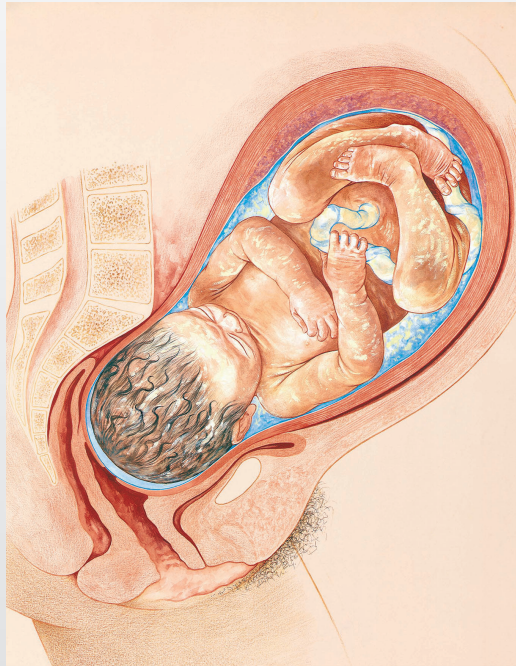


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First Stage of Labour

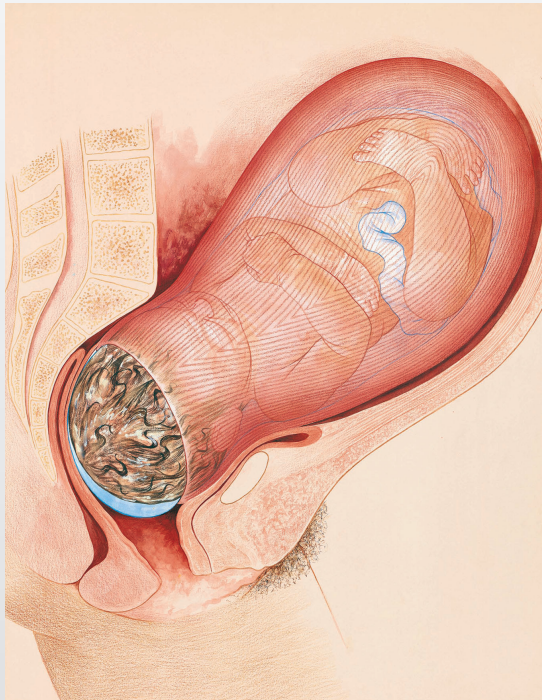
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First Stage of Labour

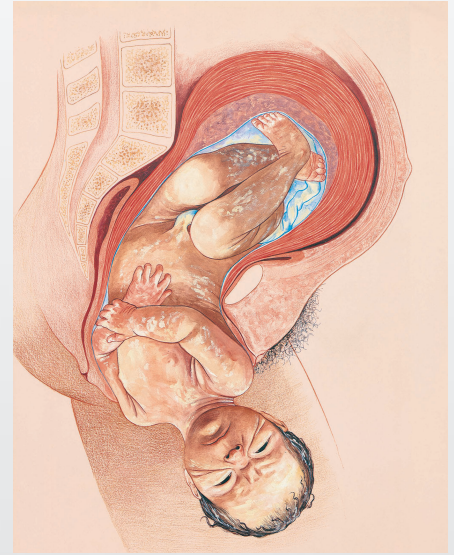
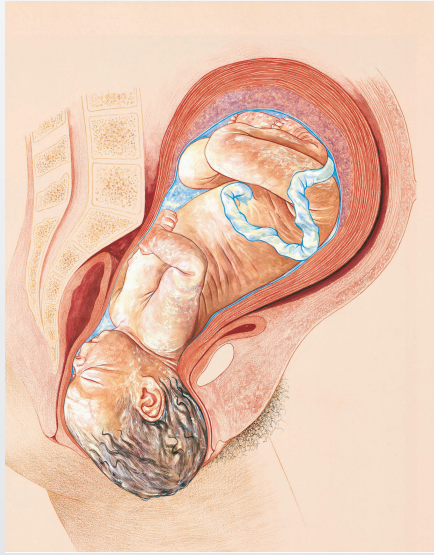
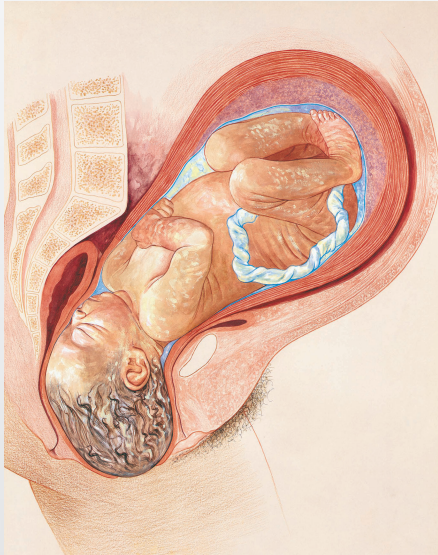
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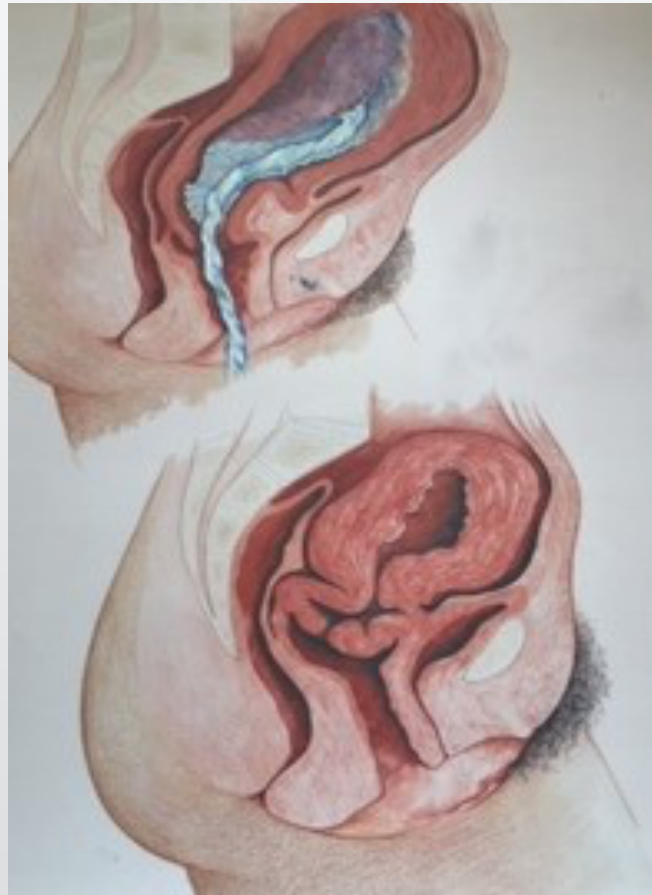
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Second Stage of Labour



Third Stage of Labour





OXYTOCIN

ENDORPHINS



CONTRACTION

PAIN ?

FEAR

ADRENALINE:

= TENSION
= PANIC BREATHING
= LABOUR SLOWING
= LESS

OXYTOCIN/ENDORPHINS



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Purposeful
Anticipated
Intermittent
Normal

Whether you think of your contractions as pain or rushes or surges, remember that this is a positive sensation, not a problem and your body is equipped to deal with it.





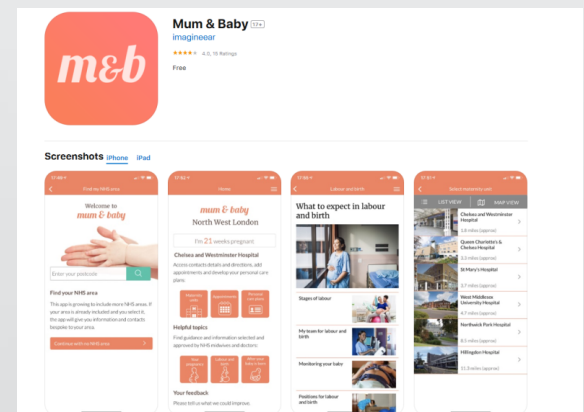
Links to other resources

- There are various packages of information available to you, which can be accessed via the Chelsea & Westminster website. These contain information, links, articles and videos which you might find useful (referred to as “Padlets” in the video).
- Where stated, this information has been produced by the Chelsea and Westminster Hospital, but we are not responsible for any of the information contained in external websites, links and videos.

To find the links to the Padlets, please see:

<https://www.chelwest.nhs.uk/services/maternity/our-services/your-pregnancy/birth-preparation-classes>

And don't forget to download



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