



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

TRANSITION

What is it?

It is the time between the first and second stage of labour. It is not officially a stage of labour but it is a time to be aware of. It is a time of great hormonal change, a time of vulnerability. Oxytocin is being produced, which is also produced during coitus and breastfeeding. Adrenaline will also start to be produced, to help with second stage.

How can you recognise it?

Foul language; desperation to push to go to the toilet; bad attitude; despair; double-peaked contractions; change of mood; time for a nap; contractions fade away; grunting noises; totally spacey look.

What to do about it?

Acknowledge it. Accept it.

"This is one day of your life". "Motherhood is hard work".

'Relax your pelvic floor and go with it".

Meet like with like. If:

Sleepy, turn down the lights and keep quiet.

Shouting, jolly her along, let her shout.

Being sick, get a bowl.

Frightened, tell her its okay to be frightened.

Abusive, don't be embarrassed or apologise.

Painful, move with it; go with it

birthmatters

AT THE START OF FAMILY LIFE



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Three most helpful things:

REMIND HER ABOUT THE BABY

HELP HER TO FEEL SAFE

Two Kinds: QUIET/GENTLE or LOUD/DRAMATIC