

## **BIRTH [2ND STAGE OF LABOUR]**

When you are ready to start pushing, the feeling changes from the contraction pain and the cervix opening to a sensation of pressure in the bowel or lower back.

### **POSITIONS**

The baby has to move through the pelvis which is shaped like an L. In upright positions – standing, kneeling, all 4's, squatting gravity helps the baby move down. In positions where you are lying down, it might be more difficult to push the baby 'around the corner'.

### **PUSHING**

Most of the pushing is done before the top of the baby's head can be seen. When the baby's head can be seen it should not be too long before the head is born.

Pushing with your 1st baby – may take an hour or two. With your 2nd, 3rd baby or more, may take a few pushes to half an hour.

Some women experience a lot of bowel pressure and feel inhibited because they feel like they are going to poo. This is normal, some people poo and some do not.

### **BIRTH OF THE BABY**

Once the head is born, the body should be born with the next contraction. Some people can just breathe their baby out, some need to push to help the baby be born.

The midwife will ask you if you want the baby placed skin to skin on your chest.

The baby will be dried and covered with a warm blanket or towel. If you do not want your baby on your skin, tell your midwife. Having your baby skin to skin is beneficial for you and the baby, it helps with bonding and feeding, and it helps the baby to maintain their temperature.

### **CUTTING THE CORD**

The cord does not need to be cut immediately, there are benefits to the baby in having delayed cord clamping. Usually, you can wait until the cord stops pulsing until the cord is cut.

This can be stated on your Birth Plan/Preferences, tell your midwife too.

## THINGS TO CONSIDER

Think about positions other than being on your back on the bed - gravity can help with moving the baby down the birth canal. Practice upright positions towards the end of pregnancy - kneeling, squatting [supported holding the bed or birth partner].

Depending on where you are giving birth using a shower or bath in labour might be an option. Talk to your midwife to see if that is an option.

Usually the midwife will place your baby skin to skin on your abdomen or chest after the birth. Think about whether this is what you want, talk to your midwife about what happens when the baby is born. If you don't want the baby placed on you, do you want someone else to hold the baby or do you want them wrapped before you hold them?

Talk to your midwife about your preferences for birth.

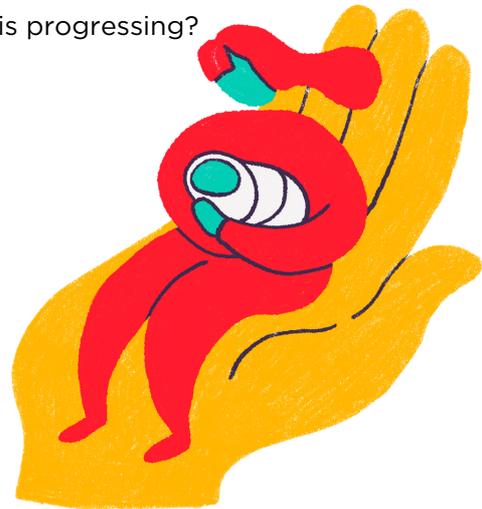
## QUESTIONS TO ASK

Can I use water [bath or shower] for labour and birth?

I want you to know that I want to use different positions for birth and prefer not to be on the bed.

I want you to know that I want to wait before the cord is cut.

Can you provide me with information about how the birth is progressing?



## RESOURCES

<https://www.pregnancybirthbaby.org.au/positions-for-labour-and-birth>

<https://evidencebasedbirth.com/evidence-birthing-positions/>

<https://globalhealthmedia.org/videos/positions-for-birth/>

<https://raisingchildren.net.au/pregnancy/labour-birth/vaginal-caesarean-birth/birth-overview>

## DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.