

## Important Phone Numbers

### **Mankato Clinic**

507-625-1811

Mankato Clinic office hours: 8am-5pm

Monday-Friday

If after hours, the call will be routed to the answering service

### **Mankato Clinic OB Department direct line**

507-389-8522

### **Labor and Delivery Mayo Health System Hospital Mankato**

507-594-2667

### **Lactation Department**

507-594-2967

### **Pre-Term Labor**

Any Questions of labor before 37 weeks.

- More than 4 contractions in 1 hour
- Pelvic or lower abdominal pressure
- Bleeding or intense pain
- Leaking any fluid
- Constant, low, dull backache

Call labor and delivery immediately, if before 8am and after 5pm or 24 hours on the weekend or holidays.

### **Community Resources:**

Early Childhood Family Education(ECFE)	507-625-4620
Mothers of Preschoolers(MOPS)	<a href="http://www.mops.org/groups/mankatomops-momsnext">www.mops.org/groups/mankatomops-momsnext</a>
Le Leche League	507-625-0928 or Facebook group
Options for Women	507-625-2229
Parent Aware (Finding childcare)	888-291-9811 or use local Facebook groups
Women, Infants, and Children (WIC)	507-304-4163 Blue Earth County 800-WIC-4030 State wide

## Clarifying Your Feelings About Pain and Medications in Childbirth

By Penny Simkin, PT

### Pain Medications Preference Scale (PMPS)

Number	What it Means	Your Partner, Doula, Nurse, or Caregiver Can Help You By:
+10	I want to be numb, to get anesthesia before labor begins. (An impossible extreme)	<ul style="list-style-type: none"> <li>• Explaining that you will have some pain, even with anesthesia.</li> <li>• Discussing your wishes and fears with you</li> <li>• Promising to help you get medication as soon as possible in labor.</li> </ul>
+9	I have great fear of labor pain, and I believe I cannot cope. I have to depend on the staff to take away my pain.	<ul style="list-style-type: none"> <li>• Doing the same as for +10 above</li> <li>• Teaching you some simple comfort techniques for early labor.</li> <li>• Reassuring you that someone will always be there to help you.</li> </ul>
+7	I want anesthesia as soon in labor as the doctor will allow or before labor becomes painful.	<ul style="list-style-type: none"> <li>• Doing the same as +9 above</li> <li>• Making sure the staff knows that you want early anesthesia.</li> <li>• Making sure you know the procedures and the potential risks.</li> </ul>
+5	I want epidural anesthesia in active labor (4-5cm). I am willing to try to cope until then, perhaps with narcotic medications.	<ul style="list-style-type: none"> <li>• Encouraging you in your breathing and relaxation.</li> <li>• Knowing and using other comfort measures.</li> <li>• Suggesting medications when you are in active labor.</li> </ul>
+3	I want to use some medication but as little as possible. I plan to use self-help comfort measures for part of labor.	<ul style="list-style-type: none"> <li>• Doing the same as for +5 above.</li> <li>• Committing themselves to helping you reduce medication use.</li> <li>• Helping you get medications when you decide you want them.</li> <li>• Suggesting half doses of narcotics or a “light and late” epidural.</li> </ul>
0	I have no opinion or preference. I will wait and see. (A rare attitude among pregnant women)	<ul style="list-style-type: none"> <li>• Helping you become informed about labor pain, comfort measures, and medications.</li> <li>• Following your wishes during labor.</li> </ul>
-3	I would like to avoid pain medications if I can, but if coping becomes difficult, I’d feel like a “martyr” if I did not get them	<ul style="list-style-type: none"> <li>• Emphasizing coping techniques.</li> <li>• Not suggesting that you take pain medication.</li> <li>• Not trying to talk you out of pain medications if you request them.</li> </ul>
-5	I have a strong desire to avoid pain medications, mainly to avoid the side effects on me, my labor, or my baby. I will accept medications for difficult or long labor	<ul style="list-style-type: none"> <li>• Preparing for a very active support role.</li> <li>• Practicing comfort measures with you in class and at home.</li> <li>• Not suggesting medications, if you ask, suggesting different comfort measures and more intense emotional support first.</li> <li>• Helping you accept pain medications if you become exhausted or cannot benefit from support techniques and comfort measures.</li> </ul>
-7	I have a very strong desire for a natural birth, for personal gratification along with the benefits to my baby and my labor. I will be disappointed if I use medication.	<ul style="list-style-type: none"> <li>• Doing the same as for -5 above.</li> <li>• Encouraging you to enlist the support of your caregiver.</li> <li>• Requesting a supportive nurse who can help with natural birth.</li> <li>• Planning and rehearsing ways to get through painful or discouraging periods in labor.</li> <li>• Prearranging a plan (e.g. a “last resort” code word) for letting them know if you have had enough and want medication.</li> </ul>
-9	I want medication to be denied by my support team and the staff, even if I beg for it.	<ul style="list-style-type: none"> <li>• Exploring with you the reasons for your feelings</li> <li>• Helping you see that they cannot deny you medication.</li> <li>• Promising to help all they can but leaving the final decision to you.</li> </ul>
-10	I want no medication, even for a cesarean delivery. (An impossible extreme)	<ul style="list-style-type: none"> <li>• Doing the same as for -9 above.</li> <li>• Helping you gain a realistic understanding of risks and benefits of pain medication.</li> </ul>

If you find that the meanings of the numbers above do not reflect quite the way you feel, you might pick a number that falls between them (for example, +4 or -6).

**DOWNLOAD SOURCE:** *Maternity Wise™* website at [www.maternitywise.org/mw/topics/pain/](http://www.maternitywise.org/mw/topics/pain/)

# About Labor Pain, It's Relief, and the Pain Medications Preferences Scale (PMPS)

By Penny Simkin, PT

Next to the well-being and safety of mother and baby, pain relief is the greatest concern in childbirth. The challenge is to balance your needs and desire for pain relief with concerns about side effects that could harm you or your baby or interfere with the progress of the labor.

There are many approaches to pain relief in labor, both Nondrug and medical. Nondrug approaches are based on helping you relax, easing your fears, removing some of our pain and giving you constructive ways to help yourself. Some of these techniques require equipment (tubs, showers, hot or cold packs, music, comfort items). Others require your active involvement (positions, movement, conscious relaxation, visualization, breathing patterns). Some require the continuous presence and assistance of one or more knowledgeable, nurturing people (massage, holding, encouragement, information about what is happening, suggestions, reassurance). These people might include loved ones who have Attended childbirth classes, a doula, a nurse, or a midwife.

There are also medical approaches to pain relief—many drugs and many ways to give them. Narcotics (or narcotic-like drugs), sleep medications, tranquilizers, and anesthetics are available. They can be injected into your skin, muscle, vein, or cervix or dripped via catheter into areas in or near your spine. Some can be inhaled as gas or swallowed in pill form.

Even if you plan to use pain medication in early labor, you should learn some of the nondrug methods because:

- It takes time after labor begins to get to the hospital. Once at the hospital, it also takes time to assess your labor and begin giving the medication.
- It is sometimes unsafe to medicate you heavily enough to remove all or most sensations of labor until it is clear that labor progress is well under way.

## Four Factors that Determine if You Use Pain Medications in Labor

- 1. Your Desires.** If you want to use pain medications, you are more likely to use them than if you want to avoid them. (The Pain Medications Preference Scale will help you think about your desires.)
- 2. Childbirth Education.** If you have taken childbirth classes in which the process of giving birth and emotions of labor are taught and practiced, you will have less need for pain medications.
- 3. Support and Assistance.** If you have continuous support and knowledgeable assistance in the use of comfort measures from your partner and a doula (a trained, experienced labor support provider), as well as your nurse, midwife, or doctor, you will have less need for pain medications.
- 4. Labor Pattern.** If labor is prolonged, complicated, includes the use of painful interventions, or if you are restricted from using some of the nondrug approaches to pain, you will be more likely to need pain medications.

## How to Use the Pain Medications Preference Scale

- Before you decide your preference on pain medications, try learn about the labor process, comfort measures, discuss it, self-help techniques, and the various medications available to you. How are they given? How do they work? What are their benefits and risks? How they affect you, your labor, and your baby? Childbirth classes, your doctor or midwife, books, videotapes, the internet, and Your family and friends can give you helpful information. Also honestly examine your personal feelings about birth, pain, and your support system. How much help do you want and can you realistically expect from your partner, doula, caregiver, or the nursing staff?
  - Next, use the PMPS on the previous page to find the Approach to pain relief that best suits you and to discover the kind of assistance you will need to be sure your wishes can be followed. You will notice that the numbers from +3 to +10 indicate degrees of desire to use pain medications and the numbers from -3 to -10 indicate degrees of desire To avoid pain medications. Be sure everyone who will be with you knows your wishes and how to help.
  - Check with your partner. Partners often have opinions, too. You might ask your partner, before the two of you to go over the PMPS and select the number that expresses their desire for your use or avoidance of pain medications. If you are not in agreement, then you will need to discuss ways to make sure you have the support you need for your preferences.
- No one knows in advance how long or painful labor will be or whether there will be complications. The PMPS takes that into account by mentioning these possibilities. Even with all the unknowns, your desires – as expressed with the PMPS before labor – are a most helpful guide to those who are there to help you.
- You will always remember your birth experiences. Recognizing and expressing your desires and needs to your loved ones and caregivers will contribute to a rewarding experience and a positive lifelong memory of your baby's birth.

## LABOR HINTS AND COMFORT MEASURES

The following guidelines and comfort measures may enhance the progress of your labor as well as your ability to cope. They may be used alone or in combination with any technique.

- ❖ Try to ignore or sleep through early labor contractions as long as possible.
- ❖ Use enjoyable, non-fatiguing activities instead of “techniques” in early labor such as watching TV, reading, walking, going for a car ride, working on a craft project, visiting with a friend, taking a warm shower, etc.
- ❖ Walking. **(Be careful not to tire yourself).**
- ❖ Create a relaxing environment. Dim the lights, add soft music, have your coach provide extra reassurance, praise and support. Be aware that sometimes the presence of additional visitors can be stressful.
- ❖ Change positions frequently – use upright positions often.
- ❖ Take long, warm showers to relax.
- ❖ Empty bladder frequently, at least every 1-2 hours.
- ❖ Enjoy ice chips or small sips of clear fluid between contractions.
- ❖ Try a cool cloth on the forehead or a “sponge bath”.
- ❖ Try a cold pack on hand or arm as a stimulus overload technique.
- ❖ Use a fan, extra blankets or extra pillows as needed for comfort.
- ❖ Hot or cold flashes – provide warm blankets and clean socks if she is cold, wipe her face with a wet washcloth; leave washcloth on forehead during contractions.
- ❖ Shaking legs and arms – remind her that shaking is common; offer blankets; massage her legs or hold them.
- ❖ Irritable skin – do not touch her if she signals that it bothers her; remain in sight and talk soothingly or breathe with her.
- ❖ Irritable disposition – do not talk if it bothers her; stay in sight and reassure her between contractions. Keep conversations with her and hospital personnel brief.
- ❖ Emotional reactions change during labor; in early labor she will probably remain cheerful and enjoy talking between contractions; as labor progresses, she will become more serious and may not wish to talk. Respect her moods since a woman in labor is very sensitive to those around her.
- ❖ Nausea, vomiting – have emesis basin ready, reassure her that feeling nauseated is normal and will pass; have washcloth and ice chips handy to rinse face and mouth.
- ❖ Hyperventilation (**lightheaded, dizzy, tingly sensations in hands and feet**) place hand, dry washcloth, paper bag or surgical mask over mouth and nose as she continues to breathe; try to slow down breathing.
- ❖ If mother is having backaches or back labor, a good, firm hand massaging of this area often feels good. **(Talcum powder or lotion will prevent soreness).**
- ❖ Encourage her to be relaxed by utilizing comfortable positions. **(The supported back relaxation or three quarter side rest position).**
- ❖ Concentrate only on working through the current contraction. When it is over, let it go and relax. Do not worry about “how much longer”
- ❖ Ask to be checked if several hours have elapsed or your labor has become more intense.
- ❖ Maintain a positive attitude. Remember that the discomfort or pain that you feel is a result of your body doing its work to birth your baby.

# THE EVENTS OF LATE PREGNANCY

by Penny Simkin, PT

PLACENTA

Aging

MEMBRANES

Increased sensitivity to oxytocin

Decreased progesterone production

Increased permeability

Increased prostaglandin production

Increased transfer of antibodies

Increased estrogen

Decreased amniotic fluid

Increased calcium deposits

Pelvis &

MOTHER

Increased colostrums

vagina relax

Frequent urination

Light sleep

Lightening

Increased endorphins

Soft BMs 'Nesting' urge

Backache

UTERUS

Increased irritability

Braxton Hicks contractions increased

Cervix ripens

Cervix effaces

Cervix dilates

Bloody show

Synchronized contractions

Labor

Descent & engagement

BIRTH

Increased prostaglandin & oxytocin production

Assumes birth position

Capable of suckling

Lungs mature

Gains immunities

Capable of temperature regulation

Gains weight & fat

Stores iron

FETUS (about 32-34 weeks' gestation)

(about 40 weeks)

## **Birth Affirmations**

Birth is a completely normal event.

I will relax and allow my body to work.

I love my body and gain confidence in its ability to birth every day.

I deserve a positive birth experience.

I feel at peace.

My body instinctively knows how to labor and birth.

My body labors effectively and releases my baby in its own time.

My body is strong and my baby is healthy.

I am completely relaxed.

I feel confident that I will labor and give birth the way I want to.

Our baby feels my calm confidence.

With each contraction our baby is closer to being born.

I have enough energy to birth our baby.

I trust my caregivers, my partner, my body and my baby.

I feel safe and want to give birth here (in this location).

I will breathe slowly and deeply to relax my muscles and bring oxygen to our baby.

I feel the strong muscular waves of labor and know things are progressing normally.

I am in sync with my body and my intuition.

I am ready to welcome my baby.

The experience of labor and birth is a great gift.

# art of mothering

## POSTPARTUM

# *Pampering*

Steam baths, neck rubs, and other little luxuries  
for rejuvenating the new mother

BY SIRENA VAN SCHAİK / PHOTOS BY LAURA JOYCE HUBBARD

BECOMING A MOTHER is exciting and terrifying. First time mothers are cast in a new role, and although they may have been preparing for it for months, many are overwhelmed by newborn's needs and demands. Life revolves around the new being in their lives, and there seems to be little time for even the necessities of life, let alone for pampering. However, this need not be so—there *is* time to be pampered, even to pamper yourself.

### SELF-CARE 101

#### **Each day, do something you love.**

When my first child was born, I enjoyed doing needlepoint. It may sound strange, but I found it relaxing to sit in a rocking chair beside his bassinet as he slept and move the needle through the fabric. I didn't worry about the dishes or getting the laundry folder, I simply relaxed my mind and body with something I enjoyed doing, instead of taking a nap. In fact, don't feel obligated to take a nap just because baby is—some people just can't sleep during the day. If you're one of them, don't force it, and don't beat yourself up about it—just find

some way to rest your body and mind without sleeping. Your body will let you know when it's tired. And remember to ask for help so you can get a few extra minutes of sleep each night.

**If you can nap, do it often**—a good time is when baby is sleeping. To make those naps even more of a treat, place a warm flax-seed compress under your neck, or a soothing eye mask on your face. This will augment your much-needed sleep with the soothing comforts of spa treatments.

**Take a steam bath.** Long Luxurious baths are out of the question for most moms—bathing is little more than quick splashes of warm water between feedings—but that doesn't mean you can't use steam to cleanse your pores and loosen tight muscles. The easiest way to take a five-minute steam bath is to set it up before baby's nap. Turn on the hot water in the shower and leave it on while you get baby settled and asleep. When your infant is happily snoozing, grab the baby monitor and head for the bathroom—which by now will be a steam room. Pick up a good book, flip through a magazine, or apply a face-mask as the steam from the shower

eases any tension. This is a wonderful way to pamper yourself without taking much time.

**Take a stroll.** While many people wouldn't see exercise as a form of pampering, it can be a great way to invigorate the body, mind, and spirit—besides, walking costs nothing, and can be done with baby. Fresh air will do mom and baby good, and provide a quiet time for both. So when the weather permits, bundle up the baby and head out to a local spot. On cool spring days, find a tranquil garden to stroll through, or a busy park filled with the sounds of children playing and laughing. Later in the year, take a quick jaunt around the neighborhood to enjoy the sights and sounds of fall. The destinations will be different for everyone, but the goal is the same: to take a much-needed break from the confines of the house.

**Opposite page:** Natasja Essed, mom to baby Lois Eunike Monderen, and a North Shore Chicago Area Holistic Moms

**Break out a good book.** Nursing an infant can be a long process, and you no sooner finish the breastfeeding routine than you're doing it all over again. Studies have proven that reading aloud to an infant helps develop the child's reading and language skills and is a wonderful bonding experience. Find old classics that you loved when you were a child, and spend nursing times reading aloud. The books might not be steamy romances or heart-pounding thrillers, but they're treasures in themselves- and you have the pleasant exoerience of quietly reading something luke E.B. White's *Charlotte's Web* to captive audience.



is for her to take care of herself. Take time to watch the baby while she sleeps, or while she reads a new book.

**Give a good massage.** Whether the occasional neck rub or a full back rub, the touch and comfort of such simple acts can provide all the pampering a new mom needs. Choose a time when mom can take a moment to enjoy it-usually when baby is fast asleep-and use lotions scented with essential oils to add to the experience.

**Cook dinner on your day off.** We know that you're busy with work as well as all the new duties of being a father, but for any tired and distraught mom, a night off from making dinner can be better than dining in A five-star restaurant.

Mommy Care Packages can be elaborate or simple, expensive or not, beautifully decorated in a basket with streaming ribbons or tossed into a paper bag. Whatever the contents and however they're presented, the one theme that should shine through is that mom is still important. (Hint: You can even make one for yourself. Assemble it long before your due date and set it aside.)

**THREE LITTLE WORDS**

For all my advice on how to pamper and be pampered, the most effective way to feel revitalized, relaxed, and loved is to be asked-and to ask yourself-this simple question: How are you? After all, every mother wants to know that she matters.

**DADS: PAY SPECIAL ATTENTION**

Let's not forget Dad and the role he can take in pampering Mom. Fathers go through their own feelings of being overlooked, but it's still important that they focus some attention on the new mother.

**Take the time to talk.** Dads, one of the easiest ways to pamper both Mom and yourself is to talk-about your day, her day, the baby's day. Talk about the emotions both of you are experiencing, and don't judge her fears, anxieties, or thoughts, no matter how strange they might sound to you. Be there for each other, touching as you talk, whether it's a hand on a knee, or shoulder to shoulder as you sit side by side.

**Give her a break.** This is very important, and it's not only about the Baby. If the dishes aren't done or the Laundry isn't folded, don't ask Mom why-just let her get to it in her own time, or better yet, pitch in! There are many things that need to be done in a new mother's day, and one of them

**CREATE A MOMMY CARE PACKAGE**

Perhaps you've already been initiated into motherhood and you want to help ease the way for a new mother you know. Try creating a care package. The best items for such a gift are simple things: hand creams, body lotions and washes, face washes, even hand Sanitizers. Add a few of the mom's favorite treats, both the guilt-free and the sinfully delightful varieties. A book or a few magazines are also good for periods when baby is sleeping and the house or hospital room is free of visitors. Pamphlets can be a good choice, but choose ones about the care of the New mom, not the care of the baby. And include a sheet listing the phone numbers of friends, family, and professionals whom she can call for support. If you add gift certificates for day spas or salons, make sure they have a long shelf life-they may not be cashed in for a year or so. Last add some personal touches: a candle, a charm bracelet, or some keepsake solely for the new mom.

**NOTE**

1. J.A. Watson and D.T. Allison, "The Significance of Adult Storybook Reading Styles on the Development of Young Children's Emergent Reading." Reading Research and Instruction 34, no. 1 (Fall 1994): 57-72.



❖ For more **articles on self-care** visit <http://mothering.com/body-soul>.



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## Letting Others Help

The first weeks at home are likely to be challenging. Not only are you and your baby recovering from birth, you are getting to know each other and building a family. New parents sometimes feel overwhelmed and out of touch with the rest of the world. You can help ease the stress of this time by planning ahead to have support.

Who will help you after you go home?

Who do you feel comfortable allowing to do the following:

Cooking \_\_\_\_\_

Laundry \_\_\_\_\_

Housecleaning \_\_\_\_\_

Grocery Shopping \_\_\_\_\_

Home/Yard maintenance \_\_\_\_\_

Bill Paying \_\_\_\_\_

Feed the baby \_\_\_\_\_

Bathe the baby \_\_\_\_\_

Who is a good listener and will want to hear your birth story?

Who knows you well enough to recognize symptoms of Postpartum Depression?

Who can give you emotional support and reassurance of your ability to parent?