

Bradley Cheat Sheet

First Stage: Abdominal Breathing

2nd and 3rd Stage: Push

EARLY LABOR 0-3cm & 10-5 min. apart	ACTIVE LABOR 4-6 cm & 5-3 min. apart	TRANSITION 7-9 cm & 2 min. apart	BIRTH AND AFTER 10 cm & 5 min. apart
<p>SIGNS OF LABOR:</p> <ol style="list-style-type: none"> 1. Water breaks (stay off feet & report to MD). 2. Bloody or mucus-like show. 3. Contractions (intensity is key, not regularity). <p>WHAT TO DO:</p> <ol style="list-style-type: none"> 1. Eat lightly: easily digestible foods (jello, bullion, tea, white bread, jelly, 7-up). 2. Pack bags (suitcase and birth bag). 3. Quiet entertainment (walks, reading, etc.). 4. Relax when uncomfortable (breath abdominally only when you tense during a contraction). 5. Go to hospital when: <ol style="list-style-type: none"> a. Preoccupied with contractions b. Flushed. c. MD orders. (You will be admitted and prepped if time permits). <p>BIRTH BAGS: 2 pillows, lotion or powder for rub, lollipops, camera, two washcloths, chapsticks, food for coach, breath mints, coach card.</p>	<ol style="list-style-type: none"> 1. Occasional nausea & possible shakiness. 2. Preoccupation: one word answers. 3. Contractions last 55060 sec. 4. Mother feels it's "real." <p>WHAT TO DO:</p> <ol style="list-style-type: none"> 1. Find a "spot." 2. Relax! 3. Abdominal breathing. 4. Ask for ice chips. 5. Put out kidney pan. 6. Ask about scrub suit and bathroom for coach. 7. Put out chart and pan. 8. Settle. <ol style="list-style-type: none"> a. Rub back. b. Feed ice. c. Check position. d. Reassure and talk. e. Mark symptoms and time contractions. f. Remind to urinate every 1/2 hours. g. Report if water breaks. h. Listen to body and coach. i. WATCH for transition symptoms!! 	<p>SYMPTOMS:</p> <ol style="list-style-type: none"> 1. Flush. 2. Shaking (uncontrollable). 3. Burps. 4. Too hot or too cold. 5. Spaced out. 6. Irritable or depressed. 7. Nausea. 6. Discomfort over pubic bones between contractions. 7. Confusion. <p>WHAT TO DO:</p> <ol style="list-style-type: none"> 1. Report water breaking. 2. Reassure. 3. Talk. 4. Remind: shortest & hardest phase, and rejoice, near end. 5. Remind to relax Kegel muscle. 6. Watch for catching of breath/push urge and have nurse check. 	<p>SYMPTOMS:</p> <ol style="list-style-type: none"> 1. A feeling of peace and more alert. 2. Contractions not so close and different. 3. Feels good to push. 4. Pressure on rectum. 5. Burning and stretching sensation at crowning. <p>WHAT TO DO:</p> <ol style="list-style-type: none"> 1. Reassure, support. 2. Remember to rest between contractions. 3. Two cleansing breaths, chin on chest, third breath hold and push. 4. Relax legs, feet, and perineum. 5. Don't push with burning sensations. 6. Coach repeats MD's orders to mom. 7. Relax Kegel muscle. 8. After birth: Push with contractions as MD directs.