



Mother, Baby and Me

PREGNANCY CLASS GUIDE

INTRODUCTION:

This is a three (3) hours maternity class discussing the prenatal, birthing, and postnatal phases. My objective is to empower you with my medical knowledge, personal experiences, and Birthlight yoga techniques that would help you cope with the “new normal” with regards to your pregnancy.

CLASS OUTLINE:

Part 1: Understanding the Changes

- Posture in Pregnancy
- Importance of Breathing
- Relaxation and Stretching
- Maternal Adaptation

Part 2: Facts about your Pregnancy

- Prenatal check-ups and Warning Signs
- Exercise and Nutrition
- Fetal Movement Counting
- Introduction to your Pelvis
- Positions of your baby and what you can do about it
- Definition of terms you should know

Part 3: The Birth Process

- The Pains Explained
- “False Labor”
- Phases of Labor
 - Latent phase
 - Active Phase
 - Delivery of the Baby and Placenta

Part 4: Postpartum Care

- Essential Intrapartum Newborn Care
- What is Normal after Delivery
- Getting Ready to Breastfeed
- Contraception

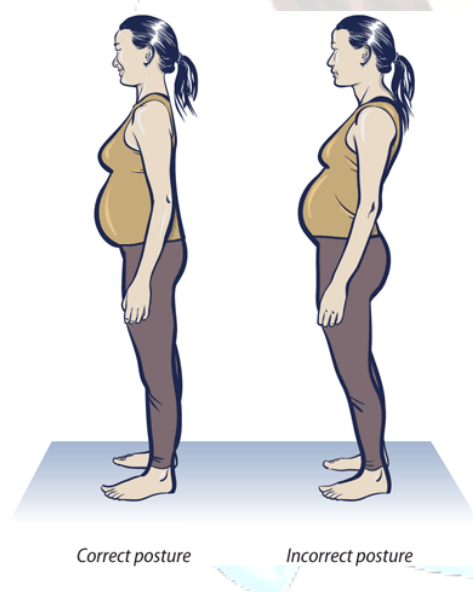
We can adapt to the “new normal!”



BIRTHLIGHT APPROACH TO PREGNANCY

Starts with a good posture which helps to avoid and alleviate many common aches and pains during pregnancy.

- Learning to align oneself properly would improve breathing and therefore energy levels because it gives the diaphragm more room to move
- Relieves backache and can avoid its onset
- Improves digestion, which cannot function properly if there is a compression in the abdomen
- It prevents congestion of the circulatory system to the womb upon which the baby depends for all its nourishment
- Overall makes a pregnant woman feel great.



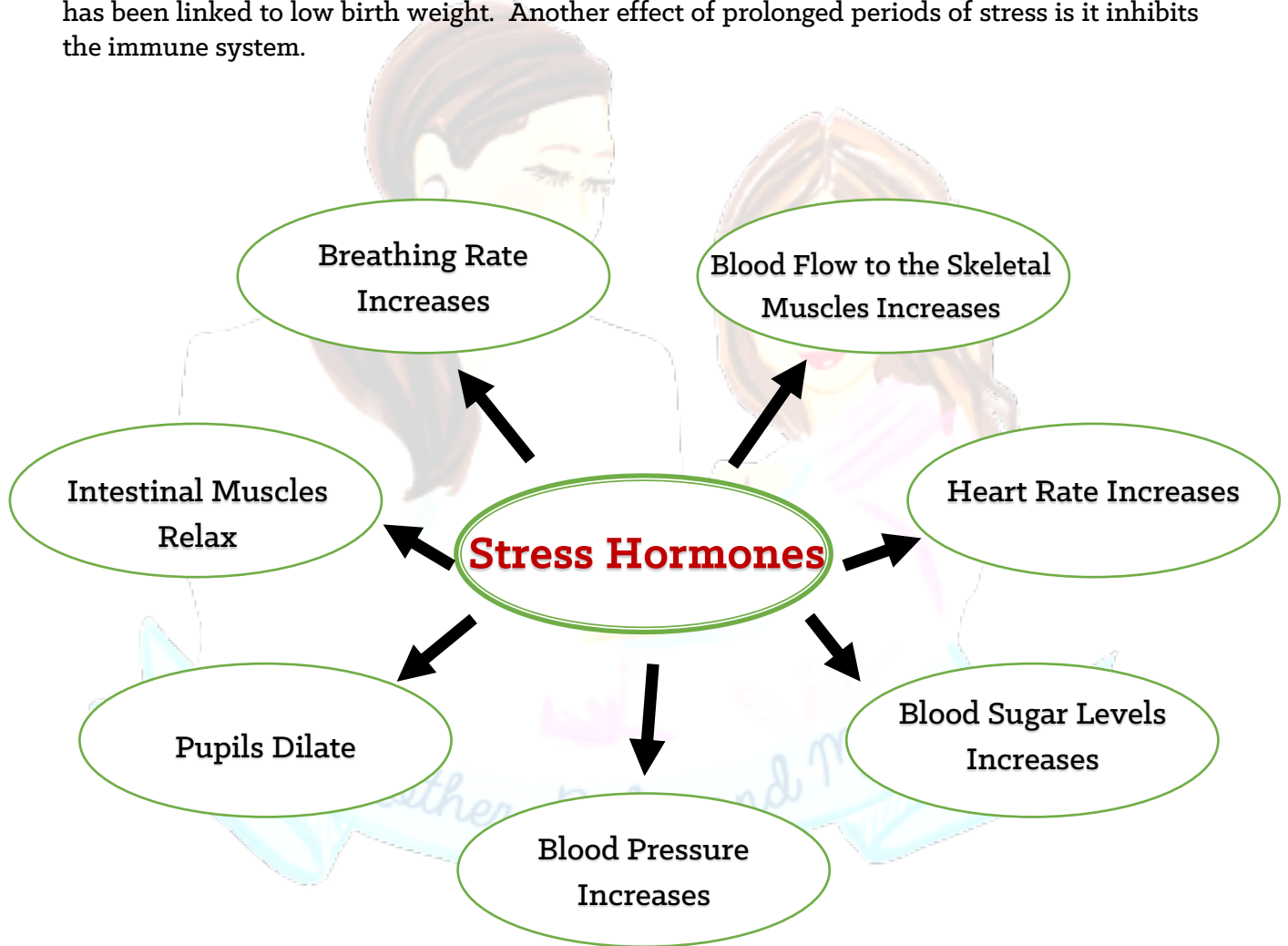
- Good Posture means that your head and neck are erect and balanced between the shoulders
- Spine and pelvis are properly aligned
- Chest is open so that breathing muscles preforms fully and fill the body with a positive vitality
- Feet should be hip width apart and parallel
- Weight should equally spread on both feet
- Ankles, hips, shoulders and ears should be in a vertical line
- Knees should be slightly bent
- Lengthen neck but lower jaw and chin parallel with the floor

With balance...you can do anything!



BIRTHLIGHT APPROACH TO PREGNANCY

Stress hormones can have negative effects on women's and babies' health and well-being during pregnancy, if the nervous system does not have an opportunity to rebalance. They direct the blood flow towards the limbs away from the organs including the uterus and on-going stress has been linked to low birth weight. Another effect of prolonged periods of stress is it inhibits the immune system.

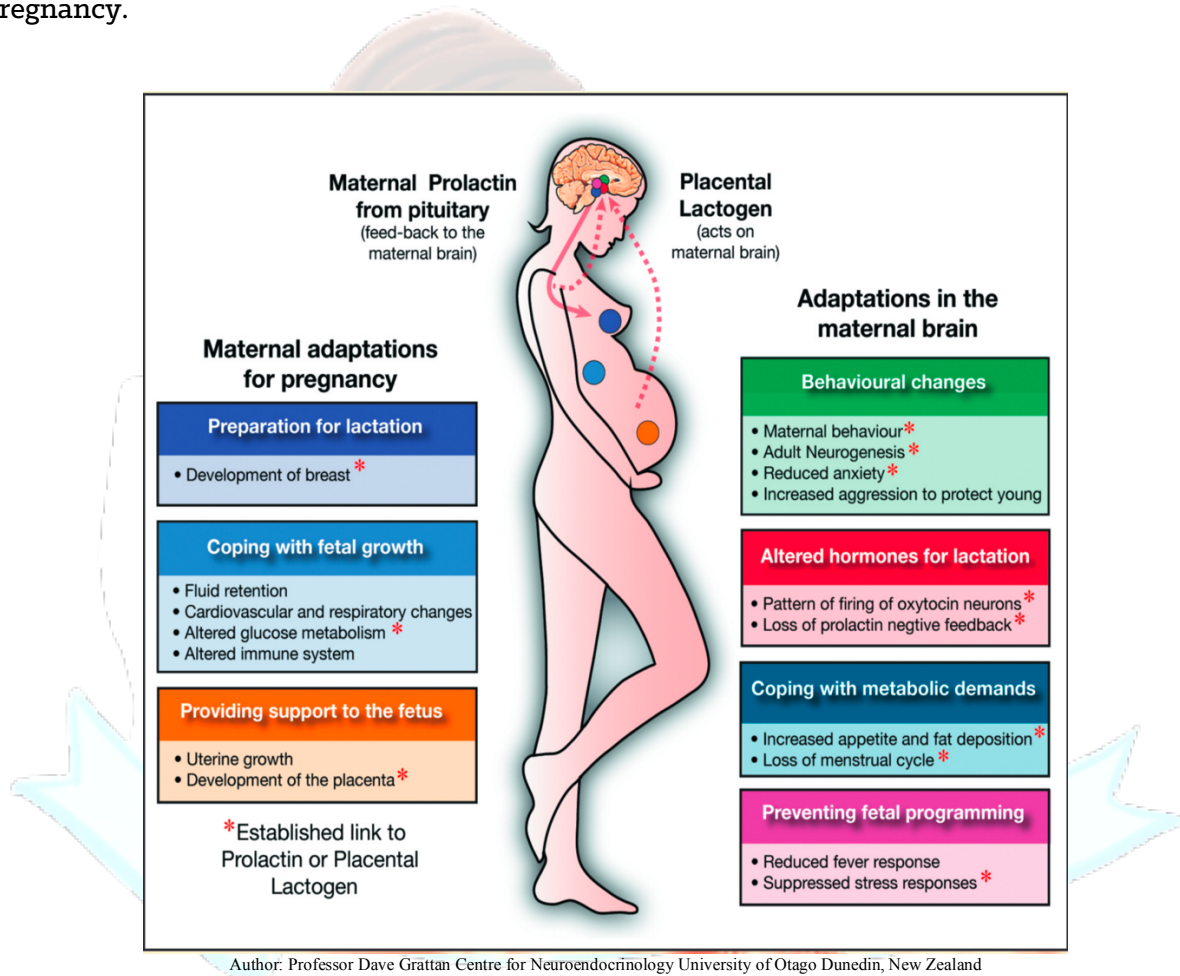


When you feel stress creeping...find a quiet spot, remember your posture and breathe. Breathe in the calm and breathe out the tension.



MATERNAL ADAPTATION

The pregnant mother undergoes significant anatomical and physiological changes in order to nurture and accommodate the developing fetus. These changes begin after conception and affect every organ system in the body due to the placental hormones and other hormones of pregnancy.



The changes in your body will last for just nine months but once you have your baby in your arms...you will know it is all worth it.

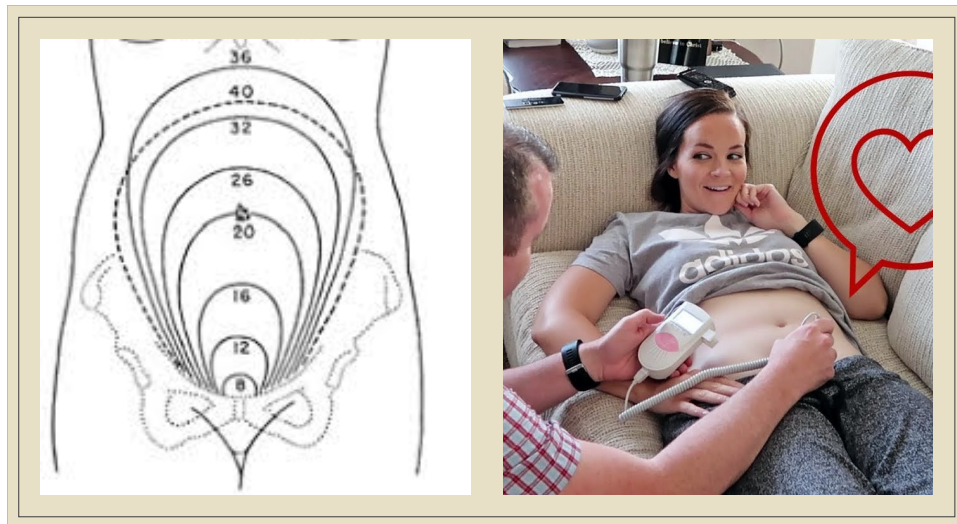


PRENATAL CHECK-UPS AND ADAPTATION TO THE 'NEW NORMAL'

Essentials in Telemedicine Consultations:

- Weighing scale
- Blood Pressure Apparatus and Stethoscope
- Fetal Doppler

How to get your Baby's Heart Beat Using the Fetal Doppler:



Fetal Movement Counting: (to be done around 28 weeks age of gestation and above)

- Note when baby moves in relation to your eating. Does the baby move more before, during and while you're eating? When you know that then that is when you set the 1 hour monitoring
- 10 kicks or movement within an hour is said to be normal and means your baby is fine for the next 6 hours or till the next meal
- Remember that within an hour, baby moves for 40 minutes and asleep for 20 minutes
- Monitor baby 4x a day, hence do it breakfast, lunch, dinner and before you go to sleep.
- If you feel that baby is not moving as much during your meals, lay down on your left side and check again. If baby still does not move then call your doctor for advice. You might be in labor or baby might be in distress.

What is an appropriate weight gain?

Your doctor should compute your Body Mass Index (BMI) using your height in centimeters and your prepregnancy weight in kilograms. From there you would be categorized as underweight, with normal weight, overweight or obese. The table below shows the recommended weight gain based on BMI.

If before pregnancy, you were...	You should gain...
Underweight: BMI less than 18.5	28-40 pounds
Normal Weight: BMI 18.5-24.9	25-35 pounds
Overweight: BMI 25.0-29.9	15-25 pounds
Obese: BMI greater than or equal to 30.0	11- 20 pounds

Warning Signs in Pregnancy:

- Inability to tolerate foods or liquids
- Excessive vomiting and diarrhea
- Fever and chills
- Frequent, severe, and/or constant headaches and or blurring of vision
- Dizziness
- Convulsions
- Unusual or severe stomach pain or backaches
- Contractions or abdominal muscles tightening before 37 weeks occurring every 10 minutes or more often
- Decrease in baby's movements after 28 weeks
- Bleeding or leaking fluid from the vagina
- Pain or burning with urination
- Swelling of face, fingers and feet
- Have thoughts of harming oneself or baby

Your Pelvis and Growing Womb:

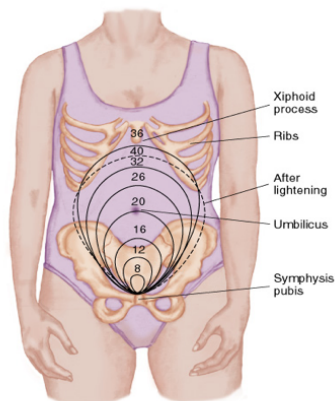


Figure 7-1 Uterine growth pattern during pregnancy.
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Women often complain of pelvic pain or discomfort during pregnancy. Please be reassured that it is common occurrence. Due to the hormonal changes, ligaments stretch and shift making room for the growing uterus are causing the discomfort. Pains on the pubic bone is known as symphysis pubis diastasis (SPD) often happens later in pregnancy, due to the hormone relaxin causing the pelvis, particularly at the pubic bone, to loosen. In general, this is a good thing: It makes birth easier for mom and baby. But sometimes pain is a red flag that something more serious is wrong. Hence trust your instincts and call your doctor.

Life is indeed full of joys and pains...



OTHER FACTS ABOUT YOUR PREGNANCY

Positions Baby Assumes inside the Uterus:

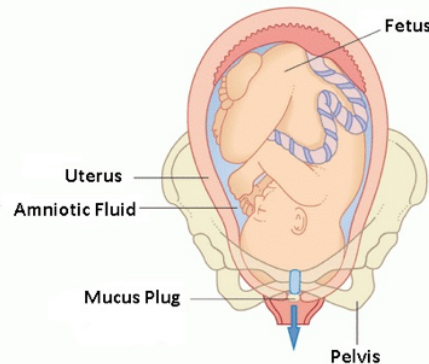


Cephalic presentation means head first (leftmost image) and is considered the normal presentation. **Breech** presentation means the butt is coming out first (rightmost image). While the **Transverse lie** means the fetus is oriented to one side of the mother; neither the head nor the butt is coming out first (middle image)

If my baby is in breech, is there a way to turn it to the cephalic presentation?

YES, there are a few exercises that will help the baby to change to the right position. There are however some reasons for the breech presentation like prematurity, multiple pregnancies, fetal congenital anomalies, presence of myoma or placenta previa. With these cases, exercise will not be helpful, Talk to your doctor about it.

As active labor nears , the cervix starts to thin and stretch (**Efacement**) and open (**Dilatation**). You would lose your **Cervical Plug** which is a thick, mucus clump that is formed when pregnant to make sure that cervical opening is blocked protecting the growing baby inside the uterus.



Nothing ever comes to one that is worth having except as a result of hard work.

By Booker T. Washington



LABOR AND BIRTH

What causes the pains during labor and birth?

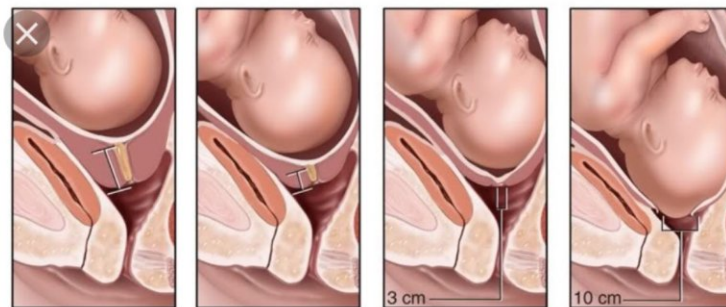
Pain during labor and delivery is caused by the contractions of the muscles of the uterus and the pressure on the cervix causing it to open and thin out. The pelvic area is filled with numerous nerves and blood vessels called plexus that is stimulated during the stretching of the cervix hence the source of the pain and discomfort during labor.

What are the Stages of Labor?

First stage: This starts with contractions and your cervix dilating and ends when your cervix is fully open. This stage has two phases, these are the latent and active phases

Second stage: This is when you push your baby through the birth canal.

Third stage: This ends with the delivery of the placenta, also called afterbirth



1. Cervix is not effaced or dilated.

2. Cervix is 50% effaced and not dilated.

3. Cervix is 100% effaced and dilated to 3 cm.

4. Cervix is fully effaced and dilated to 10 cm.

What is False Labor?

Also known as Braxton-Hicks contractions, these are irregular uterine contractions which are usually felt whenever the baby starts moving around fourth month of pregnancy. The uterus is irritated by the baby's kicks and shifting of position hence the contraction.

What is Latent Phase of Labor?

When the cervix becomes soft and starts to thin out in preparation for the baby's birth, that is latent phase. Usually it would take hours and even days. To help you find relief, stay calm by breathing properly, take warm showers, walk around and change positions. Do eat and drink to keep your strength up. Get to sleep.

What is Active Phase of Labor?

It is the phase when your cervix will have dilated to 5 centimeters or more and your contractions will become regular, stronger and closer together. Some would have their water break. If you are breathing properly, and can still tolerate the pain, try to move around more, go to the bathroom often; take a warm shower or dip in a tub. If you're having an epidural, then you would be staying in bed for the duration of the labor till delivery.

How to check and describe contractions?

- You begin by laying down on bed, be comfortable and feel the topmost part of your belly.
- Have a timer on hand (most phones now have a timer or if you have a stopwatch, you can use that as well) An app on Apple stores called **Pregnancy Guide and Baby Bump Tracker** can be downloaded for free and has a tool to time contractions for you. By the way, the app is the first Filipino app on pregnancy by Mother, Baby and Me.
- Characteristics of the contractions is described as MILD, MODERATE or STRONG. It is *Mild* if it feels like you're touching your lips, *Moderate* if it feels like your cheekbones and *Strong* if it feels like your forehead.

Sample of how to monitor your contractions manually:

Time start of Contractions	Time End of Contractions	Frequency (minutes)	Duration (seconds)
10:00 am	10:01 am	-	60 secs
10:09 am	10:10 am	9 mins	60 secs
10:25 am	10: 26 am and 30 seconds	16 mins	90 seconds

FREQUENCY = Present time of start of contractions – Previous time of start of contractions

Example from the table above: 10:09 – 10:00 = 9 mins

10:25 – 10:09 = 16 mins

DURATION = Time of end of contractions – Time of start of contractions (on the same set)

Example from the table above: 10:00- 10:01 = 60 seconds

10:25- 10:26 and 30 seconds = 90 seconds

- Report to your birth attendant as: "My contractions are coming in at 9-16 minutes and lasting for 60-90 seconds." Describe how the contractions feel as well. With this information your doctor would be able to reassure you or advise you properly and what is the next step to be done.

Breathe. Focus to Relax. Keep Calm.



POST-PARTUM CARE

4 Core Steps of Early Newborn Care of the EINC Protocol

- Immediate thorough drying
- Skin to skin contact
- Properly-timed cord clamping
- Non-separation of the newborn from the mother

Postpartum Healing Tips:

- Get plenty of rest while you're in the hospital. The ward nurses and the lactation nurse are around to support you. Do not hesitate to ask for help.
- If you delivered via normal spontaneous vaginal delivery, you may take a quick warm bath when you feel steady. Wash only the perineum using water only.
- If you delivered via cesarean section, sponge bath with warm cloth till your dressing is changed to a water-proof bandage. Must NOT wet C-section wound. Do not apply alcohol to your wound. Use only solutions recommended by your doctor
- Continue to eat properly. With a good diet, fatigue is noted to be less. Usually your prenatal medications can be continued to till 3 months from delivery to help you transition and recover from the blood loss and keep you healthy.
- Continue to drink water to hydrate. This will help you in your first bowel movement.
- Do Kegels exercises to get your vagina back in shape.
- May do light yoga. Pre-pregnancy exercises can resume after 6 weeks from delivery for normal and 2-3 months post C-section. Start slow initially then gradually to pre-pregnancy level.

Congratulations on the arrival of your new bundle of joy!