

Labor Rehearsal

Time	Dilation	Situations	Possible Coping Techniques
5:00 AM	?	You and your partner are asleep at home. You wake up to go to the bathroom. Go back to bed.... Up again at 5:30 AM....Another bathroom trip.... Feels “different” Can’t go back to sleep....Backache....	
8:00 AM	?	Contractions have been coming every 20 minutes since 6:00 AM but are very mild, requiring only conscious release for comfort.	
Noon	?	Contractions are now coming every 4, then 7, then 4, then 6 minutes apart. You are feeling some back pressure and must really use concentration and breathing to stay on top of the contractions.	
3:00 PM	?	Contractions have been occurring every 4-5 minutes for more than an hour now. You have just arrived at the hospital or birth center. Your partner left the cell phone in the car and has gone to get it. You are in your birthing room alone.	
4:00 PM	6 cm	Baby is in a posterior position. You both are really tired. “I can’t believe I’m only 6 cm dilated!,” you moan to your partner.	
5:00 PM	6 cm	Contractions have really slowed down. You are starting to worry that your cervix will never dilate past 6 cm.	
5:30 PM	7 cm	After some time in the shower, you are sitting in a rocking chair and feeling much better. A hospital anesthesiologist peeks in and asks if you would like an epidural.	
7:00 PM	8-9 cm	Your legs begin shaking uncontrollably. You complain of nausea and say that you CANNOT do this anymore. “I can’t...I can’t...I can’t!”	
7:30 PM	?	Both of you are alone in the birthing room. At the peak of a contraction, you feel pressure and call out, “The baby’s coming! Now!”	
8:15 PM	10 cm	After 45 minutes of pushing in the semi-sitting position, you are discouraged and say “I can’t push anymore. My back hurts too much!”	