

# Review of Stage I

## I. For each of these following situations, answer a) Is this true labor? and b) What should you both be doing?

- You wake up in the night to go to the bathroom and become aware of Braxton-Hicks contractions that seem stronger than you have ever felt before.
  - After taking a long walk in the park, you notice that your underwear feels very damp. When you go to the bathroom to empty your bladder, you feel that you do *not* have control over the flow.
- You have been having contractions mostly in your back all day long. They are really getting stronger but there is no pattern to them. You must really concentrate on your focal point and use your breathing patterns to stay on top of them.

## II. Practice situations

Phase	Frequency	Duration	Possible Situations	Possible Coping Techniques
Early	every 15 minutes	40 seconds	You are tensing up with the contraction, rather than relaxing.	
Early	every 10, 5, 15, 20, 5, minutes	45 seconds	You lie down to rest, but the 20, 5, minutes contractions become very irregular.	
Active	every 5 minutes	60 seconds	You are both in the car on your way to your birth location.	
Active	every 3 minutes	65 seconds	You are feeling very strong back pressure.	
Transition	every 2 minutes	70 seconds	The contractions seem to be coming one on top of another, with not much rest in between.	
Transition	every 2 minutes	90 seconds	Your legs begin to shake.	
Transition	every 2½ minutes	120 seconds	You get a strong urge to push.	