

# Unit 3

## Going into labour

## The stages of labour

1 Match the words on the left with the meanings on the right. Look back at page 7 to help with words for your pregnant body.

- |                |                                                                                                                             |
|----------------|-----------------------------------------------------------------------------------------------------------------------------|
| a contractions | the afterbirth that is delivered after the baby                                                                             |
| b waters       | the tissue that attaches the placenta to the baby's navel (belly button)                                                    |
| c pressure     | the labour pains across your abdomen and your back; when the muscles of your uterus tighten, it helps to push your baby out |
| d placenta     | the neck or opening of the uterus                                                                                           |
| e cord         | the bag of water around the baby which can break and come out of your vagina                                                |
| f cervix       | a feeling of something pressing down                                                                                        |

2 Read about contractions.

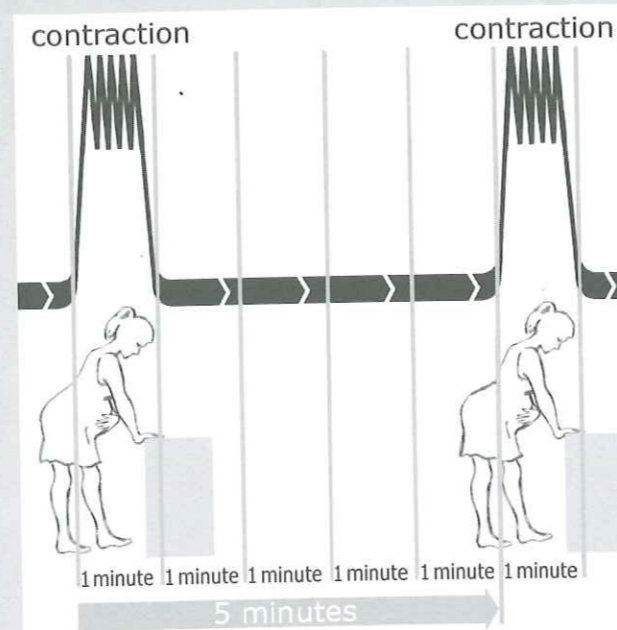
Labour starts when you are having regular contractions. Contractions help the cervix to open. You feel a contraction when the muscles of your uterus get tight. This helps the baby move down the birth canal. Contractions are felt as pains across your back and your abdomen.

**How long, how strong and how often** you have contractions tell how your labour is going and what **stage** you are in.

This diagram shows how long and how often contractions are happening. You time a contraction from the beginning of the first contraction to the beginning of the next.

This woman is getting contractions **every five minutes**.

The contractions are lasting for **one minute**.



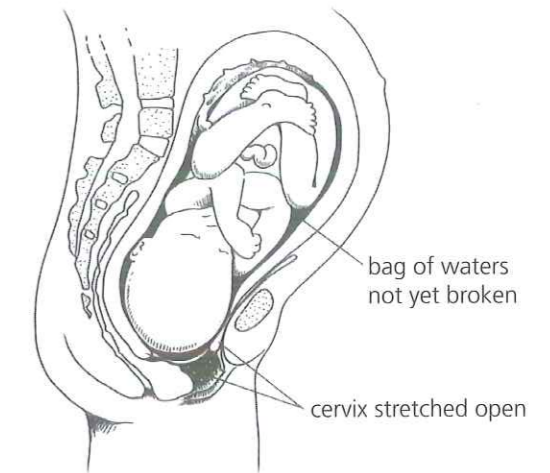
3 Look again at the drawing of your pregnant body on page 7. Then read about the stages of labour.

### Stage 1

- your contractions happen every 10 minutes or less
- your waters break
- your cervix opens up to 10 cm

#### How long:

10 – 16 hours (average) for first-time mothers

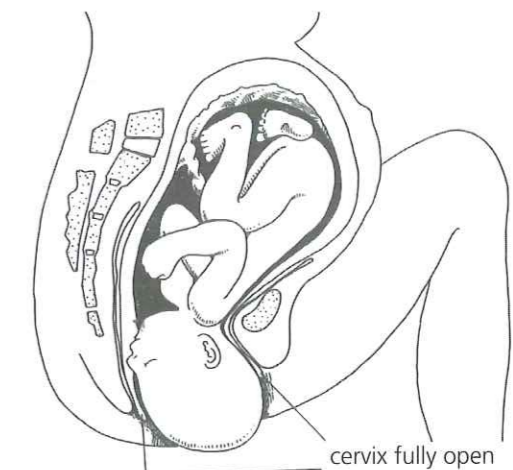


### Stage 2

- your contractions happen more often and are stronger
- your cervix opens fully
- you feel a lot of pressure and you want to push
- your baby is born

#### How long:

30 minutes – 2 hours

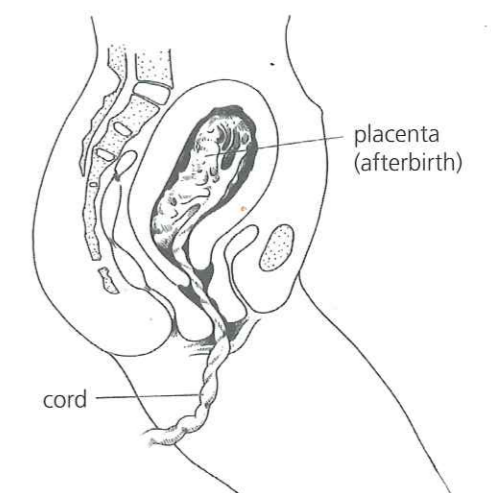


### Stage 3

- your placenta and cord are delivered

#### How long:

5 – 30 minutes



**NOTE:**  
The cord is clamped and cut. This does not hurt the mother or the baby.

\* The above diagrams have been reproduced with the permission of the NSW Department of Health from its publication *Pregnancy and Birth* 2001.

4 Read these situations. Write the stage of labour each mother is in.

a Jacinta is in the labour ward with the midwife and her support person. Her baby is lying on her chest and her placenta is being delivered.

Stage \_\_\_\_\_

b Lien is in the labour ward with the midwife and her husband. Lien wants to push but the midwife tells her to wait. *Don't push she says. Pant.*

Stage \_\_\_\_\_

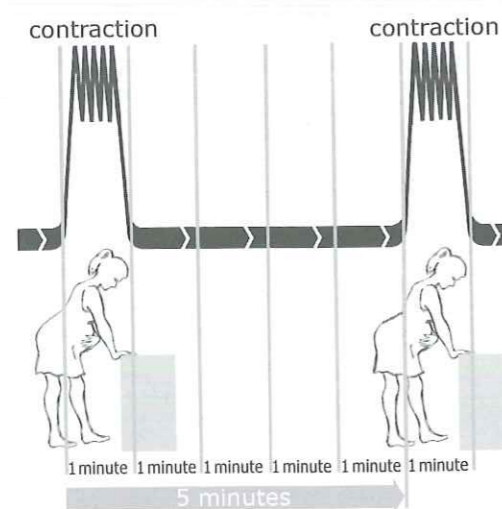
c Meera is at home. She is having contractions every five minutes and her waters have broken.

Stage \_\_\_\_\_

## Going into labour

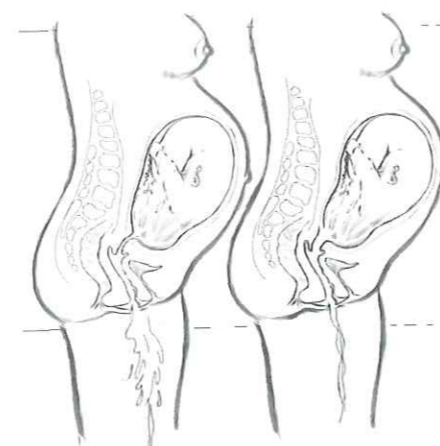
### 1 Read about going into labour.

If you are expecting your first baby, call the hospital:



when your contractions are coming every five minutes and last about 45 seconds.

**NOTE:**  
You should call the hospital if you haven't felt your baby move for a while or you are worried for any other reason.



if your waters break.



if you see any bright, red blood.

2 Simon telephones the labour ward. Listen to the first part of the conversation. Answer the questions. Tick the correct answers.

a Who is Rebecca with?

- her husband  
 her sister-in-law  
 a friend

b When is their baby due?

- today  
 tomorrow  
 the day after tomorrow

c How does Rebecca feel?

- relaxed  
 happy  
 worried



3 Listen and read. Complete the information about Rebecca's contractions.

Midwife: What's happening to you? Have the contractions — the pains started?

Rebecca: \_\_\_\_\_.

Midwife: When did they start?

Rebecca: \_\_\_\_\_ hours ago — at \_\_\_\_\_ o'clock.

Midwife: And how often are they coming, Rebecca?

Rebecca: Every \_\_\_\_\_ minutes.

Midwife: And how do you feel when the pain comes?

Rebecca: It's getting painful.

Midwife: Where does it hurt? Does it hurt in your tummy? Or does it hurt down in your back?

Rebecca: It hurts a lot in my \_\_\_\_\_.

Midwife: And what have you been doing to help with that?

Rebecca: I've been \_\_\_\_\_ around the house.

4

4 Listen to the next part of the conversation. Match the questions the midwife asks with Rebecca's answers.

- |                                                       |                                          |
|-------------------------------------------------------|------------------------------------------|
| a Have you had any problems with this pregnancy?      | Not as much, but it is moving.           |
| b Is your baby moving around now?                     | Yes.                                     |
| c Has it moved in the last few hours?                 | I've had some mucous and a little blood. |
| d Are you losing any water or blood from your vagina? | Yes, I went with my husband.             |
| e Did you go to the antenatal classes?                | No, everything's been fine.              |

5 Listen to the next part of the conversation. What are Rebecca's signs of labour? Tick the correct boxes.

- She is having contractions.
- Her waters have broken.
- She has had the show – the mucous plug has come away.

5

6 Read the sentences. Listen to the midwife. Tick Yes or No.

- |                                                                          | Yes                      | No                       |
|--------------------------------------------------------------------------|--------------------------|--------------------------|
| a First babies usually take a long time.                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| b Rebecca can stay at home longer if she wants.                          | <input type="checkbox"/> | <input type="checkbox"/> |
| c If she stays at home, Rebecca should ring the midwife in half an hour. | <input type="checkbox"/> | <input type="checkbox"/> |
| d If Rebecca is worried, she can go to the hospital.                     | <input type="checkbox"/> | <input type="checkbox"/> |
| e Rebecca will take a taxi to the hospital.                              | <input type="checkbox"/> | <input type="checkbox"/> |

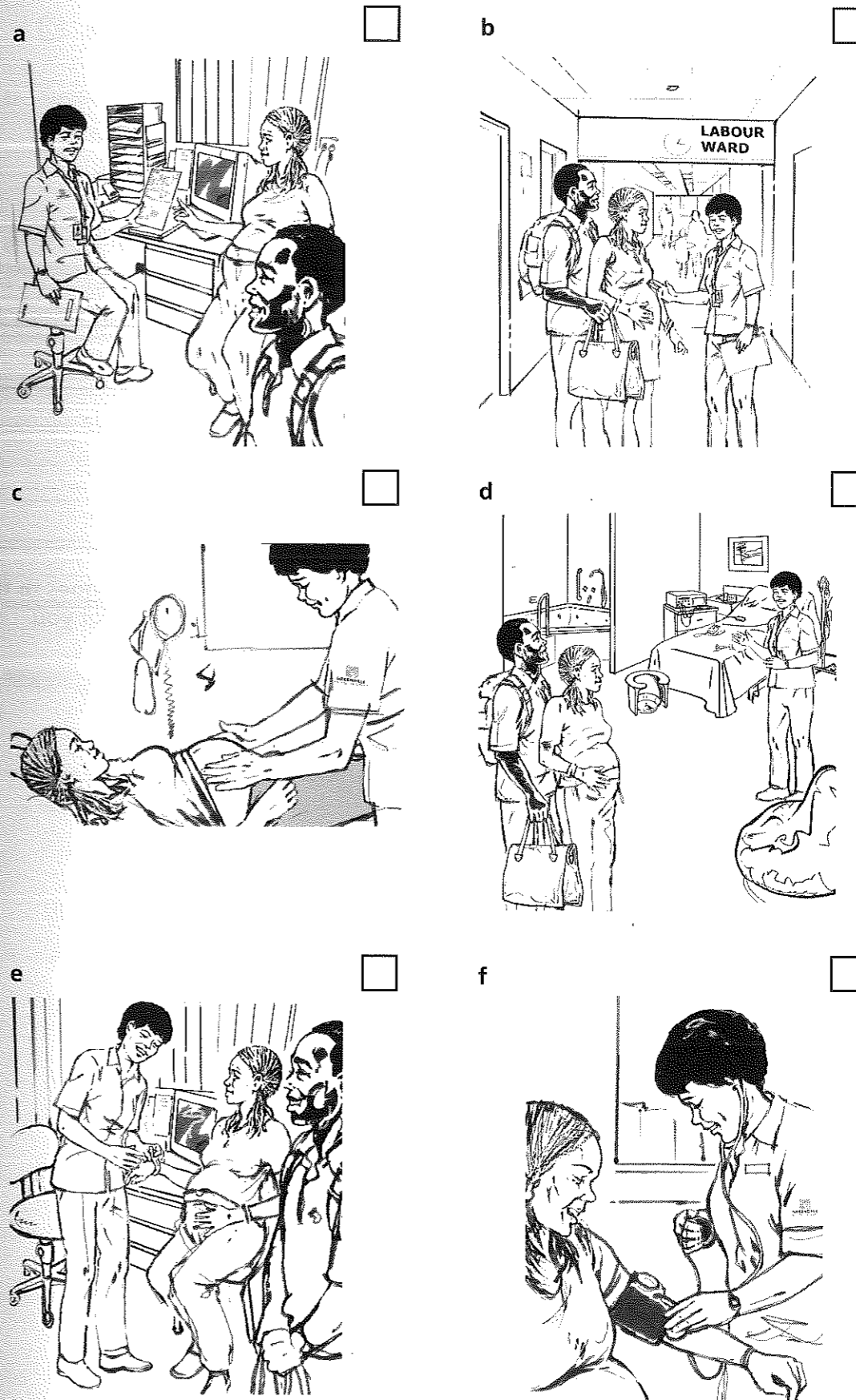
6

7 Listen to the midwife's instructions. Write the instruction words she uses.

OK. \_\_\_\_\_ organised and \_\_\_\_\_ your yellow card. \_\_\_\_\_ to the labour ward, it's on the 3rd floor. \_\_\_\_\_ the bell and one of the midwives will let you in. \_\_\_\_\_ to the emergency department.

## Getting admitted to the labour ward

1 Rebecca and Simon meet the midwife at the labour ward. Listen to the conversation. Look at the pictures. Number the pictures in the order you hear them mentioned.





2 Listen again. Number these in the correct order. The first one is done for you.

- The midwife tells Rebecca she'll put an identification bracelet on her.
- The midwife explains what she is going to do.
- The midwife asks Rebecca for her yellow card.
- Rebecca introduces her husband.
- The midwife asks Rebecca how she feels.
- 1 The midwife greets Rebecca and Simon.

3 Write the words the midwife uses to ask Rebecca questions.

- a \_\_\_\_\_ this your support person?
- b Now, how \_\_\_\_\_ you feel?
- c \_\_\_\_\_ you bring your yellow card?
- d \_\_\_\_\_ I see it please?
- e \_\_\_\_\_ you use the toilet?



4 Listen to the midwife explain what will happen to Rebecca before she goes to the labour room. Number these in the correct order. The first one is done for you.

- Do an internal vaginal examination
- Test Rebecca's urine
- 1 Take Rebecca's blood pressure and temperature
- Listen to the baby's heartbeat
- Feel Rebecca's abdomen to check the position of the baby



5 Listen to the last part of the conversation. Answer the questions. Tick the correct answer. There may be more than one correct answer.

- a The baby sounds:
  - happy.
  - distressed.
- b Simon:
  - can stay with Rebecca.
  - cannot stay with Rebecca.
- c If Rebecca feels pain:
  - the midwife can give her an injection.
  - Simon can rub her back.
  - she can roll on the beanbag.
- d The midwife will get:
  - a beanbag.
  - gas.
  - a mat.
  - water.



6 Match the things the midwife does or says on the left with the reasons on the right.

- |                                                                     |                                           |
|---------------------------------------------------------------------|-------------------------------------------|
| a The midwife asks Rebecca if she can use the toilet,               | to labour and give birth.                 |
| b She tells Rebecca she will do an internal examination             | to put on the floor for Rebecca's labour. |
| c She takes Rebecca and Simon to the labour room                    | to help with the pain.                    |
| d She tells Simon to rub Rebecca's back during the next contraction | to collect some urine for a test.         |
| e She goes out for a mat and a beanbag                              | to see how dilated Rebecca's cervix is.   |

# Pain relief during labour



1 Read about pain relief you can use during labour.

## FACT SHEET 3

### PAIN RELIEF DURING LABOUR

#### Non-medical pain relief

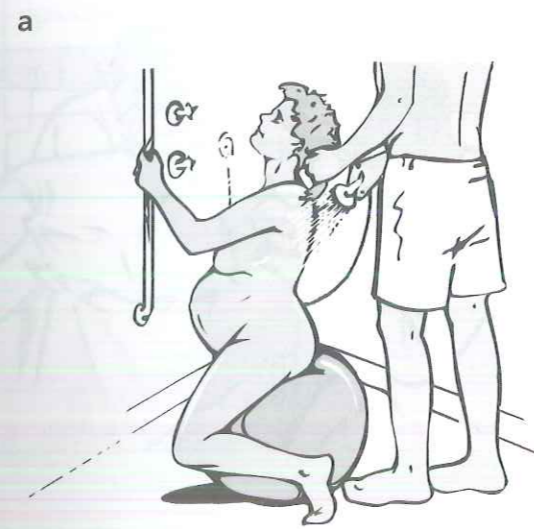
- Moving** Stay active. Walk, move your hips or sit on a birthing ball. Find positions that are right for you. Change positions often.
- Massage** Ask your support person to massage your back, your legs or your stomach to help you relax.
- Visualisation** Use your mind to imagine that you are in another place or doing another activity.
- Music** Listen to music to take you away from your body and the pain of your contractions.
- Water** A hot bath or shower is good for backache. Heat feels pleasant and helps you relax.

#### Medical pain relief

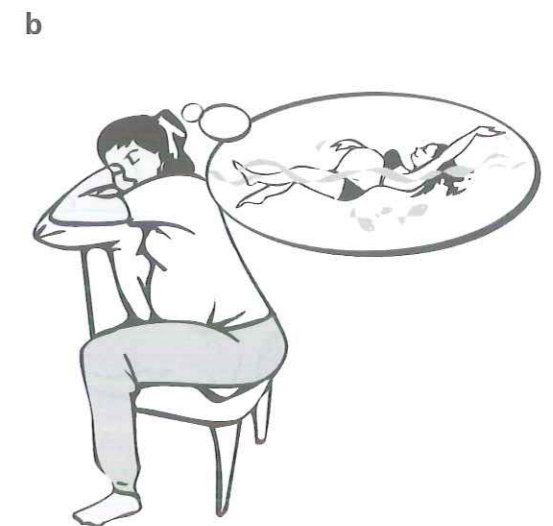
Many women manage labour without any pain relief if the labour is going well. Some women need additional pain relief.

- Gas** Gas is made of oxygen and nitrogen. You breathe it through a mouthpiece or a mask. When you breathe in the gas at the beginning of a contraction, it is less painful. You can use the gas all the time you are in labour. The gas has no effect on the baby but it makes some women feel dizzy and sick.
- Morphine** Morphine is a narcotic drug. It is given in an injection. It lasts for 2 - 4 hours and sometimes makes contractions less painful. If you need it, it's better to have morphine early in your labour. You need to have an internal examination before the injection to see how dilated you are. Not everyone can have morphine. It can make you feel sick. It can also affect the baby when it is given too close to the birth.
- Epidural** An epidural is an injection of a drug into a space in your spine. It can take one hour to put in an epidural and you are given the drug until you are ready to push the baby out. You can't move about when you have an epidural because you have no feeling from under your breasts to your toes. A fetal monitor is used to check your baby's heartbeat and your contractions. Sometimes the midwife needs to empty your bladder by putting in a tube and letting out the urine. Not all women can have an epidural. Only some women need an epidural.

2 Label the pictures with the type of pain relief. The first one has been done for you.



water



e



f



g



h



**NOTE:**  
There are many different positions for women to use during labour.

3 Put the words in the box in the correct group.

epidural	moving	morphine	water	music
	gas	visualisation	massage	

**Non-medical pain relief**

**Medical pain relief**

_____	_____
_____	_____
_____	_____
_____	_____

4 Read about medical pain relief again. Then complete the table.

	Gas	Morphine	Epidural
<b>What is it?</b>	_____	_____ drug	anaesthetic drug
<b>How is it given?</b>	through a _____ or a _____	by _____	by injection into a _____
<b>What is the effect on baby?</b>	no effect	affects the baby	affects the baby
<b>What is the effect on mother?</b>	Can make you feel _____ and _____.	You need an _____ examination. Can make you feel dizzy.	No feeling from under breasts down. You need a _____ monitor and sometimes a catheter in your bladder.
<b>When can it be used?</b>	during labour	_____ in labour	during labour and birth

5 Look at the words in bold. What do they mean? Tick the correct answer.

- a Use your mind to **imagine** that you are in another place or doing another activity. *Imagine* means:
- ask.
  - say.
  - think.
- b The gas has no effect on the baby but it makes some women feel **dizzy** and sick. *Dizzy* means feeling:
- tired and sleepy.
  - that everything is turning around.
  - happy and contented.
- c Morphine is a **narcotic** drug. *Narcotic* means:
- party.
  - expensive.
  - stopping pain but addictive.
- d You need to have an internal examination before you have morphine to see how **dilated** you are. *Dilated* means the cervix is:
- wide and open.
  - closed.
  - red.
- e An epidural is an injection of a drug into a space in your **spine** using a thin tube. *Spine* means bones:
- down the centre of your back.
  - around your chest.
  - in your legs.

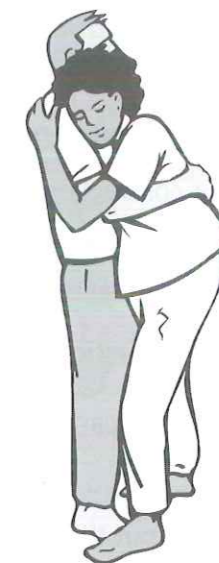
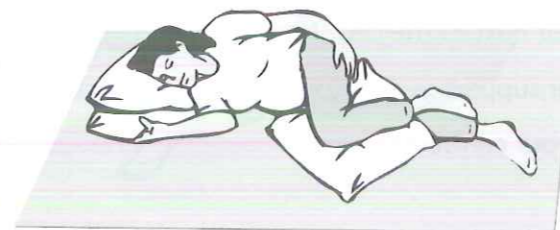
## Positions for Stage 1 labour

### Before you start

During Stage 1 of labour you should change position as often as you can. This can help with the pain of your contractions. Your midwife and your support person can help you.

1 Here are four positions for easing the pain. Listen to the midwife's instructions. Match the instructions with the correct picture.

a Position \_\_\_\_\_ b Position \_\_\_\_\_



c Position \_\_\_\_\_ d Position \_\_\_\_\_



NOTE:  
There are many different positions for women to use during labour.





2 Listen to the instructions for position 1. Number them in the correct order. The first one has been done for you.

- Breathe through your contraction.
- Lean forward onto the beanbag and use the beanbag and pillow to support you.
- Sit back on your heels.
- 1 Kneel next to the beanbag with your knees apart.
- Hold a pillow in front of you.



3 Listen to the instructions for position 2. Underline the instruction words. The first one has been done for you.

Here's another position to try. Sit on the chair next to the bed. Now lean forward onto the bed when your contraction begins. Ask your support person to massage your neck and shoulders if you like. OK, breathe through your contraction.



4 Listen to the instructions for position 3. Write the prepositions.

Your support person can help you \_\_\_\_\_ this position. Stand \_\_\_\_\_ your support person. Lean \_\_\_\_\_ them and hold \_\_\_\_\_ their shoulders. Now get them to put their arms \_\_\_\_\_ you and hold you \_\_\_\_\_ your back. That's good. Now breathe \_\_\_\_\_ your contraction.



5 Listen to the instructions for position 4. Circle the correct parts of the body.

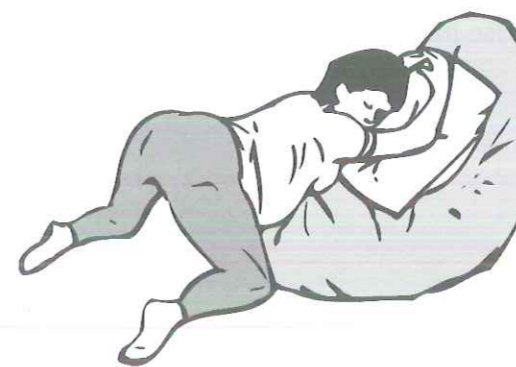
Try lying on the mat. Lie on your (side / back) with a pillow under your (head / back). Bend your (knees / legs) and bring your (knees / legs) up towards your (chest / tummy). Bring your top (arm / leg) over the bottom one. Place another pillow between your (legs / arms).

## Positions for Stage 2 labour



1 Here are three positions for giving birth. Listen to the midwife's instructions. Match the instructions with the correct picture.

a Position \_\_\_\_\_ b Position \_\_\_\_\_



c Position \_\_\_\_\_



NOTE:  
There are many different positions for women to use during labour.



2 Listen to the instructions for position 1. Number them in the correct order. The first one has been done for you.

- Now, use your left arm to hold your left leg up.
- Or ask your support person to take the weight of your leg.
- Lean against this pile of pillows.
- Let the pillows support you.
- 1 OK. Stand beside the bed.



3 Listen to the instructions for position 2. Circle the correct instruction words.

(Stand / kneel) upright facing the bed with your legs wide apart. (Bend / lean) forward onto the beanbag for support. Now, you (come / go) over here and (sit / stand) behind her and (massage / rub) her back.



4 Listen to the instructions for position 3. Write the things you need for this position.

Get down and kneel on your hands and knees. Use the \_\_\_\_\_ with a \_\_\_\_\_ for support.

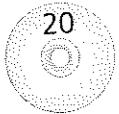
### Practise your skills

Listen again and practise the positions for Stages 1 and 2 of labour.

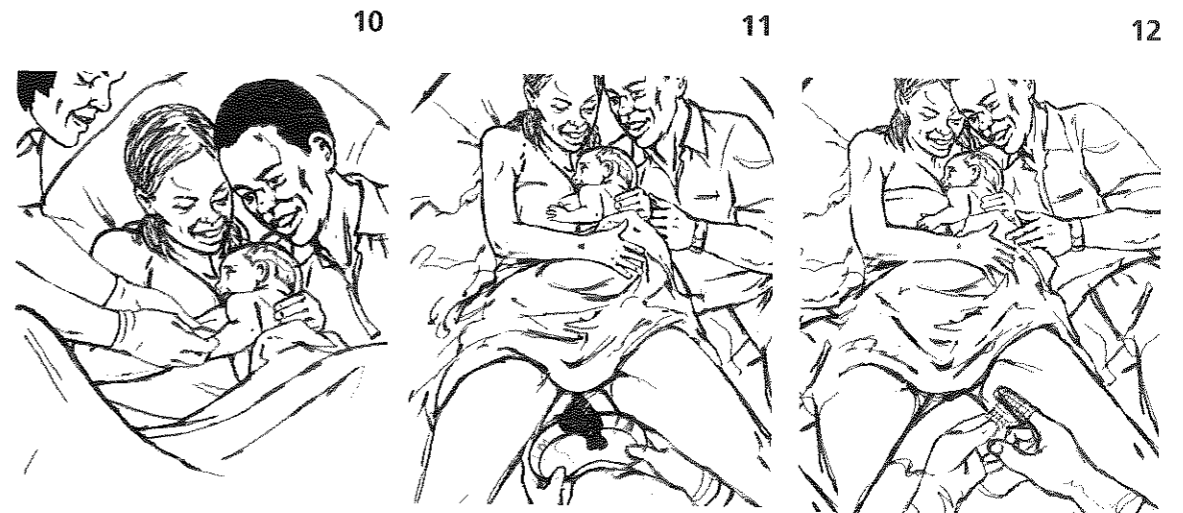
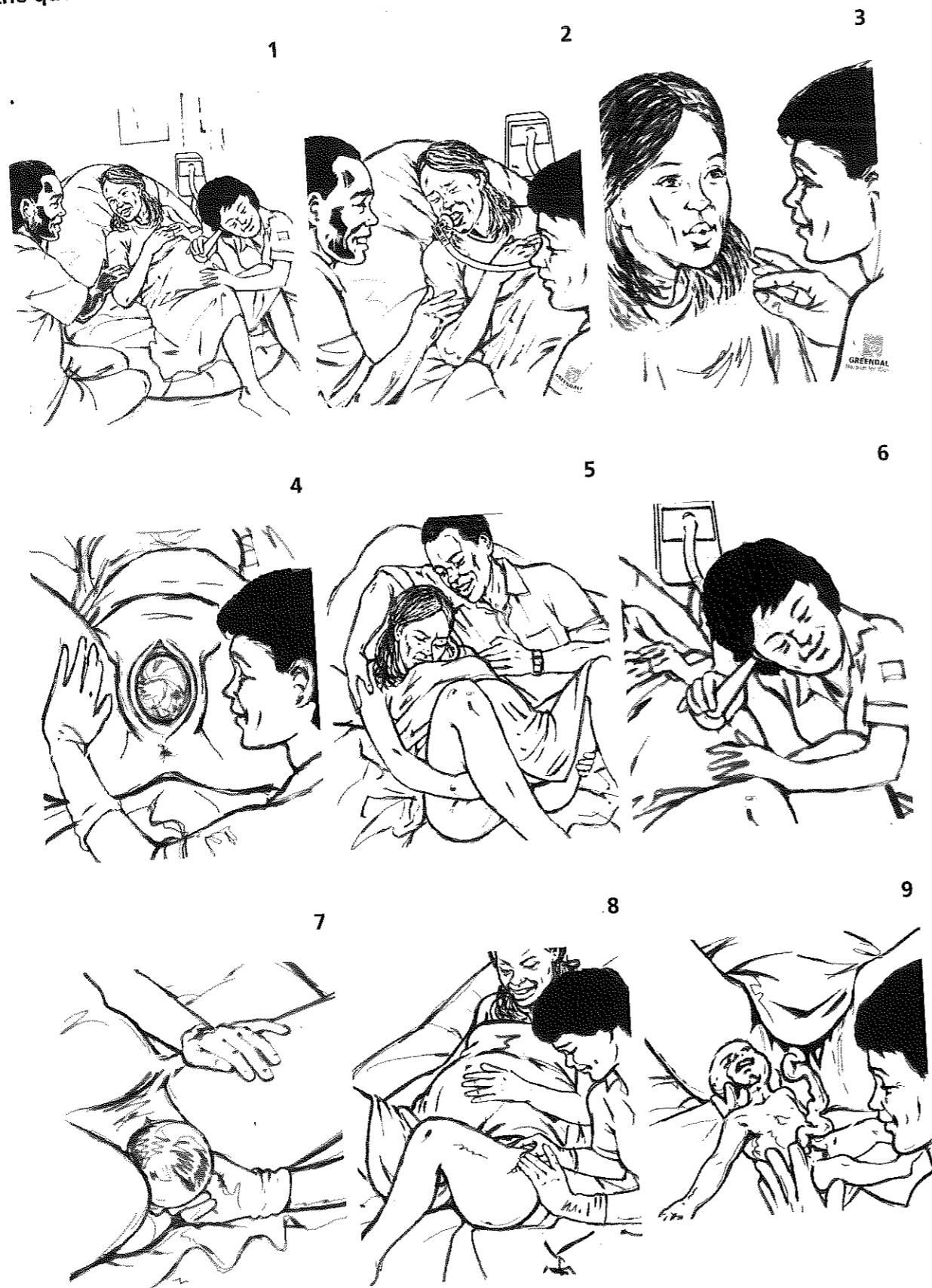
# Unit 4

## The birth

# Giving birth



1 Listen to Rebecca and the midwife. Look at the pictures as you listen. Then answer the questions on the next page.



- a Where is Rebecca? \_\_\_\_\_
- b Who is with her? \_\_\_\_\_
- c Is the baby a boy or a girl? \_\_\_\_\_

**NOTE:**  
You may not give birth in this position. Women give birth in many different positions.

2 Read the sentences about the birth. They are not in order. Match the sentences with the pictures. The first one has been done for you.

- a  10 The midwife puts the baby on Rebecca's chest.
- b  The midwife listens to the baby's heartbeat.
- c  The midwife tells Rebecca to push if she needs to.
- d  Rebecca uses some gas during her contraction.
- e  The baby's head is born.
- f  The midwife checks Rebecca for tears.
- g  The midwife gives Rebecca an injection.
- h  The baby is born.
- i  Rebecca wants to push but the midwife says *Just slow down, breathe really slowly.*
- j  Rebecca's placenta separates.
- k  The midwife sees the baby's head.
- l  The midwife listens to the baby's heartbeat again.

3 The midwife gives Rebecca instructions for using the gas. Circle the imperatives.

Of course. (Lie / Stay) there on the beanbag and I'll bring the gas to you. When you feel the next contraction start, (put / place) the mouthpiece inside your mouth and (breathe / take) a big breath. (Breathe / Inhale) nice and slowly. (Sleep / Breathe) through the contraction until it goes away. I'm going to put the gas on low to start. Then we can put it up higher when the pain gets worse. You may feel a bit dizzy, but that's normal.

4 Listen to the midwife's instructions. Underline the instruction words the midwife uses. The first one has been done for you.

Rebecca: Ugh! I want to push.

Midwife: That's great. Just slow down, breathe really slowly. Slow breaths.

Rebecca: (four deep breaths)

Midwife: That's good. Keep it up.

Rebecca: (deep breaths continue)

Midwife: OK. Well done. Relax. Sit up more, if you like. Everything is going well. I can see your baby's head.

Rebecca: I want to push!

Midwife: OK. Push if you need to.

Rebecca: I'm pushing. Aaah Aaah.

Midwife: That's great! You're doing really well.

5 Read the instructions. Underline the conditional clauses. Read about conditional clauses on page 51. The first one has been done for you.

- Sit up more, if you like.
- If you have a tear, we may need to stitch you.
- If you sit up, you'll be more comfortable.
- You can rub her back, if she needs it.
- If it helps the pain, keep using the gas.
- If you want to make a call, you can use this telephone.
- You can have a shower now, if you're ready to get up.
- You can have a cup of tea and something to eat, if you feel like it.

6 Read about explaining what is happening.

Midwives and doctors want mothers to feel relaxed and confident during pregnancy and childbirth. During an antenatal visit and during the birth they do this by telling the mother what **is happening**, what they **are going to do** or what they **will do** next.

During labour the midwife tells Rebecca:

*I'll bring the gas to you.*

*I'm going to put the gas on low to start.*

During the birth the midwife tells Rebecca:

*Everything is going well.*

*I'm going to listen to your baby again.*

7 Underline where the midwife tells Rebecca what is happening, what she is doing or what she will do next. The first one is done for you.

- Each time you push, I can see more of your baby. We don't want it to come too quickly. We want it to come out nice and slowly.  
I'm going to listen to your baby after this contraction.
- OK breathe your baby out. That's the baby's head out now. I'm just going to give you an injection to help your placenta separate.
- OK. You're doing really well. Your baby's almost out. There, I'll hand you your baby. I'll put your baby on your chest. What have you got – a boy or a girl?
- OK. You'll get another contraction soon. That will be your placenta separating.
- I'll have a look now. I'm going to touch the area. It might feel uncomfortable. I'm going to wipe you with a cloth.
- OK. I'll check your abdomen – to see if your uterus has contracted. Then we'll make you more comfortable and see if your baby will take the breast.

8 Use the words in the box to complete these sentences from the conversation.

grazes	placenta	dizzy	breastfeed
tear	contraction	mouthpiece	

- Can I try some gas next \_\_\_\_\_?
- When you feel the next contraction start, put the \_\_\_\_\_ inside your mouth and take a big breath.
- You may feel a bit \_\_\_\_\_, but that's normal.
- I'm just going to give you an injection to help your \_\_\_\_\_ separate.
- If you have a \_\_\_\_\_, we may need to stitch you.
- You have some \_\_\_\_\_ but they're not bleeding.
- Great, are you going to \_\_\_\_\_ her?

# The complications of labour

23

1 Read and listen to the fact sheet. Then answer the question on the next page. Tick the correct answer.

## FACT SHEET 4

### The complications of labour

#### Induction

Your labour usually begins by itself but sometimes it will be induced. (You have an induction.) This means your doctor or midwife starts your labour. The reasons for an induction might be:

- your blood pressure is too high
- your baby is overdue
- your waters have broken but your labour doesn't begin.

#### Caesarean

Some women might need a caesarean. This is an operation where the doctor makes a cut through your abdomen and uterus to deliver your baby. A caesarean can be planned or an emergency. Some reasons for a caesarean are:

- you or your baby have medical problems
- your baby is not lying head down
- your placenta is over the cervix so your baby cannot be born through your vagina.

A caesarean must be done in a hospital operating room. It is done with:

- a general anaesthetic - you are asleep
- or
- an epidural - you have no feeling under your breasts to your toes.

#### Episiotomy

Some women need an episiotomy. An episiotomy is a cut in your perineum. It makes the vaginal opening larger so that the baby will pass through. Usually the vaginal opening will slowly stretch but sometimes you need a cut. The cut is repaired with stitches after the birth.

#### Forceps

Sometimes a doctor may need to use forceps to deliver the baby in Stage 2 of labour. The doctor places the two parts of the forceps around the baby's head. During a contraction, the mother pushes and the doctor gently pulls to deliver the baby. The doctor takes the forceps off after the baby's head is delivered and the baby is born normally.

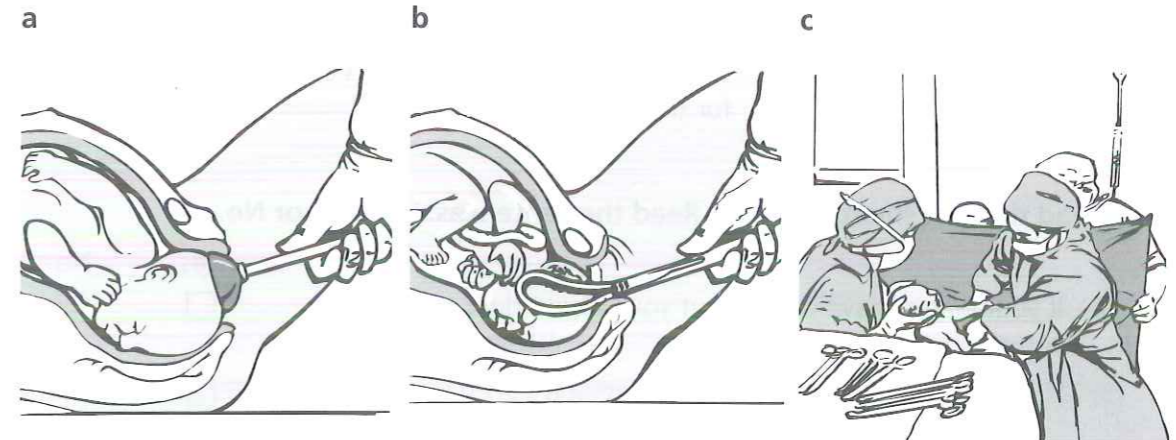
#### Ventouse

A ventouse can be used instead of forceps. A ventouse is like a little cap that fits on the baby's head. It is held in place and the air is sucked out using a pump. During a contraction, the mother pushes and the doctor pulls the ventouse to deliver the baby's head. Once the head is born, the suction cap is removed and the baby is born normally.

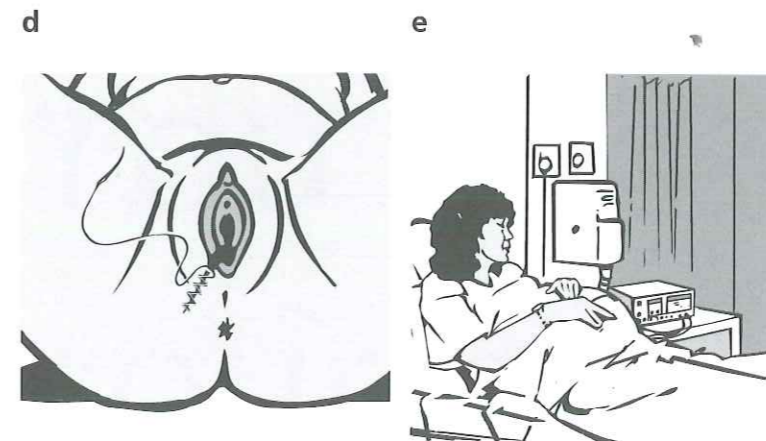
What are complications?

- difficult ways of giving birth
- procedures done by doctors to help the mother give birth
- mistakes made by doctors and midwives in hospitals
- unexpected things that happen during childbirth

2 Match names of the complications with the pictures and label them. The first one has been done for you



ventouse extraction



**3 Match the complications of pregnancy on the left with the description on the right.**

- |                       |                                                                                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------|
| a induction           | when the baby is born with the help of a cap that is put on the baby's head by sucking out air                      |
| b caesarean           | when the baby is helped out using metal instruments like two spoons                                                 |
| c episiotomy          | when the mother's labour is started by the doctor or midwife                                                        |
| d forceps             | when the baby is delivered by a doctor who makes a cut to the abdomen and the uterus which the mother does not feel |
| e ventouse extraction | when the mother's perineum is cut to make a larger opening for the baby to be born                                  |

**4 Read the fact sheet carefully. Read the sentences. Tick Yes or No.**

- |                                                                                             | Yes                      | No                       |
|---------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| a If your waters have broken but your labour does not begin, you may be given an induction. | <input type="checkbox"/> | <input type="checkbox"/> |
| b If you have serious medical problems, you may have a caesarean.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| c A caesarean is always done by a doctor in a hospital.                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| d If you have an episiotomy, the doctor or midwife will stitch the cut after the birth.     | <input type="checkbox"/> | <input type="checkbox"/> |
| e If you have a forceps delivery, you cannot help to push out your baby.                    | <input type="checkbox"/> | <input type="checkbox"/> |
| f Your baby's head is delivered by ventouse extraction. Then you push the baby out.         | <input type="checkbox"/> | <input type="checkbox"/> |

# Unit 5

## You and your baby