



marta-doula.com
(567)-371-2552

marta.uras.doula@gmail.com

Guide to Penny Simkin's

Road Map of Labor

1 - 2 CM (CONTRACTIONS 5 OR MORE MINUTES APART)

walking

eating and drinking baking

resting and relaxing timing contractions

call the birth team

3 - 5 CM (WAVES 4 MINUTES APART, 1 MINUTE LONG AND FOR AN HOUR = 4-1-1)

relax, breathe, focus

relaxing massage

shower

3Rs (Relaxation, Rhythm, Ritual)

slow dancing

5 - 8 CM (CONTRACTIONS CONSISTENTLY 3 TO 4 MINUTES APART AND AT LEAST 1 MINUTE LONG) PAIN 'MAXES OUT' AT 7 CM

"NORMAL" LABOR bath

leaning on birth ball

bathroom (1-1/2 hrs. max)

stay well hydrated

resting (rocker or nap)

leaning forward

DETOUR - "BACK" LABOR

lean on birth ball on the bed

lean on birth ball on the

floor lunge

heat on your back

abdominal lift and knee

bend shower

tub

counter pressure double hip

squeeze

TAKE THE TOLL ROAD - GET

THE EPIDURAL

get a bag of iv fluids first

get a urinary catheter

get your blood pressure

taken frequently Pitocin is

frequently used

sleep and wait



8 - 10 CM (CONTRACTIONS 2 TO 3 MINUTES APART)

NO MORE BACK LABOR

you may feel cold or hot maintain focus

and rhythm



EPIDURAL

sleep and wait



10 CM (GET YOUR SECOND WIND)

push with urge

sidelying

squatting

hands and knees

hold your legs under your thighs

have partner and doula hold your

legs



EPIDURAL

push when you're told to push

push while on your back breath

holding (purple) pushing

use rebozo / squatting bar

One hour of uninterrupted time to bond with your baby and begin breastfeeding