



Tips

If the sensations are gentle you can let a little time pass before going to the hospital. You may still have time to take a walk or watch a movie, but don't go anywhere alone! Waiting helps you know if you are having the type of contractions that mean the baby is coming or a type of "practice" contractions that can come during the last part of pregnancy. Taking a bath, a shower, or having somebody massage your back are also good ideas.

Some women find that making noise or crying helps their body relax. Moving around, walking, crouching or crawling will help the baby drop down. Listen to your body and find what makes you comfortable. Tell the doctor, nurse or midwife what you need.



A traditional Cree practice to stop childbirth bleeding was to drink a broth made with beaver castoreum (wiishinaau).



CH-7

Version française disponible



When
the baby
is coming



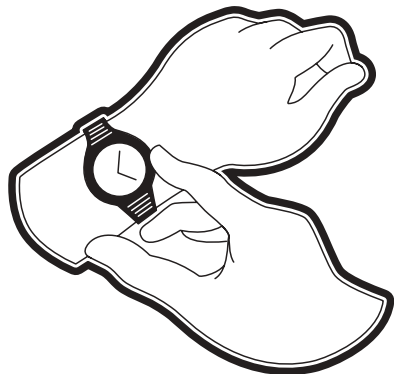
Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Our bodies know exactly what to do. Now is the time to let go of control and let the wisdom of the body take over.

How we know the time is coming

- ▶ You may feel the baby “drop” in your tummy.
- ▶ You may have a “show”, which is a small amount of bloody mucus from the vagina.
- ▶ You may start to feel hardenings or cramps in your back or tummy that come about every 8 to 20 minutes.

If your “water has broken” (the liquid around the baby), or if your contractions are getting more painful and coming more often, **it is time to go to the hospital.**



The first stage of childbirth

- ▶ Your contractions get longer and stronger. Welcome them. Wish for them to get bigger so that you will stretch open for baby.
- ▶ This stage may last just a few hours or it can last more than a day. It is usually longer with a first baby.
- ▶ It can help you to think of the **pain as a good sign**. When the pain grows, baby is closer to coming.

Think of your contractions coming like waves on the water and feel yourself riding them.

Think of yourself opening like a flower with each contraction. The more you open, the more beautiful you become.



The second stage of childbirth

- ▶ Your cervix—the bottom of your uterus—is wide open. Now is the time to push!
- ▶ In a natural birth you will feel a strong need to push. You will push for a little while and then your body will tell you to rest until it is time to push again.
- ▶ If you get an epidural (a treatment to relieve pain) the doctor or nurse may help by telling you when to push.
- ▶ The pushing may take just a few minutes or it may take an hour or more.
- ▶ With every push you are closer to having your baby in your arms.

The third stage of childbirth

Your baby is born!

Now the “afterbirth” (placenta) comes out. It usually takes about 10 minutes or so. Ask the doctor, nurse, or midwife to put your baby to your breast as soon as possible after birth. Your first milk is very good for baby and the sucking helps to stop vaginal bleeding.