



The ABCs of normal labor

Why Bother with the hard work

When to call

How to Time Interval/length UCs

THE FIRST FOUR TO 48 HOURS

Managing Time - the 24 hr Day/Nite

UC 5' x 60" X 60min = 12m on & 48 mins

Longer, stronger & closer together



Important Nutrients

 *Intimacy*  *Skills*

Breath Work - Stopping Time!

Coping is an Activity!
No Sleeping on the Job!

Chemistry of Pain Management

Upright Postures / Table Manners



Interactive Labor Support

Variety of Loc, Activity, Posture



The Equalizing Hand Grip ...

Painful Not Fair!

Not how its suppose to be!

WHY ME!

I can't do it! I just can't go on!

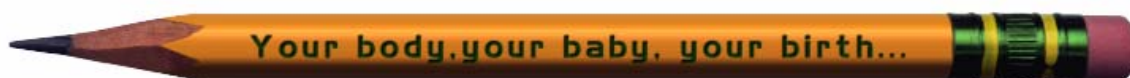


The Birth Day

Right Use of Gravity

Pushing – early & Later

Giving Birth with Grace & Gravity



Making Epidurals Work For you



Don't raise the labor, U raise the baby



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It's worth it oooo