

Homework, Page 1

Practice and Prepare

You have been practicing for labor in your homework sessions. Even after you complete these lessons, you should continue to practice and plan for labor.

Equally important is to practice and prepare for the time after the birth of your baby. Some things to consider and prepare for are:

1. Where will the baby sleep in the first month? Cradle or crib? Your room or his own?
2. How will you feed her? Breast or bottle? If by bottle, will Dad share in the feeding? What shift will he take?
3. Do you have family or friends lined up to help? Do you have a trusted resource in case you have questions or concerns?
4. Do you have any fears to discuss with your care provider?
5. Have you contacted a pediatrician?



The proud and happy mother. Her baby is perfect ... another miracle.

More Modified-Pace or Patterned Breathing

In your last homework assignment, you learned modified-pace breathing. Remember? You started with a deep, cleansing breath, then every two seconds (or slower) you breathed in a little bit of air and “hee’d” it out (an even air exchange), nice and relaxed.

As contractions become more intense, you can modify your pattern. Let’s look at a couple of patterns that you can incorporate in your homework breathing practice.

4:1 Pace

This involves four hees and one blow. Remember to breathe before each intake of breath (before every hee and every blow). Otherwise, you may hyperventilate (breathing too fast), which can cause dizziness or light-headedness.

Coaches, you may need to help her to count her breathing to keep her on pace. But always take your cues from her. If she begins to panic as contractions intensify, try to direct her back to the breathing techniques or suggest a different pace.

Let’s try it. When a contraction begins:

1. Take a deep, cleansing breath — in through your nose, out your mouth.
2. Begin the modified-pace breathing, keeping your mouth relaxed. Breathe in through your nose before each hee and before the blow. The hees and blows are out your mouth.
Hee, hee, hee, hee, blow (continue this pattern until the contraction ends).
3. After the contraction ends (60 seconds when practicing), take a deep, cleansing breath (in through your nose and out through your mouth).

1:3:5 Pace

This pace will take a little help from your coach to keep you on track with the pace. *Remember*, always breathe before each hee and each blow.

One hee and one blow

Three hees and one blow

Five hees and one blow

You can also make up your own number pace, whatever is easy to remember or do.

