

### Discussion Sheet Key, Page 1

#### Your Coach

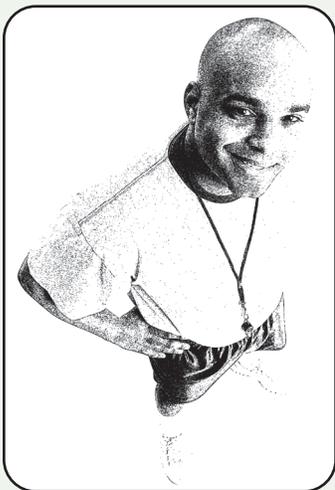
Transition is the stage where you will most need your labor coach.

Coach, at this point in her labor, she may have difficulty getting comfortable in any position. She also may decide she doesn't like to be touched or spoken to.

This is generally the shortest stage and may involve as few as ten contractions. It may help her to count down to get through these contractions.

A gesture as simple as holding her foot, giving her something with a unique texture to hold in her hand, or applying lip balm frequently may be very soothing.

Coach, your understanding of what happens in the transition stage will help you to identify it and enable you to communicate to her what her body is going through.



The coach needs to have a clear understanding of what will happen and know how to react.



Transition is the most intense part of labor. This stage is when a woman completes her dilation (between 7 and 10 centimeters).

1. The pain you will experience is more like a series of **tightenings** that are pulling muscular tissue farther away from the baby's head.
2. Each tightening begins **gently** and then transforms into an exceptionally powerful sensation.
3. At this stage in the labor, it is very beneficial for you to associate the pain with the **opening** of the musculature around the baby's head.
4. Transition is usually the **shortest** stage of labor, and is often less than **30** minutes. It is often less than **10** contractions.
5. Some ways to identify transitions are:
  - **Burping** or **hiccups**
  - You may begin to **doubt** yourself.
6. It helps to visualize the baby's descent and identify it with **positive** progress.
7. **Positive** self-talk can help you get through this difficult stage. Use expressions like, "You can do this!" or "My body is amazing!" **Help your client to think of some positive statements.**
8. It is very effective to create a sensory overload during transition to diminish the sensation of pain. This can be done with:
  - **Music**                      • **Touch**
  - **Voice**                        • **Aromatherapy**
9. The **palms, lips, and feet** are three of the most responsive and sensitive locations on the laboring woman's body.
10. Even with all the soothing gestures, you may become very vocal and even **plead** for the epidural. It's important to discuss with your coach beforehand how to handle this situation.