

## Tips for Using Labor Simulator

- Prepare students prior to class. Tell them they will be going through a simulated labor and ask them to bring their labor bag and birth snacks to class.
- Don't tell them about the contraction sound ahead of time. Let them puzzle over it, just as they may puzzle over the first real contractions of labor.
- Start the DVD playing exactly on the hour. This makes it easier to synchronize with the script.
- Set the volume so that the first contractions are background noise and transition contractions are uncomfortably loud.
- This 60 minute simulation starts with Active Labor. Talk about Early Labor prior to the simulation starting so your clients know that labor does not usually start as intensely, and that Early Labor can be long.
- Avoid discussions during a contraction, just as you would if this was a real labor.
- Realize that you can only say a couple of sentences between contractions in Transition, *and that's OK!* It illustrates the intensity of late first stage of labor.
- Model coping techniques during contractions and encourage your students to do the same. Use a variety of positions, rhythms, vocalizations, etc.
- Allow at least 10 minutes after the simulation ends to talk with students about the experience.

## Customizing the Outline

The DVD includes a sample teaching outline. If you would prefer to create your own, use this blank one.

The headings in the script are explained below:

- DVD Time  
The time of each contraction relative to when you start the DVD playing. This is easiest to use if you start Labor Simulator on the hour.
- Labor Time  
The simulated labor is about eight times faster than an average first time labor. Fill in the labor time based on what time you choose for the *real* labor to start. You can use this time to discuss options based on time of day.
- Length: Contraction length in seconds.
- Spacing: Time in minutes from the start of one contraction to the start of the next.
- Dilation: How open the cervix is, in centimeters.
- Effacement: How thin the cervix is.
- Station: How far the baby has descended.
- Things to Discuss  
Suggestions for what to teach between contractions.

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
<b>Active Labor</b> (Start of 60 minute simulation)							
<b>0:00</b>		60s	5min				
<b>0:05</b>							
<b>0:10</b>							
<b>0:15</b>							
<b>0:19</b>			4min				
<b>0:23</b>							
<b>0:26</b>			3min				
<b>0:29</b>		70s					

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
<b>Transition</b>							
<b>0:32</b>		90s	2min				
<b>0:34</b>							
<b>0:36</b>							
<b>0:38</b>							
<b>0:40</b>							
<b>0:42</b>							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
<b>Rest and Be Thankful</b>							
<b>0:43</b>		0s	0 to 20 mins				
<b>Pushing</b>							
<b>0:48</b>		60s	4min				
<b>0:52</b>							
<b>0:56</b>							
<b>Birth</b>							
<b>Notes:</b>							