

## 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.
- Plan to do most teaching early in the labor when it's possible to talk at length between contractions.
- In Active Labor and Transition, avoid discussions during a contraction, just as you would in 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 and during</i> Contractions
<b>Late Early Labor</b> (start of 80 minute simulation)							
<b>0:00</b>		40s					
<b>0:06</b>			6min				
<b>0:11</b>		50s	5min				
<b>0:16</b>							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss between Contractions
<b>Active Labor</b>							
<b>0:21</b>		60s	5min				
<b>0:26</b>							
<b>0:31</b>							
<b>0:36</b>							
<b>0:40</b>			4min				
<b>0:44</b>							
<b>0:47</b>			3min				
<b>0:50</b>							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
<b>Transition</b>							
<b>0:53</b>		90s	2min				
<b>0:55</b>							
<b>0:57</b>							
<b>0:59</b>							
<b>1:01</b>							
<b>1:03</b>							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
<b>Rest and Be Thankful</b>							
<b>1:04</b>		0s	0 to 20 mins				
<b>Pushing</b>							
<b>1:09</b>		60s	4min				
<b>1:13</b>							
<b>1:17</b>							
<b>Birth</b>							
<b>Notes:</b>							