

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
Early Labor							
0:02		25s	10min				
0:12							
0:20			8min				
0:27		40s	7min				
0:34							
0:41							
0:47			6min				
0:52		50s	5min				
0:57							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss between Contractions
Active Labor							
1:02		60s	5min				
1:07							
1:12							
1:17							
1:21			4min				
1:25							
1:28							
1:31							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
Transition							
1:34		90s	2min				
1:36							
1:38							
1:40							
1:42							
1:44							

DVD Time	Labor Time	Length	Spacing	Dilation	Effacement	Station	Things to Discuss <i>between</i> Contractions
Rest and Be Thankful							
1:45		0s	0 to 20 mins				
Pushing							
1:50		60s	4min				
1:54							
1:58							
Birth							
Notes:							