



## If Labour is Fast

1. Try to keep calm and breathe.
2. Telephone for help: your midwife (she can talk you through the birth) and your partner, friend or neighbor to care for your toddler (if applicable). Remember your midwife will be on her way!
3. Ring the ambulance if your midwife is far away.
4. Leave the front door on the latch.
5. Make sure the room is warm.
6. Make a nest with towels (to lean or crouch over while you birth your baby).
7. Stay low to the ground: on all fours with your bottom in the air to slow your baby's birth or in a squatting position.
8. When you feel your baby's head stretching and burning your perineum, try to concentrate on breathing out slowly to prevent tearing.
9. Usually the baby's head will be born with one contraction and then there may be a wait to allow the shoulders to rotate. The baby does not breathe until the baby is completely out. This can be moments or a few minutes. The head may be blue and secretions may come out of the baby's mouth & nose. The baby may kick to stimulate a contraction.
10. Catch your baby as it slides out and dry gently with towels. It takes a few minutes for the baby to establish breathing and the colour will slowly change from blue to pink. If the baby is not breathing within a minute, turn baby from side to side and blow air onto his/her face.
11. Cuddle your baby, skin to skin, on its side to let any secretions drain. Keep yourself and your baby warm with towels or blankets.
12. Enjoy discovering your newborn baby!!!
13. Breastfeed if your baby is ready.
14. Leave the placenta and cord attached until your midwife arrives (do not let the ambulance officers cut the cord or remove the placenta unless there is a medical emergency).
15. You do not need to go to hospital unless there is a medical emergency.