

## Childbirth Class Videos | BabyCenter

<https://www.babycenter.com/childbirth-class>

Recommended by Guthrie East Corning OB/GYN

NOTE: Episodes were chosen that most mimic the topics discussed in our classroom setting.

### Chapter 1: Labor Basics

- Episode 1: [What is labor really like?](#)**  
*Learn more about the basics of labor, how long it typically lasts, and the most common ways to give birth. (3 minutes)*
- Episode 4: [Using a doula as a labor coach](#)**  
*Learn how a labor coach can help you during labor. A doula does not deliver your baby. She's there to give you and your partner personalized support. (4 minutes)*  
**NOTE: a doula "counts" as 1 of your support persons in labor. You are welcome to hire a doula. Guthrie East Corning OB/GYN does not keep a list of doulas; you will need to research doulas on your own.**  
**(During Covid 19, Corning Hospital allows 1 support person for your entire stay.)**
- Episode 5: [5 signs that you're in labor](#)**  
*Find out how your body lets you know when you're really going into labor. (3 minutes)*
- Episode 6: [What do contractions feel like?](#)**  
*Moms who have been through it describe what contractions feel like. (1 minute)*
- Episode 7: [How to time contractions](#)**  
*It's important to accurately time your contractions when you're in labor. Here's how. (2 minutes)*  
**NOTE: sample contraction timing chart is attached.**
- Episode 8: [In labor? When to call the doctor or midwife](#)**  
*Once labor starts, here's how you know when to call to your doctor or midwife. (2 minutes)*  
**NOTE: the following is contact information for Guthrie East Corning patients:**  
M – F, 8am – 5pm: 607-973-8800 (OB-GYN office)  
After hours, weekends, holidays: 607-937-7200 (hospital)  
Corning Hospital Labor/Delivery: 607-937-7363  
**\*If no answer, just go; after 9pm use ED entrance; Main Entrance opens at 5:30am**

### Chapter 2: Stages of Labor

- Episode 9: [What happens to my body during labor?](#)**  
*During labor, your body is moving your baby down and out. Your cervix also changes to prepare for birth. (1 minute)*
- Episode 10: [First stage of labor: Early labor, active labor and transition](#)**  
*Early contractions kick off the first and longest stage of labor, which lasts until it's time to push. (5 minutes)*
- Episode 11: [Second stage of labor: Pushing and giving birth](#)**  
*You push during the second stage of labor – and your baby enters the world. (2 minutes)*

- [Episode 12: Third stage of labor: Delivery of the placenta](#)  
*After your baby is born, you'll deliver the placenta. This is the shortest and last stage of labor. (1 minute)*
- [Episode 13: What happens after delivery](#)  
*Learn what you and your baby can expect after birth. (4 minutes)*  
**NOTE: Would your partner like to cut the cord? Ask.**
- [Episode 14: 7 labor myths](#)  
*Here are the facts to debunk seven myths about labor. (6 minutes)*

### Chapter 3: Managing Labor Pain

- [Episode 15: Can I make labor less painful?](#)  
*During labor, your body is moving your baby down and out. Your cervix also changes to prepare for birth. (3 minutes)*
- [Episode 16: Pain medication during labor: How common is it?](#)  
*More than 4 out of 5 women use pain medication during childbirth. Whether or not you plan to use medication, it's good to know your options. (3 minutes)*
- [Episode 17: Natural pain relief: Breathing techniques](#)  
*Breathing is a simple but effective natural way to help manage labor pain, by helping you relax or distracting you. (3 minutes)*
- [Episode 18: Natural pain relief: Walking and changing positions](#)  
*Moving around and trying different positions are natural ways to ease labor pain. (2 minutes)*
- [Episode 19: Natural pain relief: Massage techniques](#)  
*Massage is a natural way to ease labor pain. Learn techniques such as the "double hip squeeze" and back counterpressure. (6 minutes)*
- [Episode 20: Natural pain relief: Water](#)  
*Whether a soak in a tub or a shower, water is a natural way to ease labor pain. (1 minute)*
- [Episode 21: Medical pain relief: Systemic medications](#)  
*Learn about the pros and cons of using systemic medication to ease labor pain. (2 minutes)*
- [Episode 22: Medical pain relief: Epidural](#)  
*Learn what happens when you have an epidural to block labor pain. (2 minutes)*  
**NOTE: you do not have to wait any length of time before asking for an epidural. However, if you wait too long, there may not be enough time to place it for you.**

### Chapter 4: Medical Procedures During Labor and Delivery

- [Episode 24: Monitoring your baby during labor](#)  
*Fetal monitoring keeps tabs on your baby's heart rate to make sure the pattern is normal. (3 minutes)*
- [Episode 25: How and why labor is induced](#)  
*Sometimes medication or other techniques are used to kick-start labor. Learn what happens and why. (4 minutes)*
- [Episode 26: Having a c-section](#)  
*A c-section may be planned or unexpected. Here's how this surgical intervention works. (3 minutes)*

- **Episode 27: [Episiotomy or perineal tearing](#)**  
*Learn about surgical and natural tearing during labor and what's involved with healing. (3 minutes)*
- **Episode 28: [Assisted delivery: Vacuum or forceps](#)**  
*In an assisted delivery, your caregiver uses a vacuum extractor to help pull your baby out. (2 minutes)*
- **Episode 29: [Avoiding unnecessary interventions during labor](#)**  
*Knowing what questions to ask can help you avoid unnecessary medical interventions. (1 minute)*

## Chapter 5: Decisions to Make About Your Newborn

- **Episode 30: [Screening tests and treatments for newborns](#)**  
*After birth, your baby will have a health check that includes routine and optional tests and treatments. (2 minutes)*
- **Episode 31: [Feeding your newborn: Breast milk or formula](#)**  
*Babies can be breastfed or have formula. Learn about both feeding options. (4 minutes)*
- **Episode 32: [Breastfeeding for the first time](#)**  
*Even if breastfeeding is natural, it can still be tricky. Here's how to get off to a good start nursing your baby. (3 minutes)*  
**TIP: Ask to breastfeed as soon after birth as possible.**  
**Breast Pump questions? See attached Breast Pump Information, plan ahead.**
- **Episode 33: [Rooming in with your newborn](#)**  
*Hear about the benefits of having your newborn stay with you in your room instead of the nursery. (1 minute)*  
**NOTE: "Rooming In" is the standard at Corning Hospital.**
- **Episode 34: [Banking your baby's cord blood](#)**  
*Cord blood is collected after your baby's umbilical cord is cut. It can be privately banked, donated to a public bank or discarded. (2 minutes)*  
**NOTE: this is totally optional and can be very costly. You must research banks on your own and let your provider(s) know ahead of time that you are interested. See attached Birth Plan.**
- **Episode 35: [What is delayed cord clamping?](#)**  
*Learn about the technique of waiting to clamp the umbilical cord and why you might want to consider this option. (4 minutes)*  
**NOTE: this option may be available, please discuss with your provider; include in your Birth Plan.**
- **Episode 36: [Cutting your baby's umbilical cord](#)**  
*In some birth settings, your partner can cut the umbilical cord. Here's what to expect if you choose this option. (1 minute)*  
**NOTE: there are no nerve endings that would provide pain to your baby or to baby's mother; it won't hurt. Ask if your partner would like to do this.**
- **Episode 37: [Deciding whether to circumcise](#)**  
*Learn about the risks and benefits of circumcising your son. (2 minutes)*

## Chapter 6: Pre-Delivery Checklist

- **Episode 38: [Consider your birth preferences](#)**  
*A birth plan spells out your preferences. Should you write one? (3 minutes)*  
**NOTE: plan to bring your birth plan to an OB appointment; we can scan it in the office and it can be pulled up by the Labor/Delivery nurses at the hospital. They will honor them as best they can; depending on your health, baby's health and what else is happening on the floor.**
- **Episode 39: [Review your insurance coverage for birth and baby](#)**  
*Avoid surprises by finding out in advance what your insurance will and won't cover for you and your newborn. (1 minute)*  
**TIP: call your insurance company, even while you are in the hospital and have baby added to your insurance plan.**
- **Episode 40: [Tour the hospital or birth center](#)**  
*Tour the place where you're going to give birth. (1 minute)*  
**(NO Labor/Delivery Tours will be scheduled during COVID 19.)**  
*See Virtual Tour under "Labor and Delivery Care";*  
<https://www.guthrie.org/hospitals-locations/corning-hospital/clinical-services>
- **Episode 41: [Prepare for your trip to the hospital or birth center](#)**  
*Things to check off your pre-delivery checklist include packing your bag, planning your route, and installing a car seat. (3 minutes)*  
**NOTE: attached is a sample Packing List for the Hospital**
- **Episode 42: [Things to do before you're due](#)**  
*Hear why it's a good time to line up help, practice breathing, and spend quality time with loved ones or alone. (2 minutes)*

## Chapter 7: Birth Stories

- **Episode 43: [Jackie's birth story: Stalled labor leads to a c-section](#)**  
*One mom shares what happened when she gave birth and what she might have done differently. (2 minutes)*
- **Episode 44: [Purvi's birth story: Giving birth before the baby shower](#)**  
*One mom shares what happened when she gave birth and what she might have done differently. (3 minutes)*
- **Episode 45: [Colleen's birth story: An epidural offers major relief](#)**  
*One mom shares what happened when she gave birth and what she might have done differently. (2 minutes)*
- **Episode 46: [Melylah's birth story: Drug-free birth and a surprise daughter](#)**  
*One mom shares what happened when she gave birth and what she might have done differently. (3 minutes)*
- **Episode 47: [Leslie's birth story: Induced labor and a long recovery](#)**  
*One mom shares what happened when she gave birth and what she might have done differently. (3 minutes)*
- **Episode 48: [Breanna's birth story: Switching from natural birth to an epidural](#)**  
*One mom shares what happened when she gave birth and what she might have done differently. (2 minutes)*

- Episode 49: [Scott's birth story: A dad's view of a c-section](#)  
*One dad shares what happened when his wife gave birth by c-section. (2 minutes)*
- Episode 50: [Shino's birth story: A big baby and a painful tear](#)  
*One mom shares what happened when she gave birth and what she might have done differently. (2 minutes)*
- Episode 51: [Kelly's birth story: Speedy birth in the family car](#)  
*One mom shares what happened when she gave birth and what she might have done differently. (2 minutes)*

## Breast Pump Information

Baby to breast is the BEST way to stimulate milk production.

### TIPS:

- ALL insurance companies will cover a manual breast pump.
- Check with your insurance company FIRST to see when a breast pump is covered. Most insurances will fill a prescription in the last month of pregnancy.
- Fidelis
  - WILL NOT cover a breast pump until the patient is AT LEAST 6 weeks postpartum and returning to work or school full time.
  - They WILL COVER the breast pump if there is documented MEDICAL NECESSITY.
  - IF the patient tries to get a prescription for the breast pump filled too early AND we cannot provide a reason for medical necessity, Fidelis will cancel the order for the pump and will not cover one at all.

### NOTE:

- Please ask for the breast pump order at your OB appt. at/or after 36 wks. You may also ask at your postpartum appt.

### OTHER:

- Once you receive your breast pump, make sure the flanges are the correct size for your nipples. (Your nipple should move freely inside the flange.)
- When storing milk, remember to document AM or PM on the bag, as breast milk changes throughout the day, AM has wake up hormones, PM has the sleepy hormones.
- Be sure to make yourself a “self-care basket” for breastfeeding that is: a water bottle, breast pads, Chapstick, a hair tie, a good book, pen/paper, etc. That way you won’t have to get up in the middle of a feeding to get something.
- AND REMEMBER...the first 6 weeks are very, very trying and can be hard, but if you can make it through those 6 weeks, it should be smooth sailing from there.

## Your Birth Plan

A birth plan is a set of instructions you make about your baby's birth. Fill out this plan with your partner. Then share it with your provider, your family and other support people. It's best for everyone to know ahead of time how you want labor and birth to be.

Your name: \_\_\_\_\_

Your baby's due date: \_\_\_\_\_

1. My health care provider's contact information:

Name: **Guthrie Corning OB/GYN**

Phone: **(607) 973-8800**

2. Where do I plan to have my Baby?

**Guthrie Corning Hospital**

3. Who is my support person during labor and birth?

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

This person is:

- My partner     My baby's father  
 My family     My friend  
 Clergy         Doula

4. You have an option for 1 additional support person.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

This person is:

- My partner     My baby's father  
 My family     My friend  
 Clergy         Doula

5. What kind of support do I want during labor?

- Help with breathing  
 Help working through contractions  
 Massage  
 Moving around  
 Other: \_\_\_\_\_

6. Do I want to be able to move around during labor (if possible)?

Yes     No

7. What kind of drugs, if any, do I want to help with labor pain?

\_\_\_\_\_

8. Who do I want to cut the umbilical cord?

\_\_\_\_\_

9. Do I want to have my baby's umbilical cord blood saved?  Yes     No

**(See page 2 for further instructions.)**

10. Do I want to breastfeed my baby?

Yes     No

11. If my baby is a boy, do I want to have him circumcised?

Yes     No

12. Are there special traditions I want to take place when my baby is born?

- Yes       No

Describe:

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13. If there are any problems with me or with the baby, do I want to be told first, or do I want my support person told first?

- Tell me first.  
 Tell my support person first.

14. Are there other issues the hospital or birthing center staff should know about me or my baby's birth?

- Yes       No

Describe:

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15. My Baby's health care provider's contact information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Cord Blood Collection General Guidance

### Patient:

Research Cord Blood Banks; we do not recommend one over the other.

Enroll as early as possible; preferably before 34 wks.

Request Collection Kit be sent to your home  
**(Usually there is no charge for Collection Kit at this point)**

Take the kit to the hospital on your big day

### Doctor:

Performs the collection

### Patient:

Call the medical courier for pickup.

Your kit is picked up from the hospital and delivered to the Cord Blood lab you have chosen.

**(Billing usually starts as soon as cord blood has been received by the lab.)**

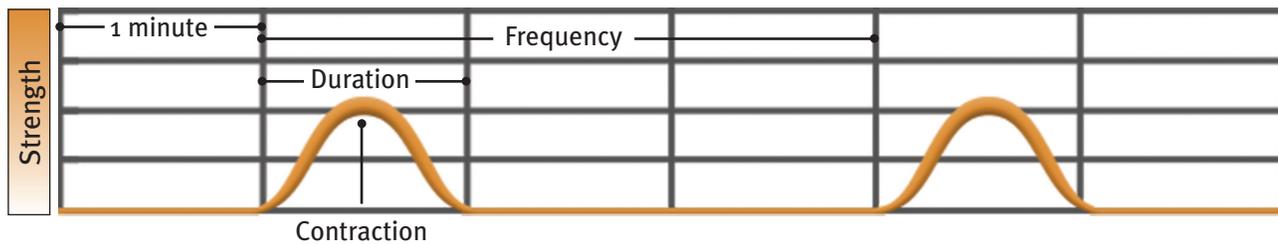
# Contraction Timing Chart

This page can come in handy when your labor begins. Using a watch, clock, or mobile device that counts seconds, jot down the start time and duration of your contractions. Then, fill in the frequency so you can tell your healthcare provider about your progress. If your labor stops, print another chart and start again next time.

## How to Time Contractions

Frequency is measured from the start of one contraction to the start of the next.

In this example, the contractions last one minute each and are three minutes apart.



## Example:

Contraction #	Start Time	Duration	Frequency
1	10:30:30	30 sec	-----
2	10:38:00	45 sec	7 min 30 sec
3	10:44:30	45 sec	6 min 30 sec

Always call your healthcare provider for specific instructions on when you should go to the hospital. It is generally advised to go to the hospital when contractions are **5** minutes apart, last **1** minute each, and have stayed in that pattern for **1** hour.

Date: _____		Week of Pregnancy*: _____	
Contraction #	Start Time	Duration	Frequency
1			-----
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

You may need to go sooner than **'511'** if you:

- Vomit with contractions
- Feel rectal pressure
- Are unable to walk or talk through contractions
- Think your bag of waters has broken
- Have vaginal bleeding
- Tested positive for Group B Strep and need additional time at the hospital for the administration of antibiotics
- Progress quickly (Call 911 and get into a side-lying position if you are having an extremely fast labor!)

**\* If you are experiencing regular contractions (4-6 in one hour) before 37 weeks of pregnancy, call your healthcare provider immediately.**

## *Packing for the Hospital*

As the “birth day” of your baby approaches, it’s a good idea to pack the items that will make your birth experience easier, more comfortable and more meaningful. These items should be packed and ready to go about two weeks before your due date.

**For Mom**

- Lotion/oil for massages
- Warm socks
- Lip balm for moisture
- Paper fan
- Picture or item for focal point
- Back massager or tennis ball
- Warm pack or rice sock
- Nightgown(s) that open in the front for nursing
- Robe
- Slippers
- Panties/nursing bras/nursing pads
- Toothbrush/toothpaste/mouthwash
- Hair care items/cosmetics
- Comfortable, loose-fitting clothes to wear home
- Birth plan, if not submitted already

**Other**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**For Partner**

- Insurance information
- Snacks for labor
- Change of clothes/toiletries
- Phone numbers of friends/relatives
- Camera
- This Guide

**For Baby**

- Undershirt/sleeper
- Going home clothes/receiving blanket
- Sweater/cap/extra blanket if needed for cold weather
- Infant car seat, correctly installed

**Items for comfort**

- Potpourri/Aroma therapy to scent room
- Music-favorite CD or playlist

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_