



Day _____

Begin by labeling the hour in which labor began: contractions, water breaking, any signs of labor activity including early labor, etc..
Use one graph per 24 hours, including as many details as possible.



LABOR GRAPH



PORTRAITS OF LABOR

analysis worksheet

Portraits of Labor record the intensity a woman experiences through her labor as a function of time. The intensity is the focus or the effort needed to work with the contraction as it comes. Answer as many questions as you can.

Step 1: Basic Information

Mother's name

Baby's name

Day and time of 1st contraction

Time of birth

Step 2: Key Moments

The chart starts with the beginning of the mother's story—when labor activity began. Labor activity is defined as any contractions of measurable intensity or other physical signs that labor is beginning such as the water breaking, bloody show or loss of mucous plug. Some women have episodes of contractions hours or days before labor commits to an unstoppable course; these should be included. Labors that begin with 3, 4, or 6 days of warm-up contractions a few hours in the day or night will use 3, 4, or 6 charts to reflect that.

1. Were there pauses in the contractions?
2. When was the care provider first called?
3. What happened during labor that changed the intensity of contractions?
4. Were there any other people who were present at the labor? When did they arrive?
5. When did the BOW break?
6. When did the desire to push begin?
7. When did the intensity of the baby crowning occur?
8. How much time after the birth did the placenta arrive?
9. What was the estimated due date?
10. Which birth was this for the mother? (first birth, second birth, etc.)

Step 3: Descriptors

Please list some adjectives that you think the mother would use to describe her birth

Please list some adjectives that you think the birth attendant would use to describe this birth

Intensity Scale

0 – no noticeable contraction

10 – a super-mild, Braxton-Hicks contraction, yet no perceived need to focus

20 – “oh, that’s a contraction”, a pause to acknowledge it

30 – “oh, that’s more than before”, perhaps a need to focus for a moment

40 – having the need to pay attention to the contractions, but same self between contractions

50 – intensity is ramping up (either duration or frequency of contractions or both); focus becomes on finding ways to manage the intensity. Strong, do-able contractions, but woman is actively able to alternate between focus and the rest between contractions: the start of “getting in the groove”

60 – Focus is required more than at 50; staying in the groove

70 – Intensity is ramping up (duration and/or frequency of contractions), focus increases; losing awareness of what is outside the self during contractions; still aware of and interested in who is present and the environment

80 – Increased intensity, losing the awareness with the outside environment even more; that time of being in a fog, where a woman is just working with her body, perhaps with assistance from birth attendants who are offering counter pressure, acupressure, etc.

90 – Mostly focused, extremely intense, but only slightly aware of others around between the intense moments; still in the fog

100 – Total focus, every fiber of a woman's being is totally consumed by what's happening during every moment; total loss of self-consciousness, allowing the body to do its job