

SPEEDY DELIVERIES

If labour is progressing very actively (i.e. mother is feeling the need to push and midwife is not yet present):

- 1) Page midwife at 1-866-358-0230
- 2) Call 911
- 3) Have mother lie down on bed – do not walk around or sit on the toilet
- 4) Have mother pant or blow when she has the urge to push
- 5) Warm up towels to wrap baby in (in dryer or oven)
- 6) Try to stay with mother and reassure her until midwife arrives
- 7) Try to call for help with other children present
- 8) Have phone close to mother if possible
- 9) If baby's head is beginning to emerge, encourage mother not to push so that the baby is born slowly without tearing
- 10) Place baby on mother's tummy with its head downwards over the side of mom's tummy so that mucus will drain out
- 11) Wipe baby off and cover with warmed towels
- 12) Leave cord attached to baby – do not attempt to clamp or cut
- 13) If placenta delivers, just leave it attached to cord. Wrap with baby.
- 14) Do not worry about cleaning up – stay with mom and keep her warm and reassured
- 15) Put baby to breast if possible
- 16) REMAIN CALM. HELP IS ON THE WAY!