

### *What is second Stage?*

The cervix is opened and the baby drops into the birth canal. What is important to understand about each of these parts of second stage?

Ferguson Reflex

Fetal Ejection Reflex

Pelvis

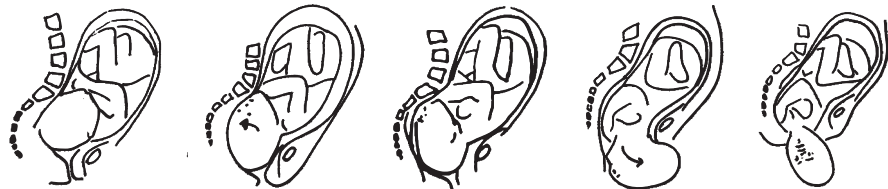


Pelvic Inlet



Pelvic Outlet

Cardinal Movements



Crowning

## *How to Push*

For some women, the fear of knowing when or how to push is the biggest fear of labor. For other women, the images of births in movies and TV have given them a faulty understanding of what the pushing process actually entails.

### **Reflexive Pushing**

When a mother is left alone to follow her body, pushing is reflexive. Usually performed with many short pushes lasting no longer than 6 seconds each. If the contraction is stronger, the mother naturally pushes harder.

### **Directed Pushing**

When a mother is faced with the need to give birth quickly, she is directed to take a cleansing breath, inhale deeply and push as hard as she can to the count of 10. When she reaches 10, she takes a quick breath and pushes to the count of 10 again. This gives about three long, strong pushes during a contraction.

*What are the differences between these two pushing methods?*

Benefits and risks:

Length of pushing time:

Breathing and vocalization:

Role of the Partner:

*What is the same regardless of the pushing method used?*

Use of pelvic floor muscles:

Where push is directed:

Relaxing between pushing contractions:

### **Discussion Question:**

Read Isaiah 66:9. The idea of pushing brings fear to the hearts of many women. Why do you think women are not aware of the amazing ability of their body to stretch?