Hi Im Dawn Pearce founder and Trainer at Bumps2Babies International.

Today we are going to talk about something we can use for a teaching class to show mums what happens during an epidural and just how many interventions there are.

First we will need rope – about 7 pieces

Masking tape

And a straw

Oh an sissors

Cut your ropes into equal pieces

Take a straw and stick each piece on a straw

Offer this to the partner and ask him to follow my instructions on where they go on their partner

Or if you have a mums only class you could give each one of them a set and they can do it themselves.

First I would explain what an epidural was and how it affects mum and baby before and after the birth..

I then would ask –

this is for the heart monitor – where do you think it would go? ( heart)

one to monitor the baby …. Where would we put it?( flufe)

this one goes by the iv bag (left hand) – the iv bag keeps mum well hydrated during the birth

One for your blood pressure cuff (right upper arm)

One also goes here ( top of left shoulder blade)

One goes on your finger to represent pulse oximeter which measures oxygen flow

Then the last one goes … goes on where the catheter goes ….. then you have a chance to talk about a catheter, the process and why its done.

This is a great way of showing mums and dads what happens during an epidural and just how many interventions there are, how restrictive they can be . Many fist time mums think its just a needle in the back – no pain and out pops baby – its important to let mums know the real story behind every birthing plan or intervention so they are fully equipped to make well informed decisions about their birth.

Leave them on the mums for a little while – let them get used to the idea of being attached to a monitor

This method could also be used on a class model or on a diagram – whichever your style of teaching

Well thank you for watching today – but remember what we do need to do is have fun teaching :D