
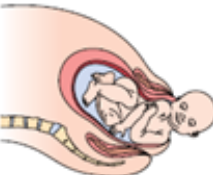
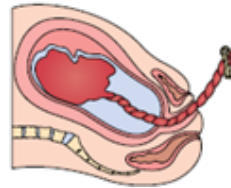


Child Development OCR Knowledge Organiser LO2

THEMES	Health professionals:	Stages of labour	Stage 1	Stage 1 – Neck of the uterus opens. The uterus muscles start to contract and release. Gradually the contractions will become stronger and closer together. The waters break – the bag of amniotic fluid around the baby bursts causing a release of fluid from the vagina. The woman has a ‘show’ – this is when a plug of mucus that has sealed off the uterus during pregnancy comes away from the cervix. Not all women experience this. The cervix dilates to 8 – 10cm wide When contractions are closer together and stronger the mother enters the transition stage which leads to the second stage of labour. 	Specialised diagnostic tests	Ultrasound anomaly scan – to spot physical abnormalities in weeks 18-21 Nuchal fold translucency scan – screens for Down’s syndrome between weeks 11 - 13 Alpha Fetoprotein (AFP) test – checks level of AFP in the mother blood and shows whether a baby might have spina bifida. Non-invasive pre-natal testing (NIPT) – screens for Down’s syndrome, Edward’s syndrome or Patau’s syndrome from week 10. Chorionic villus sampling (CVS) - tests for genetic disorders between weeks 11 – 14. Carries a risk of miscarriage and infection Amniocentesis – tests for genetic disorders between weeks 15 – 18. less risk of miscarriage compared with CVS but results not given till later in the pregnancy.	Role of the father/partner in supporting	Providing practical support with tasks if she is feeling tired Being emotionally supportive if she is anxious about coping with birth. They will also learn how to help the mother during labour and birth by: Massaging her back, shoulders or legs supporting her body Timing contractions giving encouragement, drinks, snacks or ice cubes Sponging her down Talking/finding ways to pass the time Helping her to find a comfortable position Making sure health professionals are aware of the birthing plan Learning relaxation and breathing techniques alongside the mother and participating alongside her during labour and birth.	
	Antenatal – Meaning ‘before birth’		Stage 2	Stage 2: The birth of the baby This stage starts when the cervix becomes fully dilated at 10cm and ends when the baby has been born. The vagina and cervix now form a single passage called the birth canal, and the head of the baby moves into the birth canal. With each contraction the mother pushes to move the baby through the birth canal When the baby is delivered the umbilical cord is clamped and cut, and the baby placed on the mother for skin-to-skin contact. 	Methods of delivery	Forceps – A curved metal instrument that fits around the baby’s head. When the mother pushes with a contraction an obstetrician gently pulls to help deliver the baby. Ventouse – a plastic or metal cup attached by suction to the baby’s head. When the mother pushes with a contraction an obstetrician gently pulls to help deliver the baby. Episiotomy – A cut is made between the vagina and anus to make the opening of the vagina wider allowing the baby to come through more easily. Elective/emergency caesarean – An operation to deliver the baby through a cut made in the abdomen or womb. It can be planned or be done in an emergency for reasons such as the baby being in the wrong position.		Choices available for delivery	Hospital birth – in consultant led units, midwife or GP led units or birthing centres. Access to highly trained staff, delivery methods and pain relief. Home birth – offered if pregnancy is normal, and means birth occurs in familiar and relaxed surroundings. Private hospital– Popular if parents are in the public eye and want privacy. Some parents believe it offers a better standard of provision.
	Routine checks at antenatal clinics			Stage 3	Stage 3: Delivery of the placenta and membranes Contractions begin again and these push the placenta out An injection may be given to stimulate contractions and speed up the process. If a tear occurred or a cut was made during stage 2 this will be sewed up under local anaesthetic. 	Pain relief			
						Signs of labour	Signs labour has started: A show – mucus plug coming away Waters breaking – amniotic sac breaks Contractions starting – Muscles of uterus getting tight and then relaxing		