

A collection of baby items including knitted socks, a star, a giraffe toy, and wooden toys. The items are arranged on a light-colored, textured surface. A yellow star is visible in the upper left, and a pair of beige socks is in the center. A giraffe toy is in the lower left, and several wooden toys are in the lower right. The text 'Labor and Delivery' is prominently displayed in the center-right.

# Labor and Delivery

MAJ : 2024-01-25

Québec 

## To learn more about labor and delivery

---

Several reliable reference sites to inform you about labor and childbirth

[From Tiny Tot to Toddler](#)

[Accouchement | CHU de Québec-Université Laval](#) [French website]

[Pregnancy and Parenthood | Quebec.ca](#)

[Your Guide to a Healthy Pregnancy | Canada.ca](#)

[Pregnancy | Naître et grandir](#)

## Capsule 7: Preparing for childbirth

---

### To learn more

[Preparing for the birth | From Tiny Tot to Toddler](#)

[Pregnancy: Preparing for the birth of your baby | Naître et grandir](#)

### Birth plan

[Birth plan | From Tiny Tot to Toddler](#)

[Le plan de naissance | Naître et grandir](#) [French website]

[Birth plan.PDF | Naître et grandir](#)

We strongly suggest that you fill out this birth plan and share it with the professionals who take care of you. This tool will allow you to test your knowledge and get the information you need from your physician.

Moreover, this plan will give you the opportunity to reflect on and share with your physician your concerns, fears and expectations regarding your delivery and your stay at the maternity department or birthing centre.



### Virtual tour of the CHUL and Saint-François-d'Assise hospital

[Préparation prénatale | CHU de Québec-Université Laval](#) [French website]

[Formulaire de préadmission à l'accouchement pour le CHU de Québec](#) [French website]

- ➔ Form to complete for a birth at the CHUL or Saint-François d'Assise hospital

## What to bring to the hospital

[Préparer votre séjour à l'hôpital | CHU de Québec-Université Laval](#) [French website]

[What to bring to the hospital or birthing centre | From Tiny Tot to Toddler](#)

[What to pack for labour and delivery | Naître et grandir](#)

### Mom's list

- ❖ Health insurance card
- ❖ Hospital card
- ❖ Insurances
- ❖ Bathrobe
- ❖ 2 or 3 nightgowns or nursing gowns
- ❖ 2 or 3 bras
- ❖ 4 to 6 pairs of underwear
- ❖ 2 to 3 pairs of socks
- ❖ Slippers
- ❖ Super maxi pads
- ❖ 1 box of nursing pads
- ❖ Nursing pillow
- ❖ Toiletries (soap, shampoo, deodorant, etc.)
- ❖ Hairbrush

### Baby's list

- ⇒ 4 to 6 pyjamas
- ⇒ Small socks
- ⇒ Nightcap
- ⇒ Small undershirts
- ⇒ Diapers and wet wipes
- ⇒ Going home outfit, appropriate for the season (coat, hat or others)
- ⇒ Small blankets
- ⇒ Infant car seat

### Birth partner (baby's parent, a close friend, partner, or a relative)

- Meal and snacks
- Comfortable clothes and pyjamas
- Shoes or slippers
- Camera
- Toiletries

## Capsule 8: The start of labour

---

### To learn more

[The start of labour | From Tiny Tot to Toddler](#)

[Childbirth: Signs of labour | Naître et grandir](#)

[Grossesse: les contractions en bande dessinée | Naître et grandir](#) [French website]

### When to go to the hospital? 5-1-1

Close contractions – every **5** minutes

Long contractions – last **1** minute

For at least **1** hour

### Contact details for birth centers in the Capitale-Nationale region

[CHUL - Centre mère-enfant Soleil](#)

2705, boulevard Laurier, Québec (Québec) G1V 4G2

Where to report for delivery : A-2821

418-525-4444

[Hôpital Saint-François d'Assise](#)

10, Rue de l'Espinay, Québec (Québec) G1L 3L5

Where to report for delivery : 4<sup>th</sup> floor (In the evening and at night, please enter through the emergency door)

Make an appointment : 418-525-4444 Ext #54111

[Hôpital de La Malbaie](#)

303, rue Saint-Étienne, La Malbaie (Québec) G5A 1T1

418-665-1700



# Accouchement

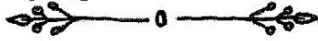


*J'accepte la douleur,  
elle me permet  
d'accueillir mon bébé*

*Je visualise la  
descente de mon bébé*



*Mots d'amour*



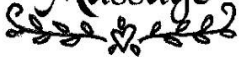
*Encouragement*



*Présence*



*Massage*



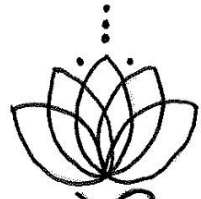
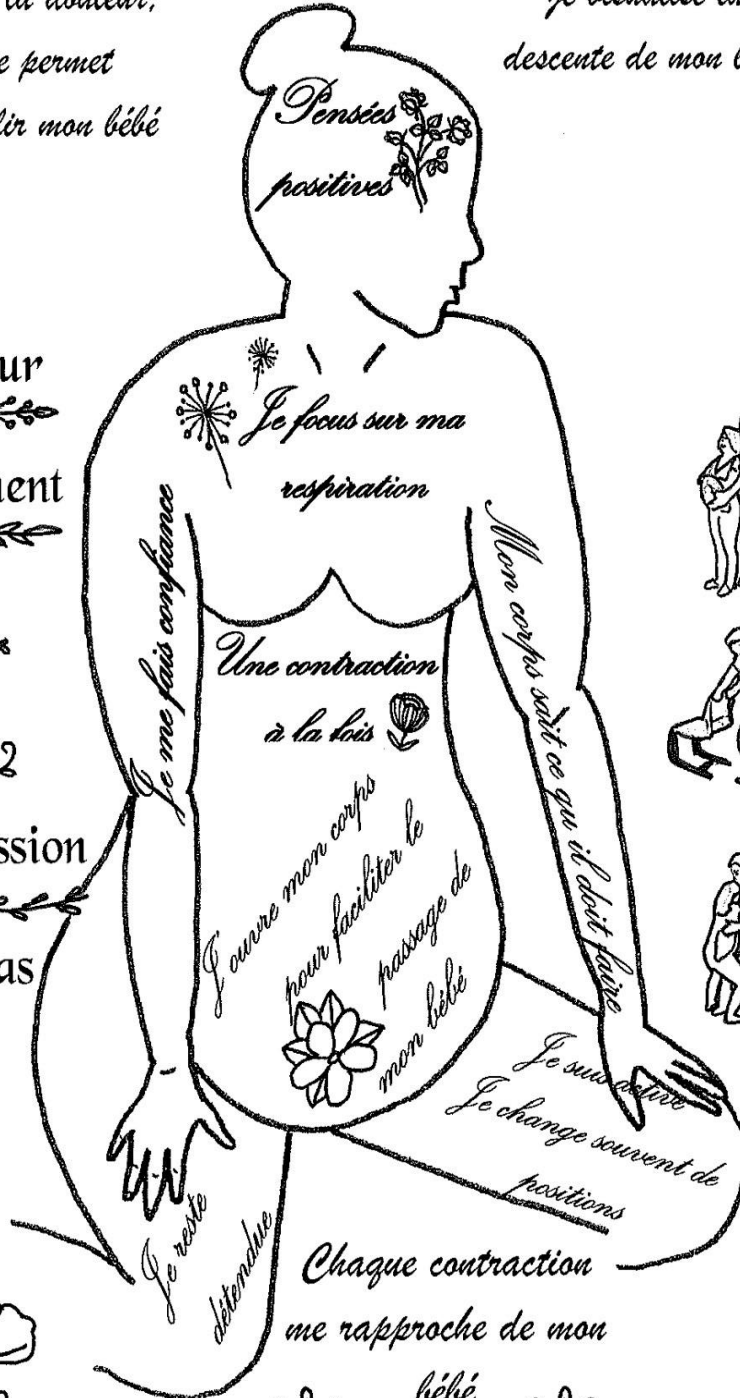
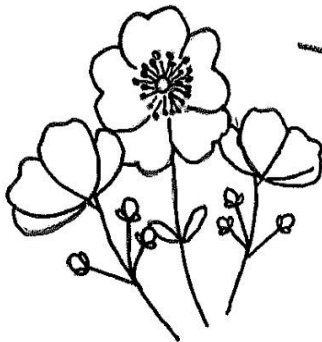
*Points de pression*



*Chaleur au bas*



*du dos*



*gravité*

*Contractions plus efficaces*



*Travail avancé plus vite*

# Capsule 9: Labour and childbirth

## To learn more

[The stages of childbirth | From Tiny Tot to Toddler](#)


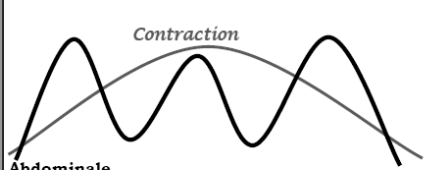

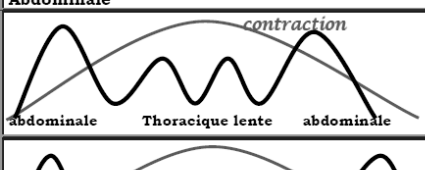

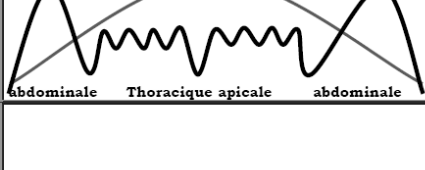

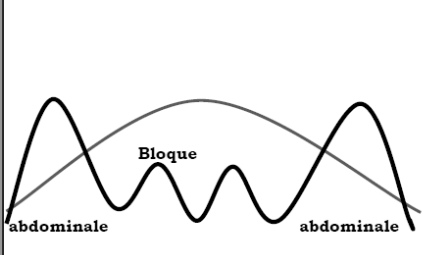
[Childbirth: Tips for each stage of labour | Naître et grandir](#)

[Understanding and coping with pain | From Tiny Tot to Toddler](#)

[Accouchement: des positions qui soulagent | Naître et grandir](#) [French website]

[Non-pharmacological pain relief during childbirth | Naître et grandir](#)

## Respiration (french)

Respirations durant le travail		
		<p><b>Abdominale (de détente)</b></p> <ul style="list-style-type: none"> <li>↳ Inspirer par le nez en gonflant l'abdomen.</li> <li>↳ Expirer <b>lentement</b> par la bouche.</li> <li>↳ La durée de l'expiration est plus grande que l'inspiration.</li> </ul> <p><i>* Se fait aussi au début et à la fin de chaque contraction lorsque vous utilisez les autres respirations.</i></p>
		<p><b>Thoracique</b></p> <ul style="list-style-type: none"> <li>↳ Inspirer par le nez en gonflant le thorax comme pour sentir une fleur.</li> <li>↳ Expirer <b>lentement</b> par la bouche.</li> </ul>
		<p><b>Soufflante</b></p> <ul style="list-style-type: none"> <li>↳ Inspirer par la bouche en soulevant la poitrine.</li> <li>↳ Expirer par la bouche par petits coups saccadés comme pour éteindre une chandelle.</li> </ul>
		<p><b>Poussée</b></p> <ul style="list-style-type: none"> <li>↳ Se pratique en position semi-assise.</li> <li>↳ Prendre une inspiration normale par le nez, retenir l'inspiration en levant légèrement la tête et les épaules et pousser vers le bas et l'arrière comme pour aller à la selle.</li> <li>↳ Lorsqu'il est difficile de retenir votre souffle, vous expirez rapidement et vous reprenez une inspiration et recommencez à pousser.</li> <li>↳ Cette étape est toujours supportée par le personnel présent à l'accouchement.</li> <li>↳ La durée, la fréquence et l'intensité varient selon les individus.</li> </ul>
<p><b>Note :</b> Adapter les respirations selon votre confort.</p>		

## Massages and pressure points

Hand and feet massage at the start of labour to relax

Lightly touch the belly and thighs

Shoulder massage to counter fatigue

Use heat (heating pad, magic bag) or cold

### Ankle pressure points



### Sacrum pressure points

#### Sacral holes



#### Sacrum counter-pressure



#### Hip pressure





## Capsule 10: Possible medical interventions et Capsule 11: Caesarean section (C-section)

---

### To learn more

[Possible interventions during labour | From Tiny Tot to Toddler](#)

[Childbirth: Medical interventions | Naître et grandir](#)

[Pain during childbirth: Medications and epidurals | Naître et grandir](#)

[Qu'est-ce que la péridurale? | CHU Sainte-Justine \[French website\]](#)

[Childbirth: Caesarean section | Naître et grandir](#)

## Capsule 12: Baby just arrived!

---

### To learn more

[The first few days | From Tiny Tot to Toddler](#)

[Postpartum recovery | Naître et grandir](#)

### After leaving the birth centre

A perinatal nurse from your CLSC will call you the day after you leave the hospital for a telephone assessment. A meeting with the nurse will then be planned, at the CLSC or at your home according to certain criteria. If you do not receive a call, contact the perinatal services at your CLSC as follows :

- **Jeffery Hale Community Services in English 418-684-5333 ext. 11805**
- CLSC La Source } 418-628-2572 ext. 13723
- CLSC Orléans }
- CLSC de la Jacques-Cartier : 418-843-2572 ext. 14514
- CLSC Sainte-Foy/Sillery /Ancienne-Lorette : 418-651-2572 ext. 38445
- CLSC Limoilou } 418-529-4777 ext. 20414
- CLSC Basse-Ville/Vanier }
- CLSC Haute-Ville/Des-Rivières }
- CLSC Pont-Rouge } [perinatalite.portneuf.dj.ciusscscn@ssss.gouv.qc.ca](mailto:perinatalite.portneuf.dj.ciusscscn@ssss.gouv.qc.ca)
- CLSC St-Raymond }
- CLSC Donnacona }
- CLSC Saint-Marc }
- CLSC Baie-St-Paul : 418-435-5475
- CLSC La Malbaie : 418-665-6413

Notes

---

A series of horizontal red lines for writing notes.