

# Welcome to Labor Lane

WOMEN'S & CHILDREN'S CARE



Frederick Health's Early-Labor Walking Path helps your labor progress as you wait patiently for your little one to arrive. Just look for the baby feet icons on the hospital walls as you walk with your labor partner down Labor Lane.

At each stop, match the number on the wall with the stop numbers below. Read on for different physical activities to prepare your body for childbirth. (Restrooms are available throughout the building. Simply look for restroom symbols on signs in the hallway.)

Have fun and good luck!

## STOP #1: CLIMB THE STAIRS SIDWAYS

**How to Get There** When you exit Labor and Delivery, follow the signs (located near the ceiling) for Entrance #1 (main hospital entrance). When you arrive in the Entrance #1 lobby, look at the stairs to your left. Here, you'll find your first activity stop!

**What to Do** Using the handrails, walk up the stairs sideways, leading with the left foot and then the right. Do this a couple of times. Take your time and watch your step.



Need Help? To reach the Labor and Delivery Nurses Station, call 240-566-4870.



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## STOP #2: SQUAT

### How to Get

**There** Once you're on the second-floor mezzanine (balcony), you've reached your second activity stop.

**What to Do** Try some deep (or as deep as you can) squats. Find a chair, handrail, or partner for support.



## STOP #3: LUNGES

### How to Get

**There** Continue your path on the second floor. After leaving the mezzanine (balcony), walk down the hall. When you see the sign that reads Classrooms/ICU/Hospital Elevators turn left. Now follow the signs to Hospital Elevator/Patient rooms 2201-2512. The waiting area outside of ICU is your next activity stop.

**What to Do** Time for some lunges! Find a chair, handrail, or partner for support. Lunge to the side or front.



*Skip ahead to Stop # 6*

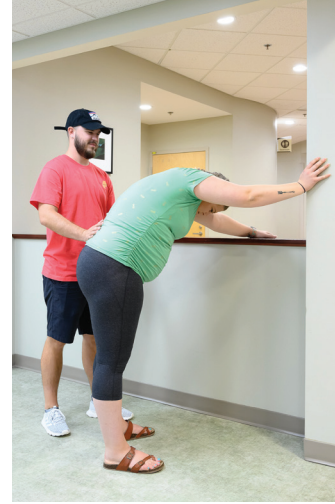
## STOP #6: CAT AND COW

### How to Get There

Take the hospital elevators or the same set of stairs down to the basement (Lower Level). Follow the signs for the cafeteria. Look for activity icon #6 near the restrooms.

**What to Do** Place your hands on your upper thighs or against a wall or counter with your legs hip distance apart. Inhale,

round your back and wrap around your baby (cat). Exhale and lift your chest as you arch your back (cow). Use your breath as you slowly move between cat and cow position.



## STOP #7: HIP BOUNCES

### How to Get

**There** Continue walking to the cafeteria and look for activity icon #7, just passed the ATM. You may use a chair for your next activity!

**What to Do** Bend your knees and stick your bottom out as if you were sitting on a chair or birthing ball. Bounce your hips up and down.



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## STOP #8: STANDING SUPPORTED SQUAT

### How to Get

**There** Time to head back to the Birth Place! Use the hospital elevators or stairs that you used to get to the lower level to get back up to the first floor. Walk past the Coffee Bean and follow signs to the Birth Place Entrance. Look for activity icon #8 located just past the staff elevator.



**What to Do** Stand with your partner supporting you and your knees wider than hips width apart. Bend your knees and lower your bottom. Stand up. Do 10 squats. Or, grab a chair and alternate sitting in the chair and standing up. Do this 10 times.

## STOP #9: MID-PELVIS ROCK

### How to Get

**There** Follow the signs for patient rooms 1003-1025 and look for activity icon #9, located in the hallway.

**What to Do** Have your partner remove the step stool from its holder, located across the hall from activity icon #9. Stand sideways



close to the open stool. Place one foot on the stool and rock back and forth. Walk around stool and repeat on the other side. Please return stool to its holder before moving on

## STOP # 10: LABOR DANCE

**How To Get There** Follow the signs for the Labor and Delivery to return to your room for your final stop!

**What to Do** Visit [youtube.com/watch?v=XNZNRJiEt5U](https://www.youtube.com/watch?v=XNZNRJiEt5U) to watch how to do the Labor Dance.