

# Call the Midwife!? - card game

*This Activity has been adapted from (Schott & Priest, 2002, p. 89)*

This activity offers expectant parents a chance to discuss and consolidate the information they have received. It will help them to think about how they may recognize the onset of labour. The onset of labour is rarely just a single event or symptom but a unfolding, unpredictable process (Schott & Priest, 2002).

Group size: up to 8 couples teacher-led.

Timing: instead of discussing onset of labour or labour - this will be the first time in class that parents are discussing the onset of labour and when to call the midwife.

## Materials for the basic game:

Print 3 identical sets of pages 7 to 31 ('Call the midwife!?' cards). To enable you to keep the sets separate, you may want to print them on different coloured card, or use different colour sticker dots on the back of the card or different pictures on the back of the cards (pages 32-35).

Print page 31 once (Call the midwife card).

## Adding warning signs (optional):

Print one set of cards with symptoms that require mum to get checked by health professional (pages 2-6). Include these 'warning signs', in one\* of your sets.

Print page 30 (warning signs), laminate and cut.

## Instructions:

\* only one set to include warning signs to show that these are rare. So class may not come across any during the activity. All warning signs should be discussed after the activity, to prepare parents-to-be for an emergency.

Shuffle the cards of the first set. Give one 'Call the midwife' card to the group. Ask them to place it once they think that they are in labour and would make the call. Turn over one card a time, laying them down in a line coming towards the group. This line symbolises this pretend labour (the order in the events happen in this case). Each time a card is turned over, read it out loud and set the scene. E.g. you are at the supermarket when 'turn over card' happens...

After each cards ask the group what they would do. They may come up with...

- |                            |                          |                       |
|----------------------------|--------------------------|-----------------------|
| ... rest and act as usual? | ... try a warm bath?     | ... eat something?    |
| ... have a back rub?       | ... put on TENS machine? | ... call the midwife? |
| ... call birth partner(s)? | ... rush to hospital?    |                       |

Birth partner(s) might also have a view on different symptoms and what they would do and not all group members would make the same decisions. Once the group has decided this mum is in labour (to go to call the midwife / go to hospital), stop turning cards.

Repeat the process with the next set.

Lay out new cards / events next to previous one so that you can compare 2 random labour lines.

Warning signs: To play the warning signs game, shuffle the warning signs in with one set. Hand the five cards to the group. Ask them to look out for warning signs (pages 2-6) and place a onto the card with the warning sign. If one of the 'warning sign' cards (pages 2-6) has come up but not been detected by the group, point it out and explain.



## Warning signs. Please get mum and baby checked out! Pages 2 - 6 :

- You are having continuous abdominal pain
  - Your waters have broken a few hours ago. You now have a temperature.
  - Your baby's movements seem unusual or over-active.
  - Your waters have broken. They are stained and smell.
  - You experience some bleeding with blood that soaks into fabric just like after a cut.



## Teacher's / facilitator's role:

- ⇒ discuss warning signs
- ⇒ discuss self-help methods

*Alternatively the warning signs and self-help methods can be discussed after the activity.*

## Bibliography

Schott, J. & Priest, J., 2002. *Leading Antenatal Classes: A Practical guide*. 2nd ed. London: Books for Midwives.

**You are having  
continuous abdominal  
pain.**



**Your waters have broken a few hours ago. Now you have a temperature.**



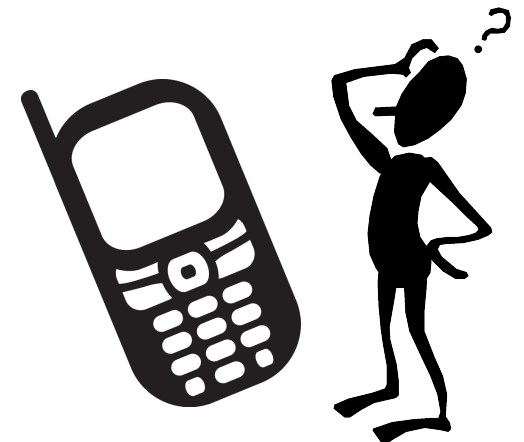
**Your baby's movements  
seem unusual or  
over-active.**



**Your waters have broken.  
They have a brown-ish  
colour.**



**You experience some  
bleeding with blood that  
soaks into fabric just like  
after a cut.**



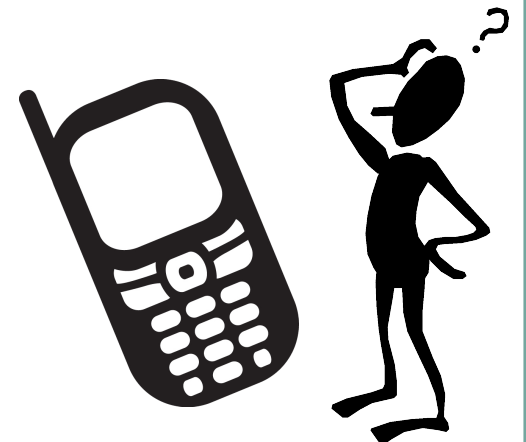
**You have had enough of  
being pregnant.**



# You have had a show.



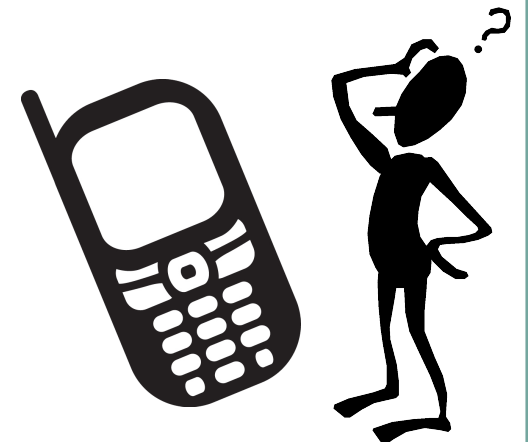
# Your baby's head is engaged.



# You have frequent bowel movements.



# You have to pass urine frequently.



# You have an upset tummy.



**You are feeling very  
emotional and moody.**



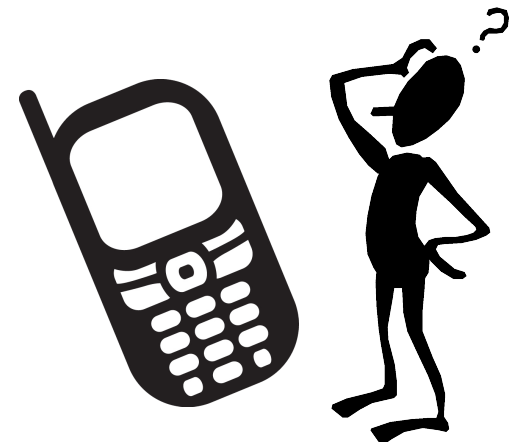
# You are not sleeping very well.



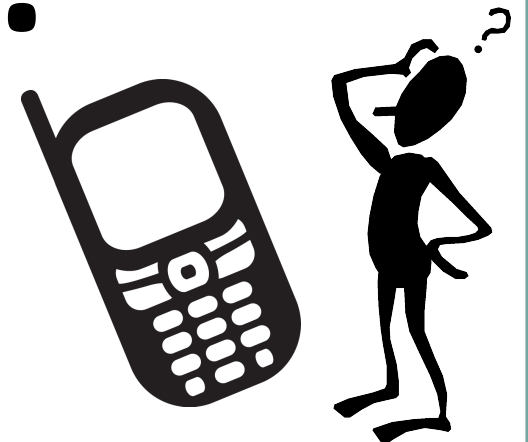
**You are 41 weeks  
pregnant.**



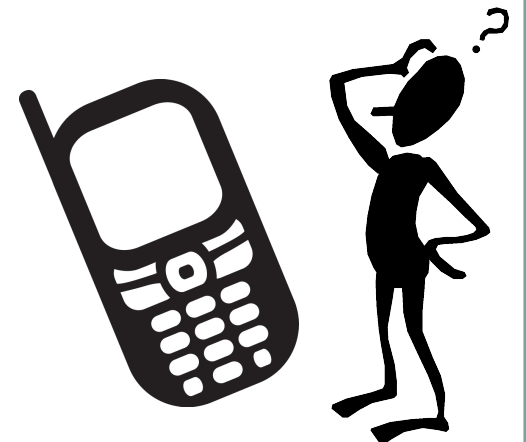
**You are experiencing a  
surge of energy.**



**You are nesting. Cleaned  
out the fridge, defrosted  
the freezer, ...**



# You have some lower backache.



**You have some mild  
irregular contractions.**



# You have some Braxton Hicks contractions.



**You have mild regular  
contractions every 20  
minutes lasting 25  
seconds.**



**You have mild regular  
contractions every 25  
minutes lasting 20  
seconds.**



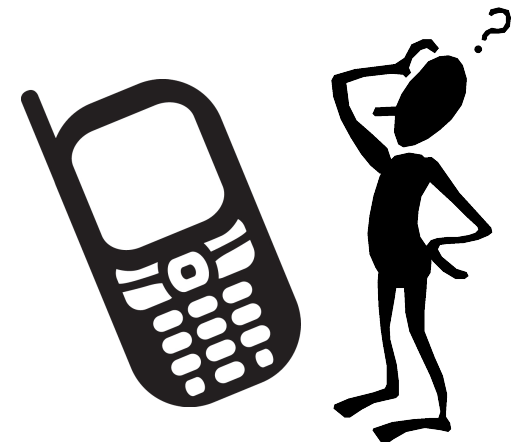
**You have mild regular  
contractions every 30  
minutes lasting 20  
seconds.**



**You have mild regular  
contractions every 15  
minutes lasting 30  
seconds.**



**You have strong regular  
contractions every 5  
minutes lasting 55  
seconds.**



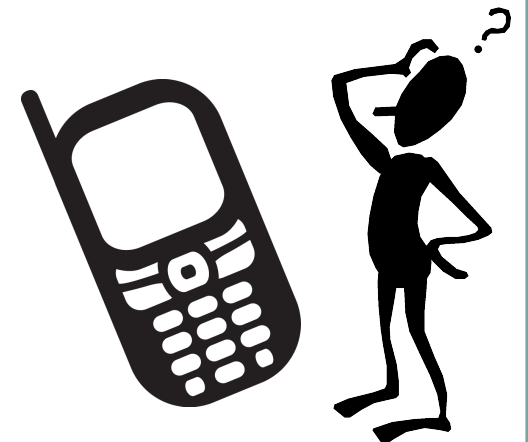
**You have strong regular  
contractions every 3  
minutes lasting 60  
seconds.**



# You have the urge to push.

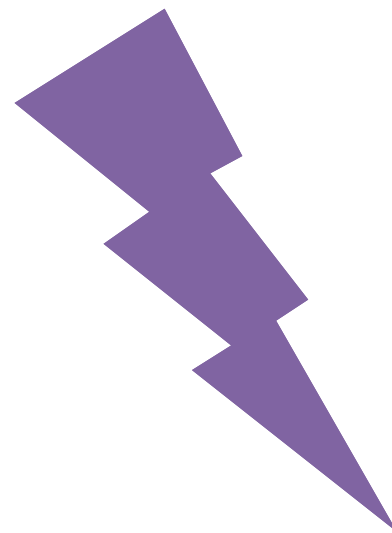
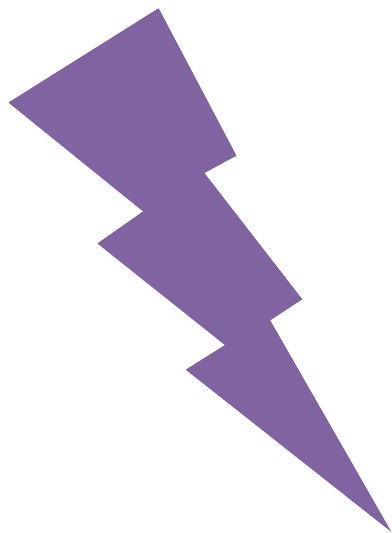
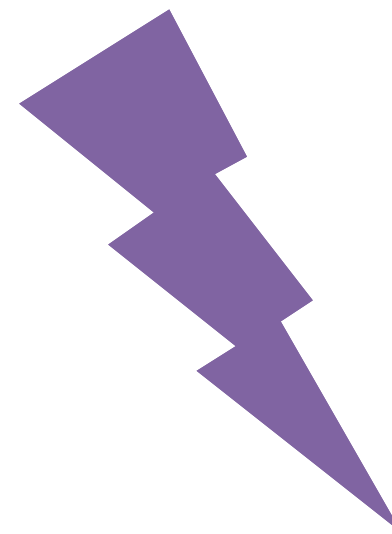
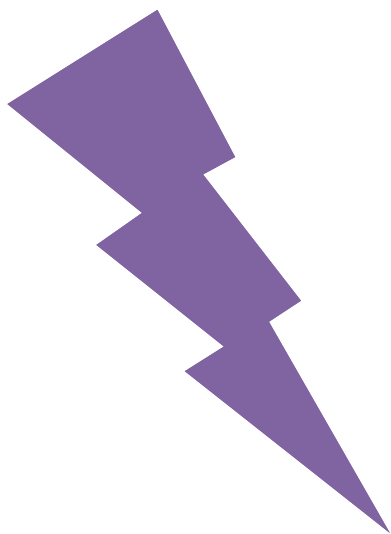
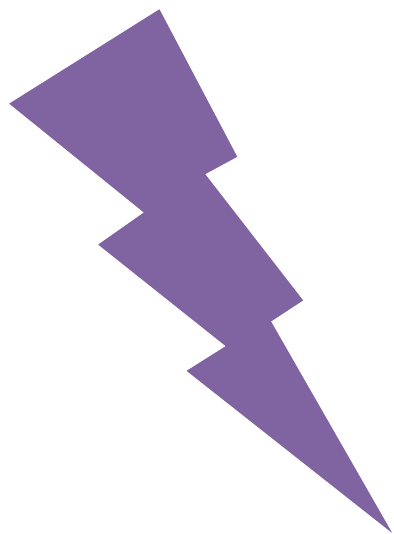


**Your waters have broken  
and they are clear.**



**You have regular contractions every  
15 minutes lasting 35 seconds. You  
have to stop and focus during  
contractions.**







Call the  
midwife!  
We're having  
a baby :)



# Call the midwife!? Card Game





# **Call the midwife!? Card Game**



## Call the midwife!? Card Game