

Early Labor Walking Path



Station 7 (cat/cow)

Once you've finished the lunges, go back inside and turn left down the hallway. When you reach the chairs on your right-hand side, perform a cat/cow stretch by leaning over one of the chairs and bracing your arms on the chair arms. After completing the cat/cow stretch, continue to the Emergency Department lobby; then turn around and walk back toward the main lobby.



Station 8 (say a prayer)

Stop in the chapel to sit and rest or kneel on the tuffet. The chapel is located across from the prayer garden on the left-hand side of the hallway. As you exit the Chapel there is a prayer request box if you would like to fill one out. There is also another restroom if you need it. Continue to the main lobby to the North Tower elevators. On the left side is a Starbucks that offers decaffeinated teas for purchase to soothe you. You can sit and rest on a bench before taking the elevator up to the OBED on the third floor. Changing positions frequently helps your baby get into position to deliver. The more you keep moving the better. Take the same elevator up to the third floor back to OBED.

You have now completed the Early Labor Walking Path!



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Embarking on our Early Labor Walking Path may help move your early labor along to the next stage of active labor.

Your support person is welcome to join you on this one-hour walk.

Please return to the OB Emergency Department (OBED) for a checkup each time you complete the path. If you need assistance at any time during your walk, please call **786-662-4378**.

Listen to your body and only do what feels comfortable. Be sure to return to the OBED immediately if your water breaks or you have heavy bleeding, increased contraction pain or decreased fetal movement.

If you walk during night-shift hours, the garden and gift shop will be closed. The cafeteria has certain day-shift and night-shift hours. The chapel is open 24 hours a day.

If you get lost or need a wheelchair to get back up to OBED, please call the number on the back of the booklet.

3rd Floor



Station 1 (stretch)

As you exit the OBED, turn right. Using the handrail in the bridge hallway for balance, stretch several times.



Station 2 (leg lifts)

When you reach the security station at the other side of the bridge, position yourself at the small alcove with two windows. Place your hand against the wall and lift one foot to the windowsill; then switch to the other foot and repeat six times.



Station 3 (gentle squats)

Walk back across the bridge, stopping at the handrail once again, and do six squats. Reaching 6 cm dilation is the point of active labor! That is what you are working toward. Continue walking past the OBED to the end of the hall. Hydration is important. So, be sure to grab water and/or a snack from a vending machine. Follow the hallway to the left. Once you reach the Neonatal Intensive Care Unit (NICU) at the end of the hall, turn around and walk back toward the OBED. When you arrive at the OBED, take the elevator by the security station to the first floor. Sit down for a moment to rest on the bench, located across from the elevator. Once you are ready to walk again, go left, heading away from the main lobby. Then turn right down a short hallway and left down a longer hallway towards the Dube boardroom.

1st Floor



Station 4 (hula hoops)

At the end of the long hallway, hold the handrail and swing your hips back and forth six times as if you were twirling a hula hoop. Next, walk to the start of the hallway, turn left at the ATM, and head toward the cafeteria. Walk inside, sit down and relax, maybe grabbing a snack and a drink. After exiting the cafeteria, walk straight ahead and at the ATM, jog to the left. At the main lobby, turn left and proceed down the hallway, stop in the gift shop for some retail therapy!



Station 5 (butterfly stretch)

After the gift shop, turn left and head down the hallway towards the prayer garden, which is located near the left end of the hallway. Walk outside, sit down and take six deep breaths. Take a few minutes to meditate. While in the prayer garden, sit on a bench with arms and complete a butterfly stretch.

Scan the QR codes for a relaxing labor meditation.



Station 6 (lunges)

Next, hold on to the gazebo pole with your arm, place one leg up on the seat and perform six lunges. Then, switch legs and do six more. You want to be 6 cm dilated when you get back!

Steps continued to back ➡