



The Labor Game

A Toolkit For Expecting Parents

Remy Senior Project Spring 2021 | Professor Sara Woolley COMD 4830 OL 24



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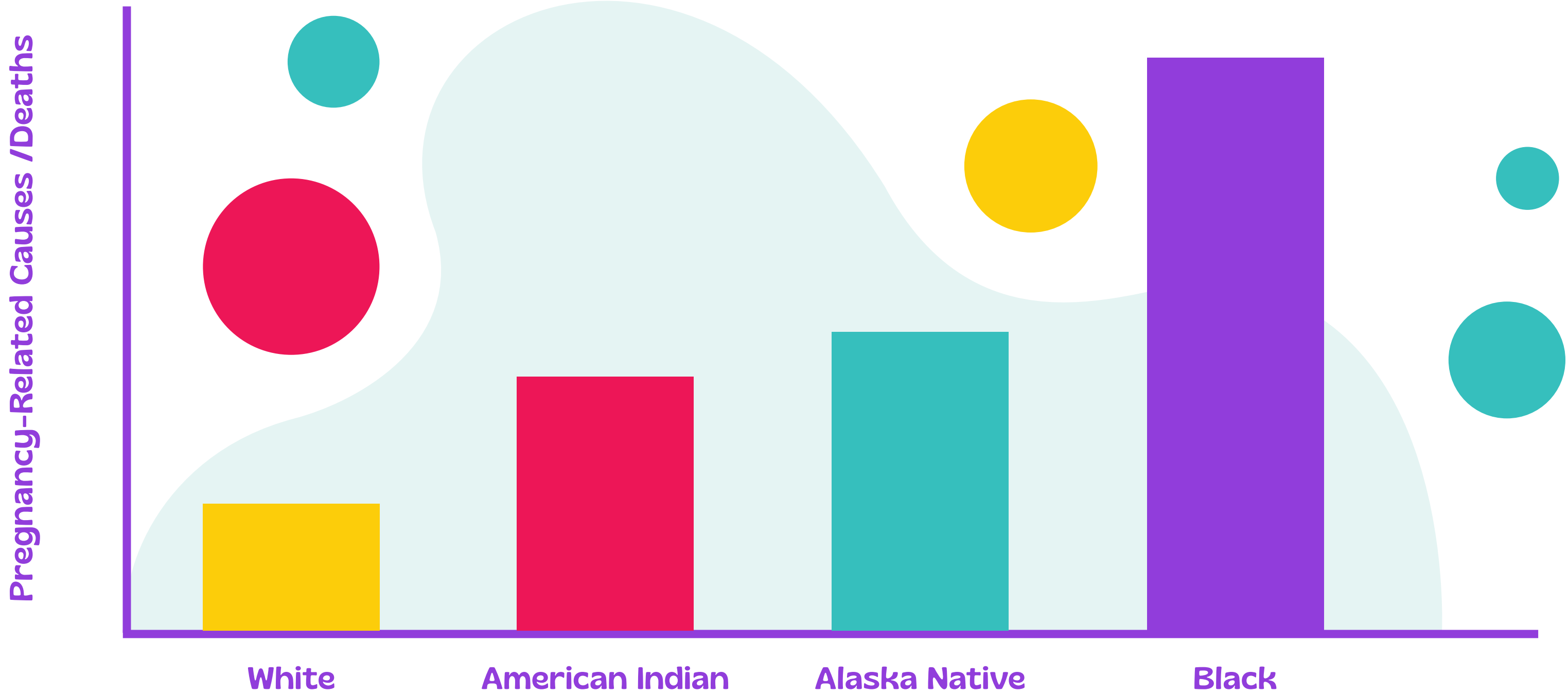
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The Problem

In the United States Black, Indigenous, and Latinx women of color experience disparities in maternal and infant health. Without an equitable and effective standard of care model, women and Expecting Parents have limited childbirth and the labor process resources.

2 to 3 TIMES MORE LIKELY TO DIE



– Centers for Disease Control and Prevention (CDC | Morbidity and Mortality Weekly Report (MMWR))

Discovery

The benefit of going into childbirth with knowledge helps Expecting Parents be more informed which builds confidence to manage the labor process. This leads to reduced use of interventions, reduced postpartum depression and greater satisfaction with the experience.

Messaging

To empower mothers and pregnant people with the tools to feel safe, be heard and cared for, I introduce The Labor Game, a board game that encourages players to be active participants in labor to **“Make A Care Decision”**.

The Labor Game educates in areas of:

- The natural labor process
- Emotional preparedness
- Pain management
- Common medical interventions
- Copping techniques
- Encourages shared decision-making

Personas

Black | 18



Bethany, I'm 3 months pregnant and work part-time at Target, in Brooklyn, on Flatbush Junction for like, 6 months. I don't know much about the labor process or childbirth. I learn everything about my baby from my mom and grandmother. I go to the doctor for my check ups though.

\$ 20,000 / YR

Latinx | 29



Alma, I am a proud dental assistant at Kaiser Permanente Dental in Los Angeles, California. I've been there for 5 years and love it. I learn about childbirth by reading mommy Blogs, and Instagram. I need to have my family at my side during labor and giving birth. I'm a little afraid of hospitals.

\$ 35,000 / YR

Native | 23



Aiyana, works at a near by market in South Dakota, Crow Creek reservation. At 4 months pregnant she is responsible for her 5 siblings. Aiyana, I feel so stuck here, housing is bad. No good jobs. It's hard living in a place where you have absolutely no resources. I want better for my baby.

\$ 28,000 / YR

Asian | 35



Mei, I'm 6 months pregnant living in Two-Bridges, New York City where my family has been for 3 generations. I visit the local clinics for regular doctor check ups. The childbirth education classes are too expensive. I would take the childbirth class but don't have \$500. That's rent you know.

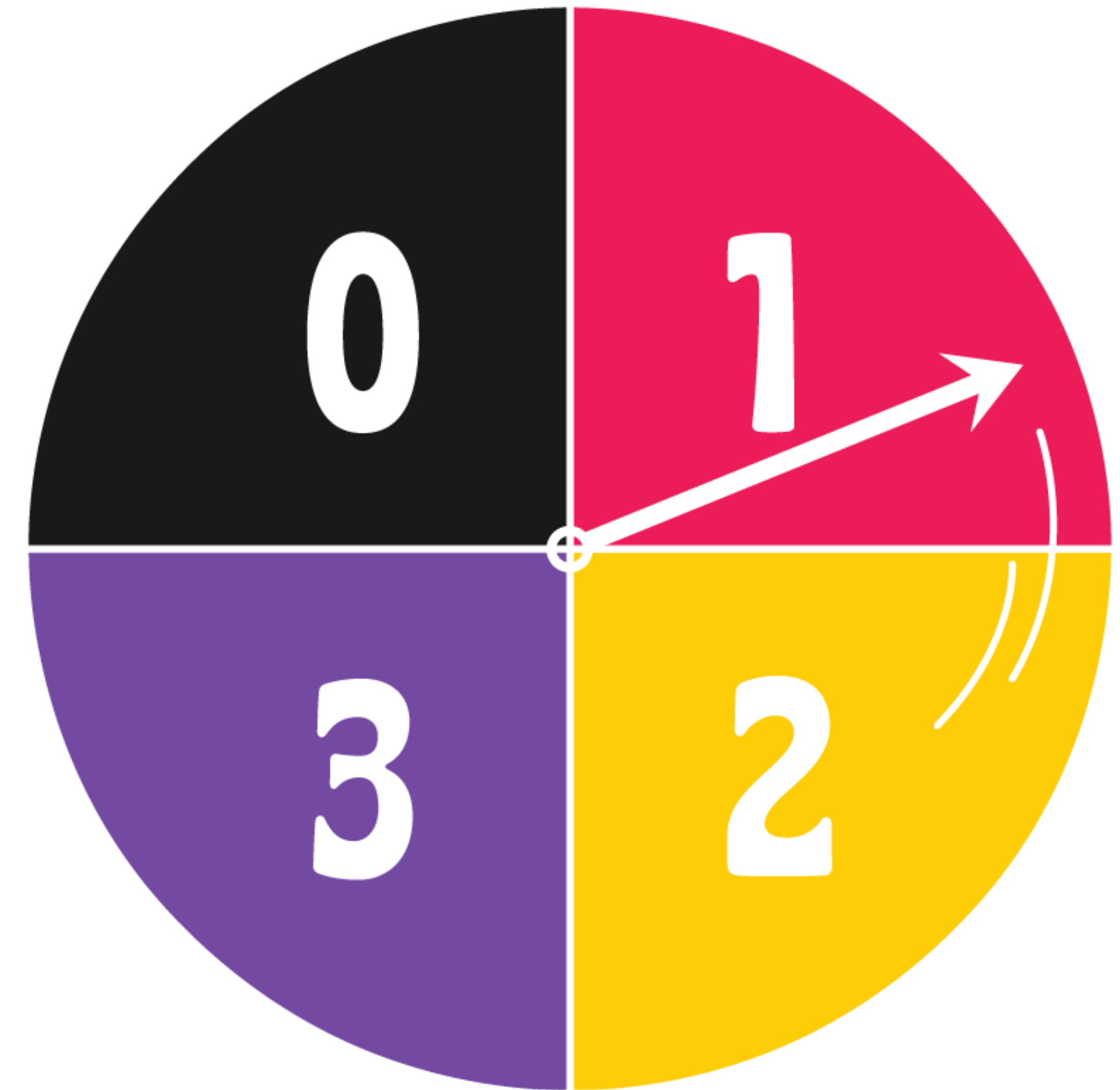
\$ 45,000 / YR

Game Play

The Labor Game is a table top board game that helps to build confidence and learn new skills while having fun. The game conceptualizes resourceful knowledge that engages players to think more about their personal goals and challenges in childbirth and labor process.

Contents

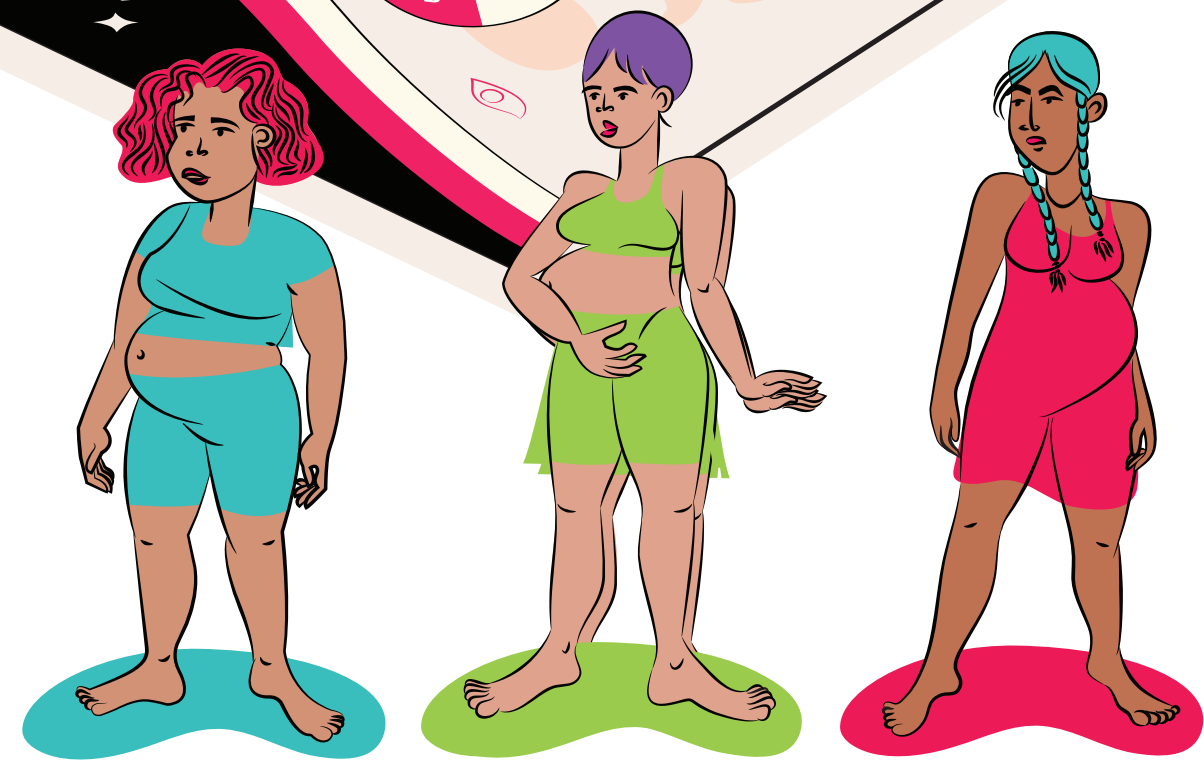
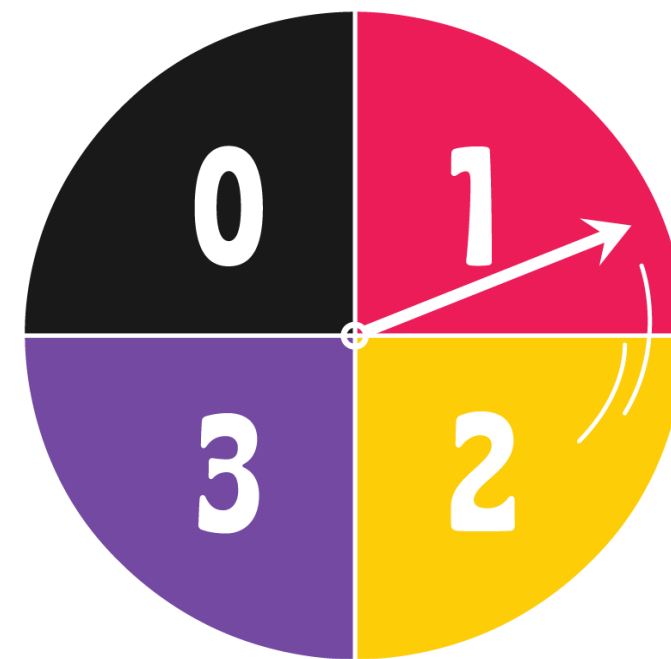
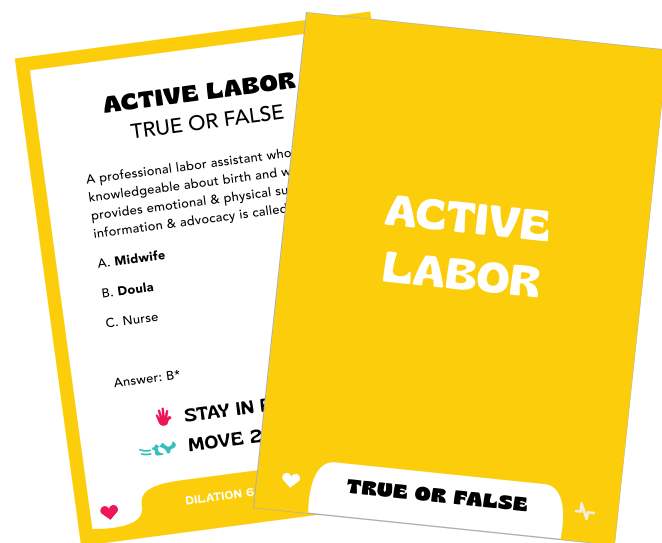
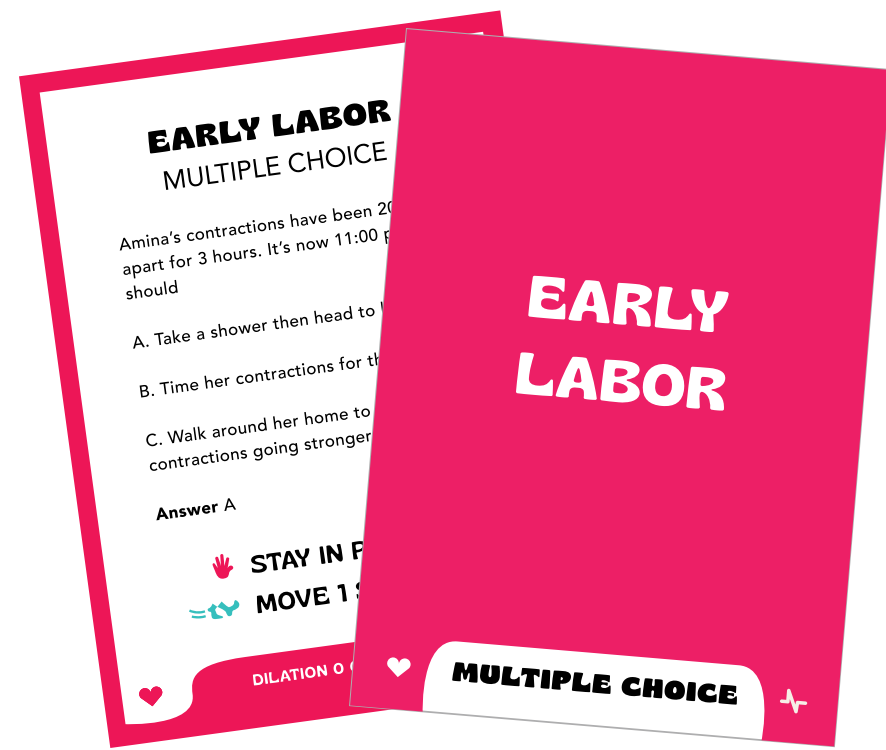
- 1 Board Game
- 1 Spinner 5 inches
- 1 Labor Positions Card
- 1 Instructions Guide
- 1 Sand timer
- 4 Game pieces
- 142 Game cards



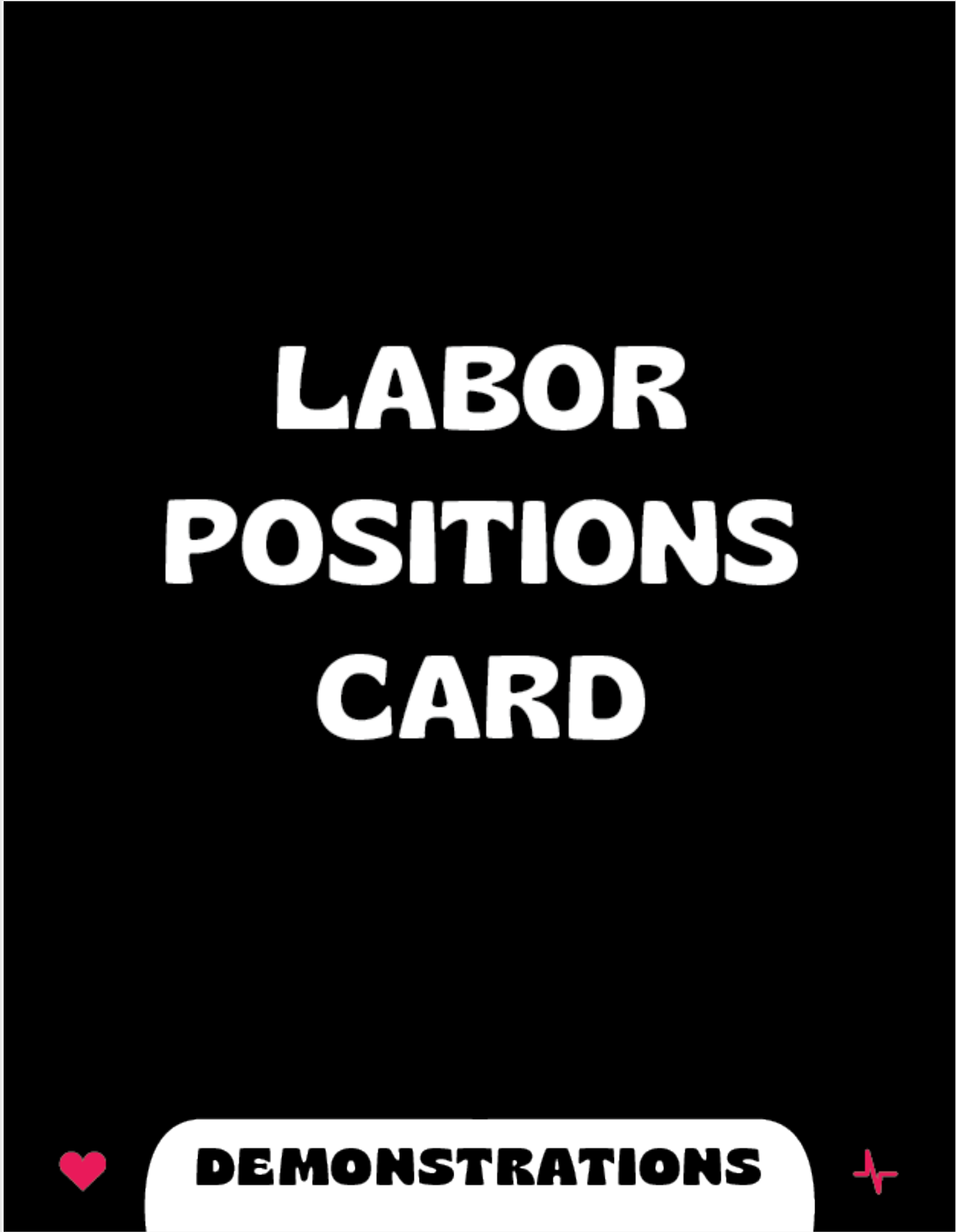
How To Play

- 1** Unfold and lay board game on a flat surface or table top.
- 2** Each player chooses one game piece and lines up at start on the board.
- 3** Players decide who goes first. Continue clockwise around the board.
- 4** On your turn, spin to know how many spaces to move forward on the board.
- 5** Any other player picks a card corresponding to the color of the path you land on, and reads the question on the game card.
- 6** Answer the question and follow directions on the game card.
- 7** If you land on a **Make A Care Decision** tile, choose a black card.
- 8** Use the ***B.R.A.I.N. tool*** to help make Care Decision.
- 9** For Demonstration Cards, you have until the sand timer runs out to complete the activity.
- 10** Follow instructions written on the board tiles.
- 11** The first to Push, wins!
- 12** Play again and have fun!

Game Set Up



Labor Positions Card



FRONT

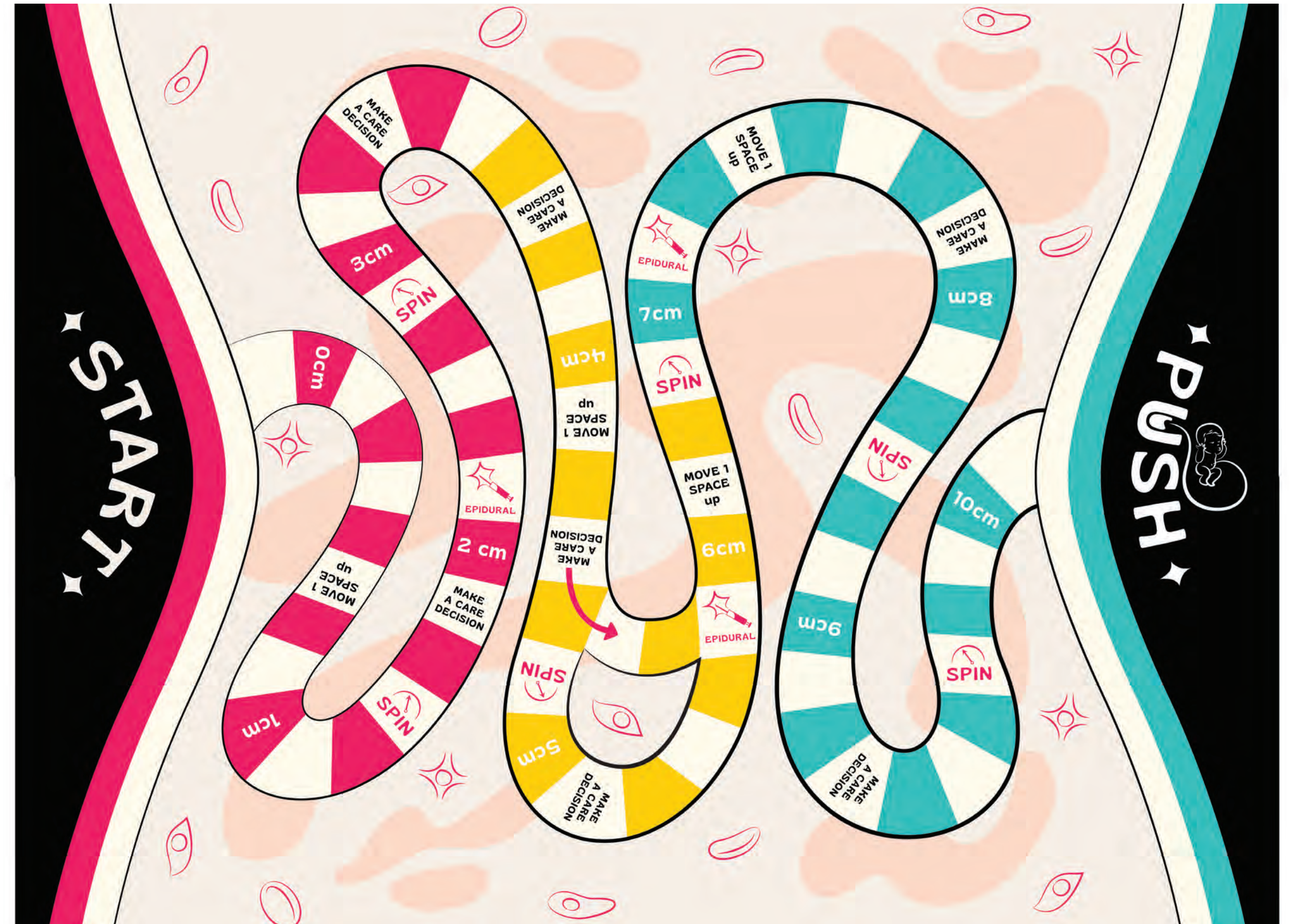


BACK

Board Game

Written directions on the color tiles direct players to Make A Care Decision.

- Board Game size - 20 w x 24 h inches
- Type - Quad fold



Board Game Layout

Board Game



Prototype

Game box prototype and template.

- Board Box size - 12h x 5d x 10w inches
- Back of box- Yellow



Game Box Mock-up



FRONT



BACK

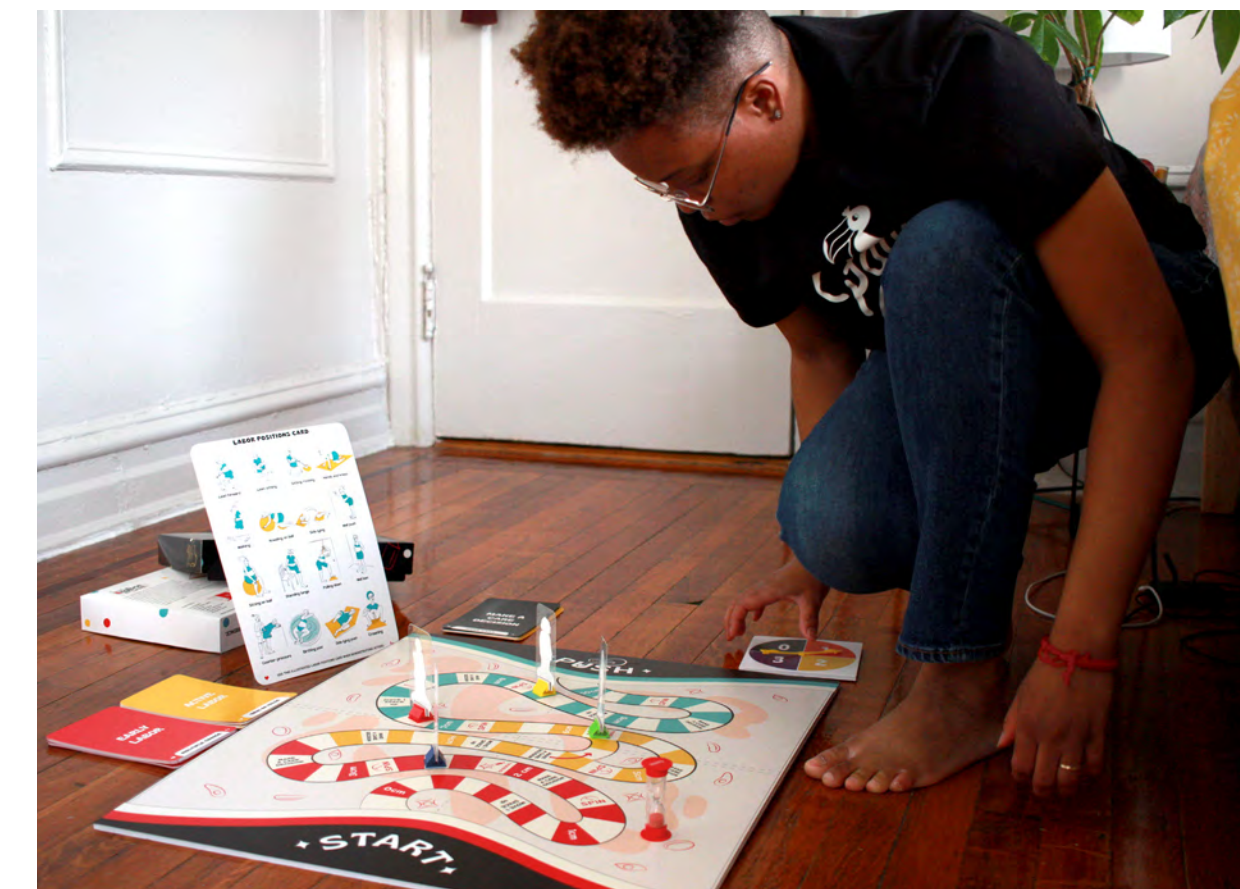
Game Box

Inside the game box:

- 1 Board Game 20 w x 24 h inches
- 1 Spinner 786 x 786 px
- 1 Labor Positions Card
- 1 Rule Book
- 1 Birth Care Plan Card + pencil
- 1 Sand timer
- 4 Game pieces - 3 x 5 inches die-cut
- 4 Game piece holders



Playing The Labor Game

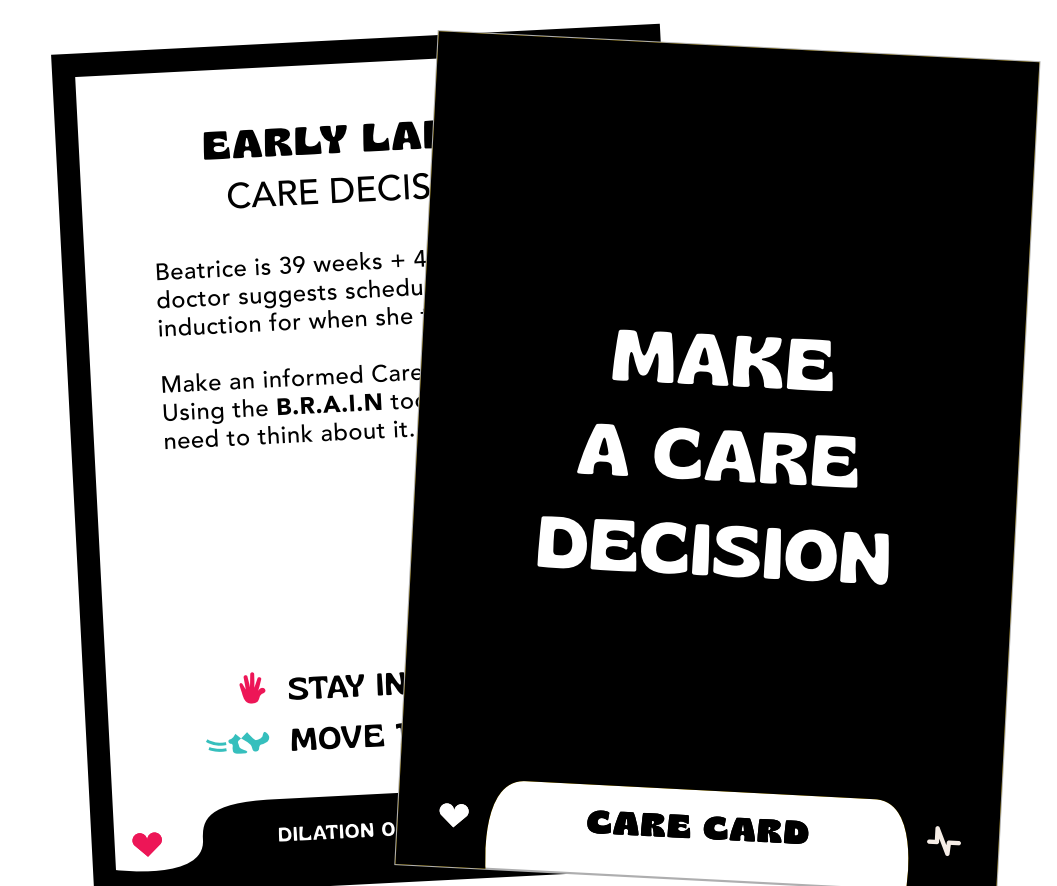
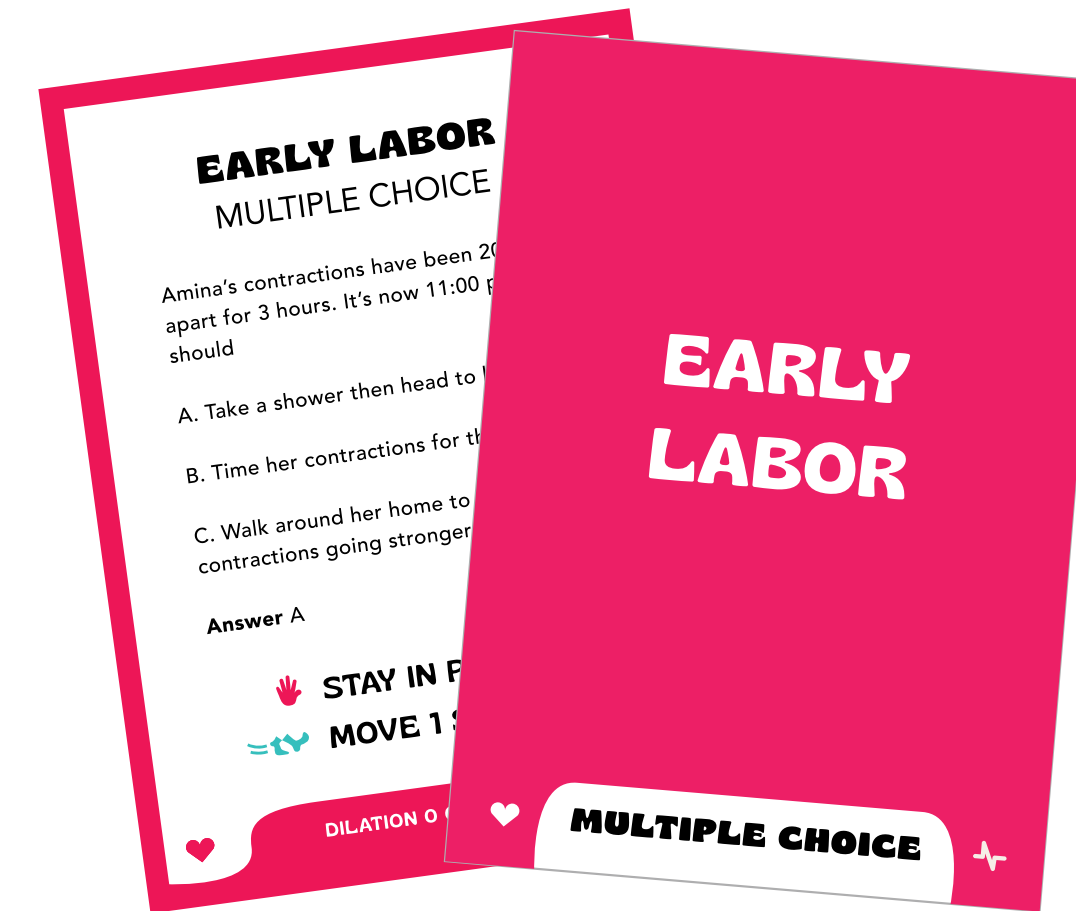


How to use Game Cards

The game cards are categorized by the 3 stages of labor. In each stage of labor players will read and answer scenario-based multiple choice questions, true or false, timed demonstrations of labor positions and **Make A Care Decision** using the **B.R.A.I.N** tool.

Each Labor category includes

- 20 Multiple Choice
- 20 True & False
- 5 Demonstrations
- 5 Care Cards
- 142 Game cards - 4 x 6 inches





Early Labor
0 cm to 6 cm dilation

Early Labor Game Cards

In Early labor women begin to experience regular contractions. They may feel excited and nervous about how things will go. This is a good time to gather her support team and stay hydrated and nourished.

EARLY LABOR

♥ **MULTIPLE CHOICE** ♡

EARLY LABOR

♥ **TRUE OR FALSE** ♡

EARLY LABOR

♥ **DEMONSTRATION** ♡

MAKE A CARE DECISION

♥ **CARE CARD** ♡

EARLY LABOR MULTIPLE CHOICE

Beatrice was grocery shopping and started to feel mild contractions. She decided to

- A. Drop everything and head straight to the hospital.
- B. Finish grocery shopping then head home.
- C. Call everyone she knows to inform them.

Answer A

👉 **STAY IN PLACE**
👉 **MOVE 1 SPACE**

♥ **DILATION 0 CM - 6 CM** ♡

EARLY LABOR TRUE OR FALSE

Analgesic pain medication is safest when given near the end of labor when contractions are most intense.

Answer: False

👉 **STAY IN PLACE**
👉 **MOVE 1 SPACE**

♥ **DILATION 0 CM - 6 CM** ♡

EARLY LABOR DEMONSTRATE

Demonstrate a labor position that is helpful for back labor (contractions felt mainly in the lower back)

Answer Hands and knees, Knee chest, forward leading with counter pressure.

See Labor Positions Card

👉 **STAY IN PLACE**
👉 **MOVE 1 SPACE**

♥ **DILATION 0 CM - 6 CM** ♡

EARLY LABOR CARE DECISION

Beatrice is 39 weeks + 4 days. Her doctor suggests scheduling an induction for when she turns 40 weeks.

Make an informed Care Decision Using the **B.R.A.I.N** tool: Yes, No or I need to think about it.

👉 **STAY IN PLACE**
👉 **MOVE 1 SPACE**

♥ **DILATION 0 CM - 6 CM** ♡



Active Labor
6 cm to 8 cm dilation

Active Labor Game Cards

In Active Labor contractions are more painful, are closer together, and last longer. The laboring person's mood becomes more serious, focused, and they are less talkative. They will need to rely more on their support team.

ACTIVE LABOR

♥ **MULTIPLE CHOICE** ✨

ACTIVE LABOR

♥ **TRUE OR FALSE** ✨

ACTIVE LABOR

♥ **DEMONSTRATION** ✨

MAKE A CARE DECISION

♥ **CARE CARD** ✨

ACTIVE LABOR

MULTIPLE CHOICE

A professional labor assistant who is knowledgeable about birth and who provides emotional & physical support, information & advocacy is called a

- A. Bleeding too much
- B. Infection
- C. Losing too much fluid

✋ **STAY IN PLACE**
 🏊 **MOVE 1 SPACE**

♥ **DILATION 6 CM - 8 CM** ✨

ACTIVE LABOR

TRUE OR FALSE

Lisa's provider has broken her water. She can expect for her contractions to become more painful.

Answer True

✋ **STAY IN PLACE**
 🏊 **MOVE 2 SPACES**

♥ **DILATION 6 CM - 8 CM** ✨

ACTIVE LABOR

DEMONSTRATE

Bethany received an epidural and still wants to use movement to help her labor progress. Demonstrate a movement that can be done in bed with the help of a support person.

Answer Sidelying and bicycling leg

See Labor Positions Card

✋ **STAY IN PLACE**
 🏊 **MOVE 2 SPACES**

♥ **DILATION 6 CM - 8 CM** ✨

ACTIVE LABOR

CARE DECISION

Bethany is 6cm dilated and her contractions are very intense. Her provider offers epidural pain relief.

Make an informed Care Decision Using the **B.R.A.I.N** tool: Yes, No or I need to think about it.

✋ **STAY IN PLACE**
 🏊 **MOVE 1 SPACE**

♥ **DILATION 0 CM - 6 CM** ✨



Transition
8 cm to 10 cm dilation

Transition Game Cards

Transition is the most intense part of labor, and also the shortest. Contractions are very intense and there is little break between them. Women may feel overwhelmed, weepy, and frustrated. The support team can increase emotional support and help the woman or pregnant person focus during contractions.

TRANSITION LABOR

MULTIPLE CHOICE

TRANSITION LABOR

TRUE OR FALSE

TRANSITION LABOR

DEMONSTRATION

MAKE A CARE DECISION

CARE CARD



TRANSITION LABOR

MULTIPLE CHOICE

Eva wonders how she will feel emotionally throughout her labor. What emotions are common in transition?

- A. Overwhelmed, frustrated
- B. Excited, nervous
- C. Serious, focused

Answer A

 **STAY IN PLACE**
 **MOVE 1 SPACE**

DILATION 8 CM - 10 CM

TRANSITION LABOR

TRUE OR FALSE

Zadie will reduce her risk of a serious tear while pushing by having an episiotomy.

Answer: False

 **STAY IN PLACE**
 **MOVE 2 SPACES**

DILATION 8 CM - 10 CM



TRANSITION LABOR

DEMONSTRATE

Demonstrate a labor position that can relieve the urge to push before complete dilation.

Answer Hands and knees, open knee-chest, hands and knees with double hip squeeze

See Labor Positions Card

 **STAY IN PLACE**
 **MOVE 2 SPACES**

DILATION 8 CM - 10 CM

TRANSITION LABOR

CARE DECISION

Nia's water has broken at home and she is having mild contractions. Her doctor gives her the option of going to the hospital now or staying home until contractions become stronger, longer, and closer together.

Make an informed Care Decision Using the B.R.A.I.N tool: Yes, No or I need to think about it.

 **STAY IN PLACE**
 **MOVE 1 SPACE**

DILATION 8 CM - 10 CM

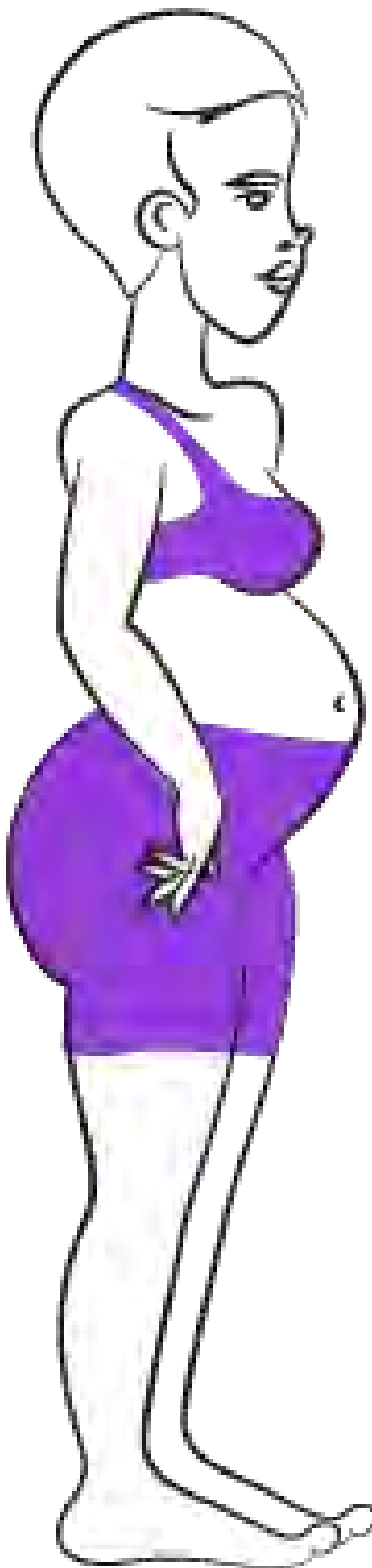
Anatomy

The character turnarounds and facial expression models illustrate the natural body types of BIPOC persons. White women are overrepresented in images related to pregnancy and parenting. The line art with limited color exemplifies the black and brown bodies.

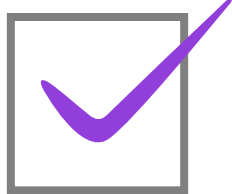
On scale, BIPOC persons have a Body Mass Index (BMI) that is normally higher density than white persons.



Black / African Turnaround



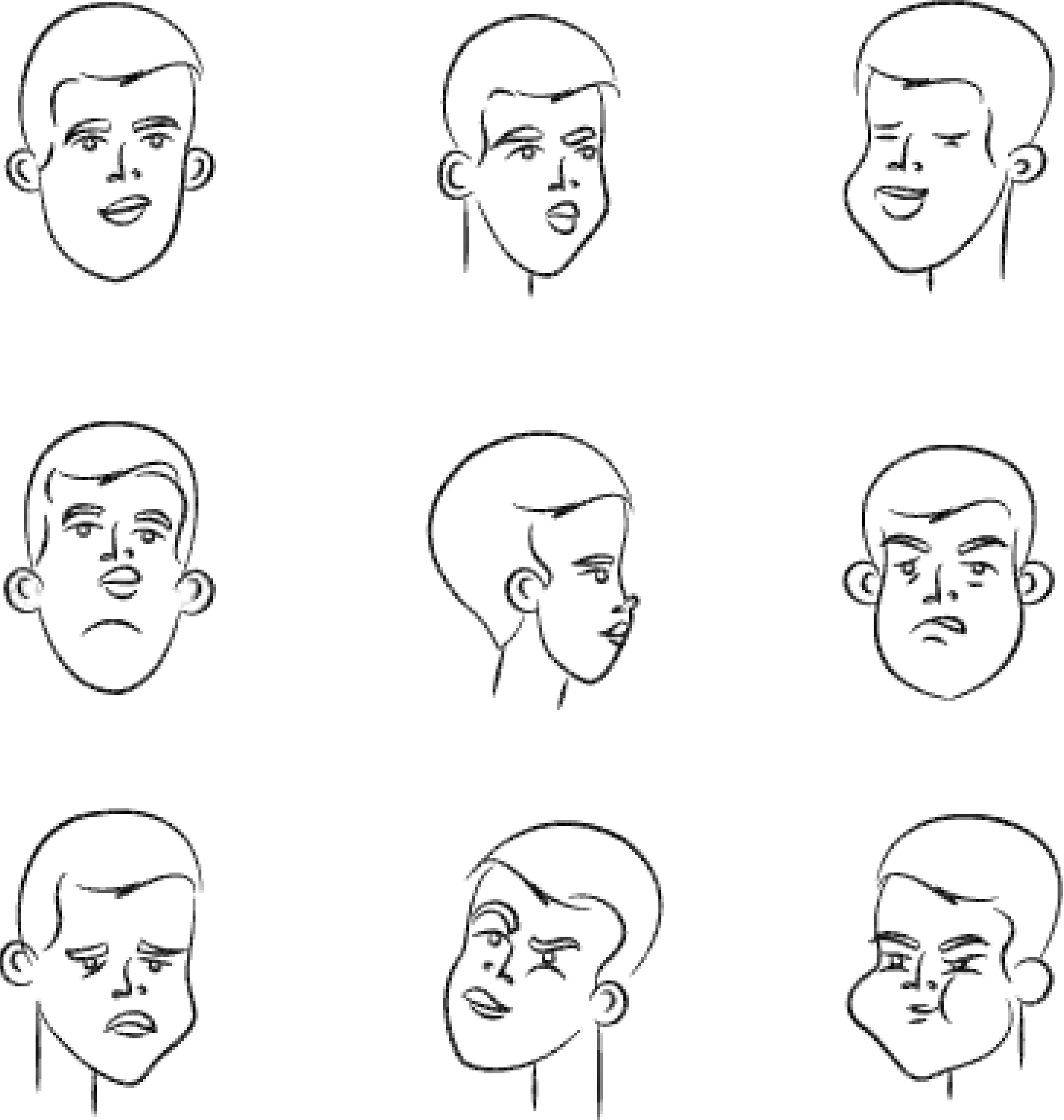
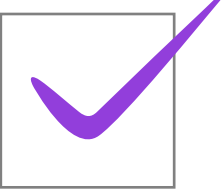
Expecting Parents Game Player



Black / African Facial Expression



Expecting Parents Game Player



Native / Indigenous Turnaround

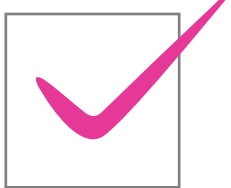
Expecting Parents Game Player



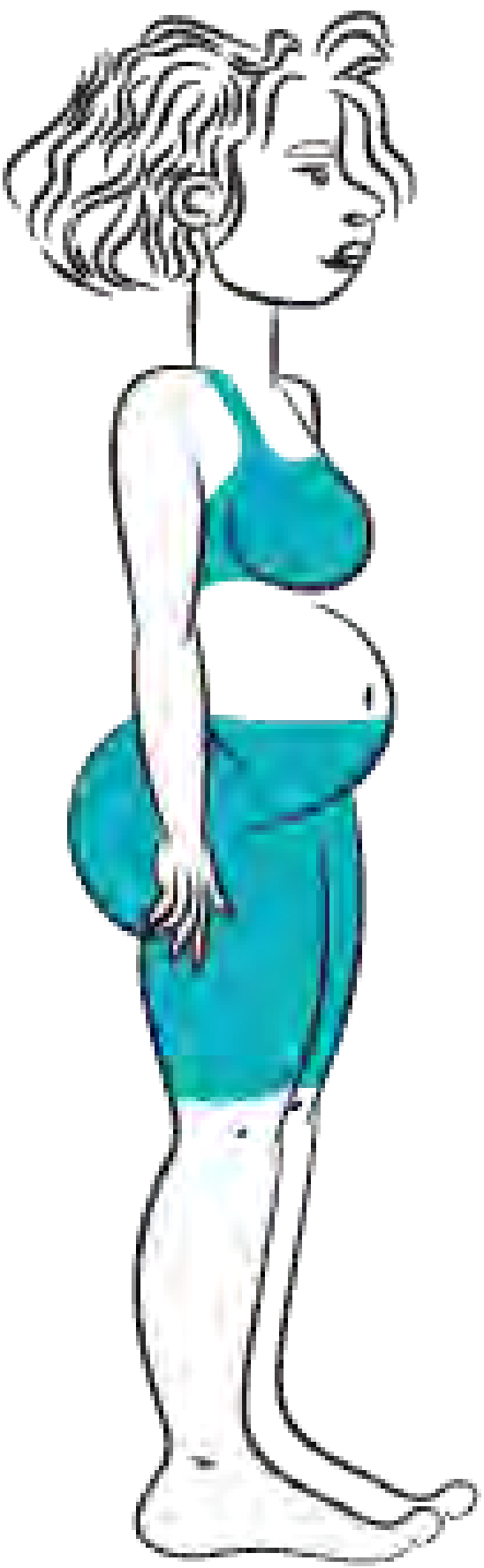
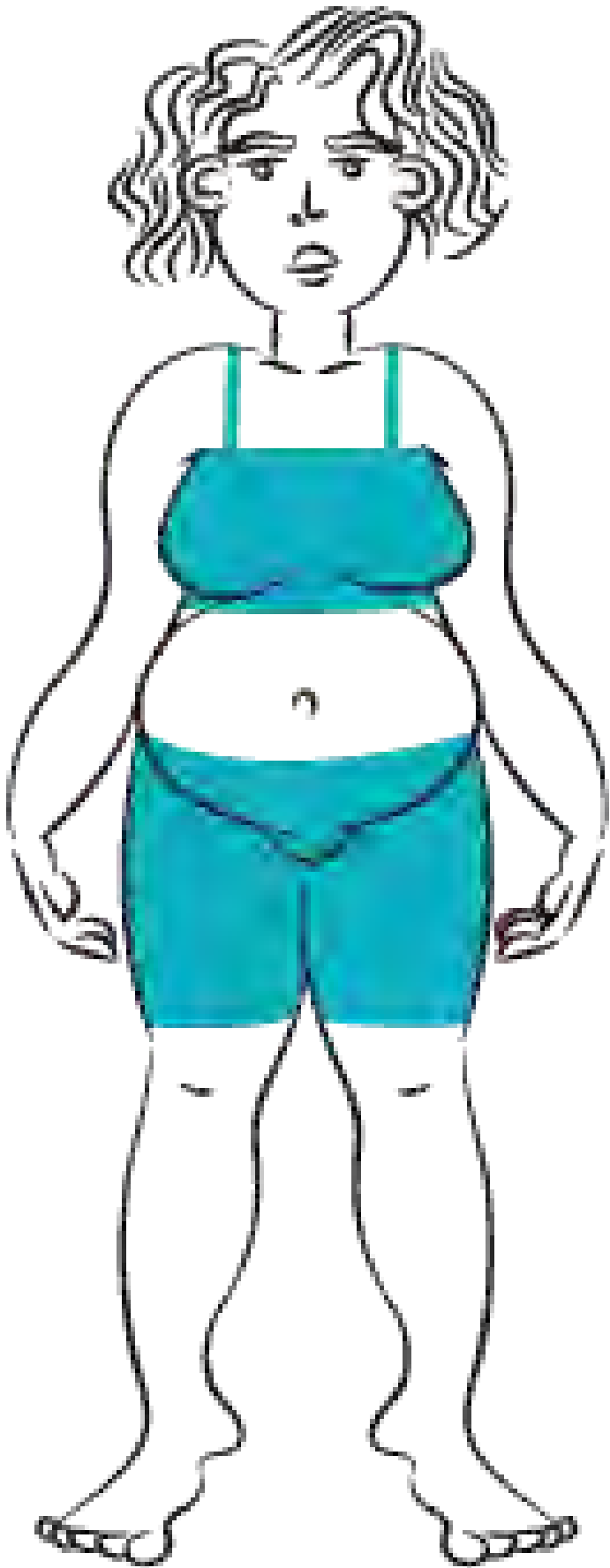
Native / Indigenous Facial Expression



Expecting Parents Game Player



Latin / Latinx Turnaround



Expecting Parents Game Player



Latin / Latinx Facial Expression

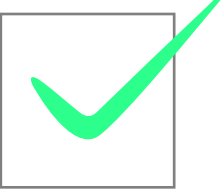
Expecting Parents Game Player



Asian Turnaround

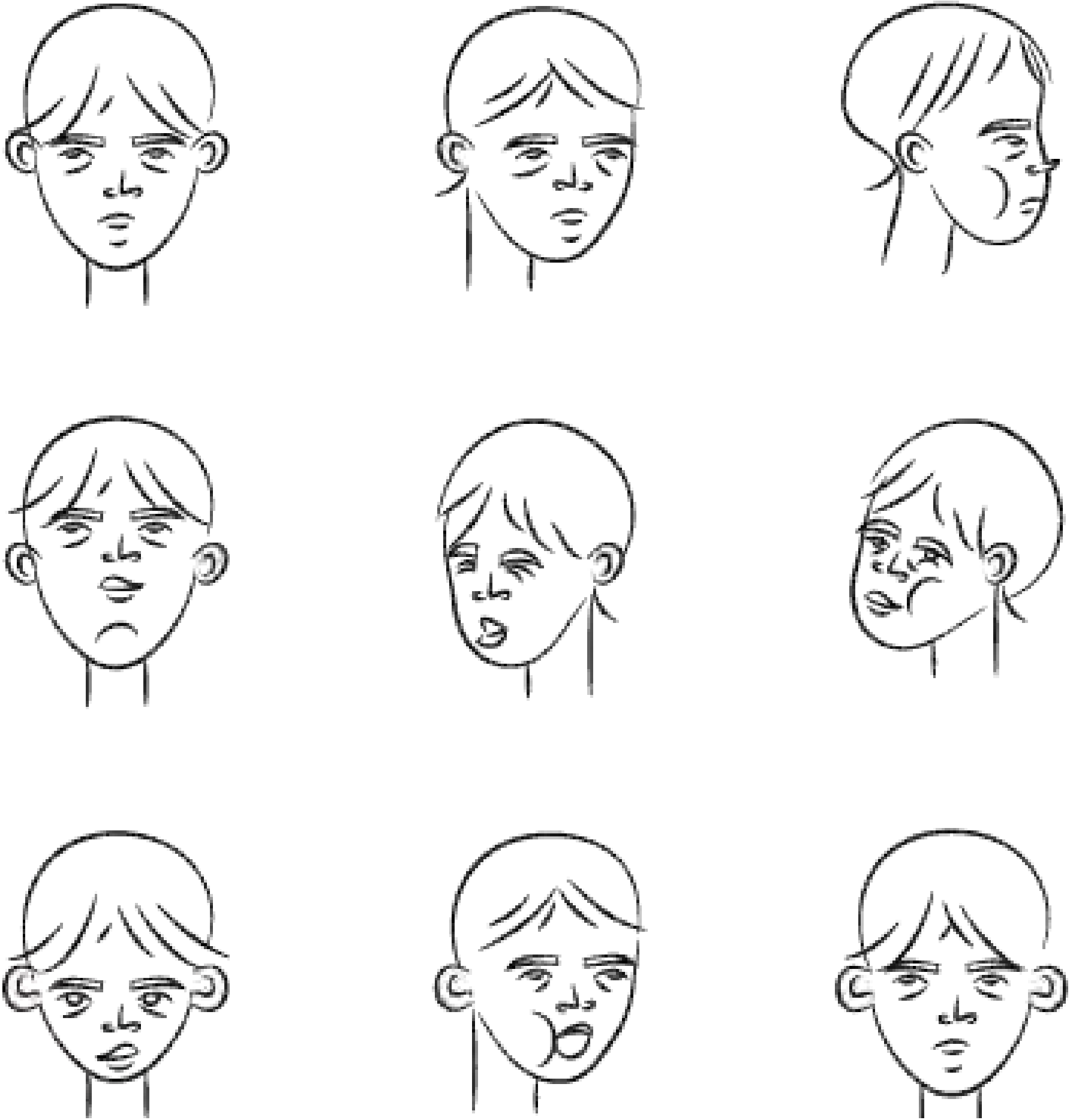
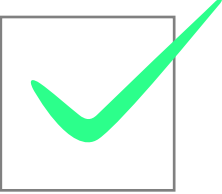


Expecting Parents Game Player

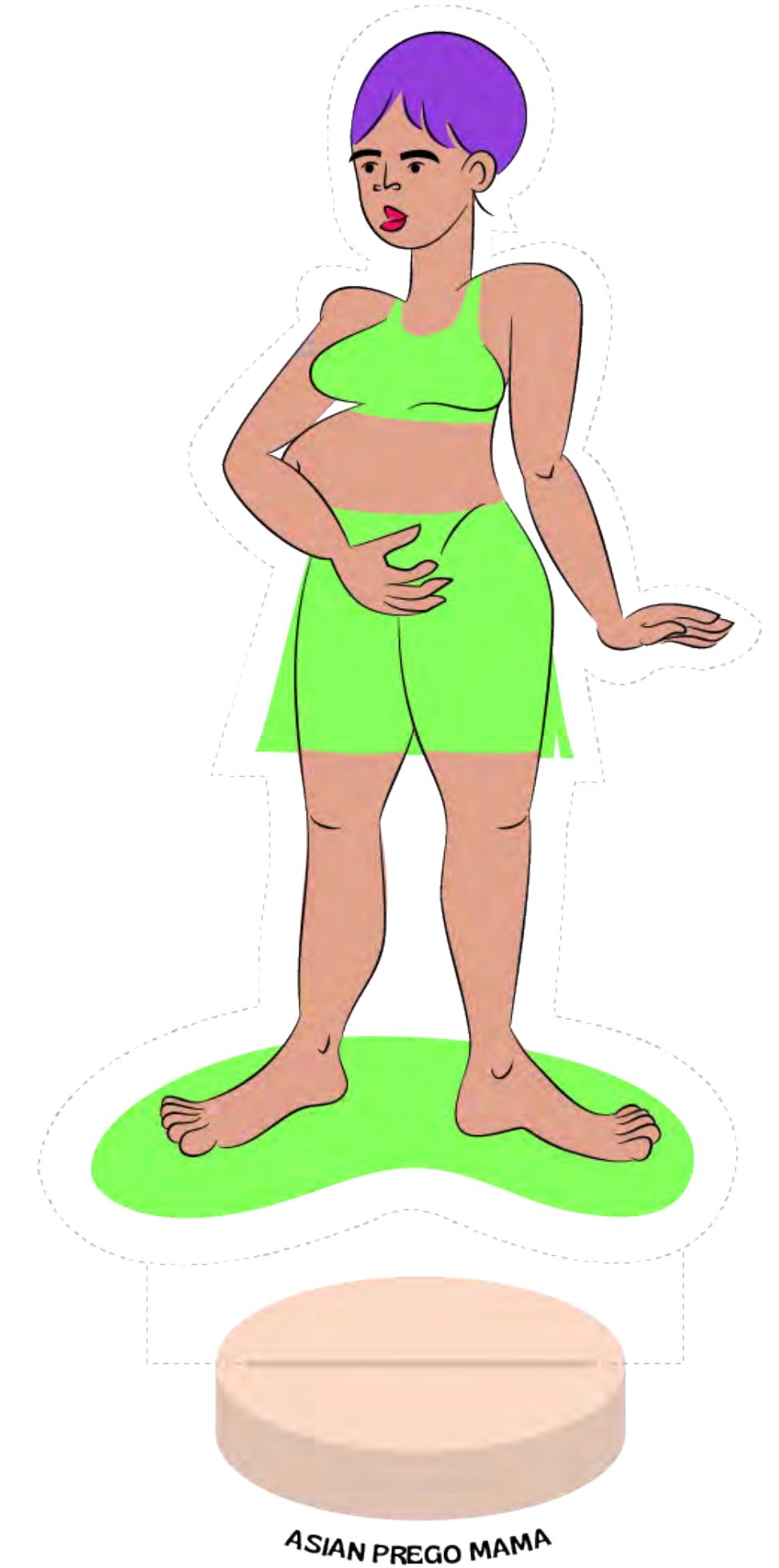
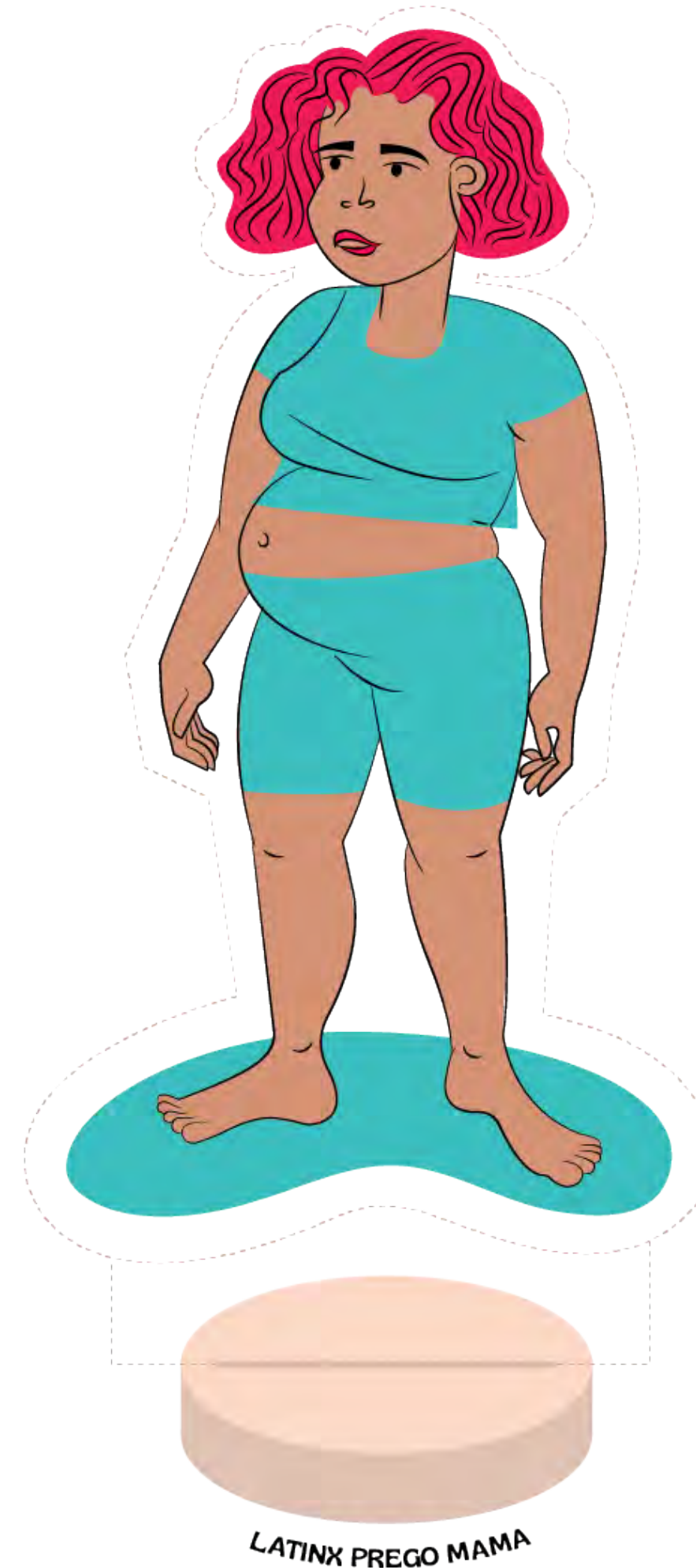
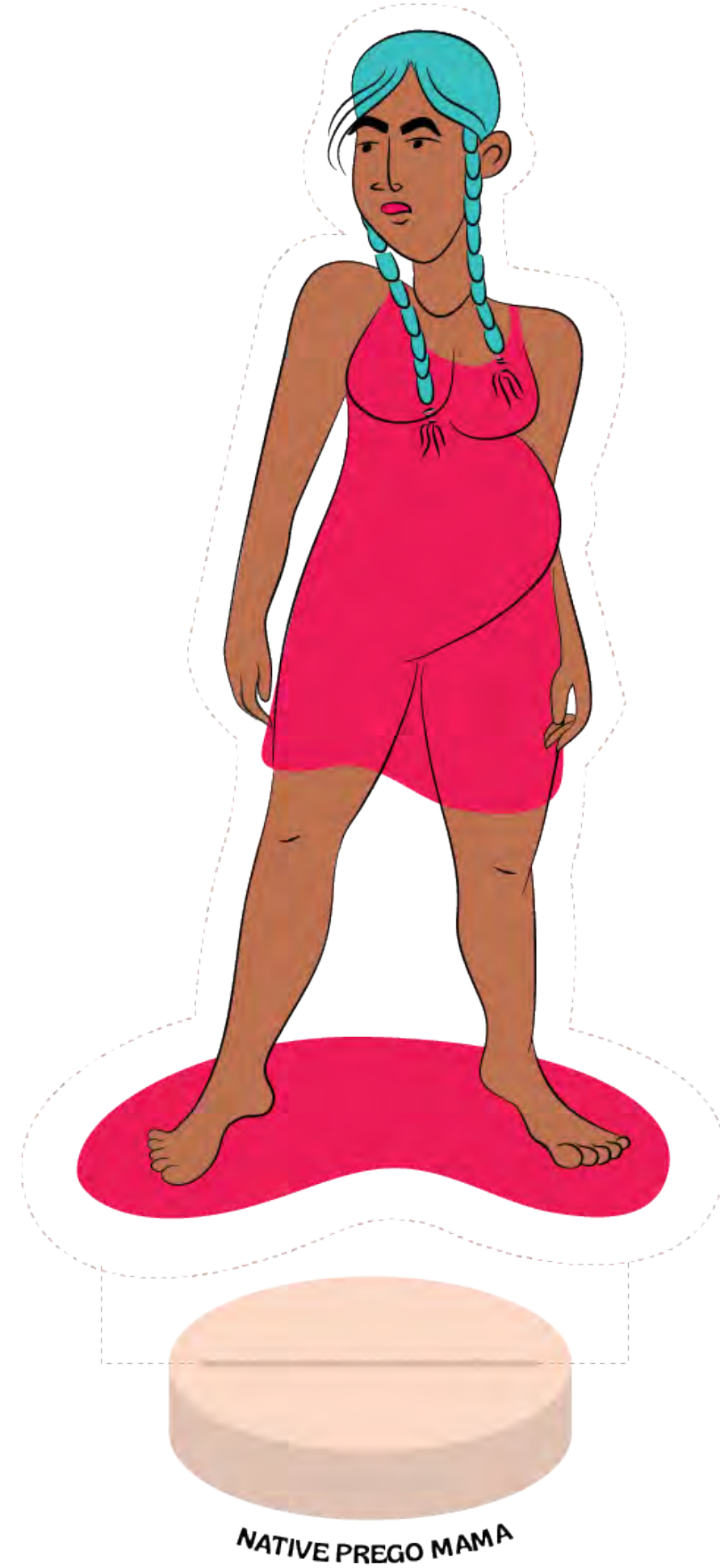


Asian Facial Expression

Expecting Parents Game Player



Game Pieces



Summary

Expecting Parents with little to no access to childbirth and labor process education need better ways to support their own maternal and infant health. Being an active participant in Making Care Decisions increases their chances of positive outcomes. Invest in The Labor Game, A tool kit for Expecting parents.



Access = Equity