



Working With Your Labour

Breathing

- Welcome & goodbye breaths
- Slow, deep breaths

Massage

- Effleurage (Slow, light rubbing of the belly)
- Foot & Hand rubs
- Back Massage (You may like a massage tool or you may prefer good old-fashioned hands. Try a massage oil or cornstarch, too.)

Atmosphere

- Aromatherapy
- Music (Check if your hospital provides a stereo; always bring your own CDs.)
- Low lighting (Moms almost always prefer the lights out.)
- Door closed

Vocalization

- Low noises
- Co-chanting (*Partner*: If mom is feeling inhibited, chant/moan/groan along with her.)

Temperature

- Hot or cold packs for belly or back
- Cool facecloths (Especially in the pushing stage.)

Pain Coping

- Movement (Change positions every ½ hour and use gravity to your advantage.)
- Shower and Bath (Great for relieving pain, speeding labour and re-energizing mom.)
- Affirmations: I Can Do It!
- Lunge
- Counter pressure
- Hip Squeeze
- Hands & Knees position
- Cold soft drink can on the lower back
- Up to pee every ½ hour

Help from Partner

- Hugs & kisses
- Encouragement: patience and confidence that She Can Do It!
- Eye contact (Look at mom, not the monitor)
- Quiet during contractions

Positions for Labour

Important Reminders

- Change positions often
- Listen to your body
- Upright positions use gravity to your advantage
- Empty your bladder every hour

