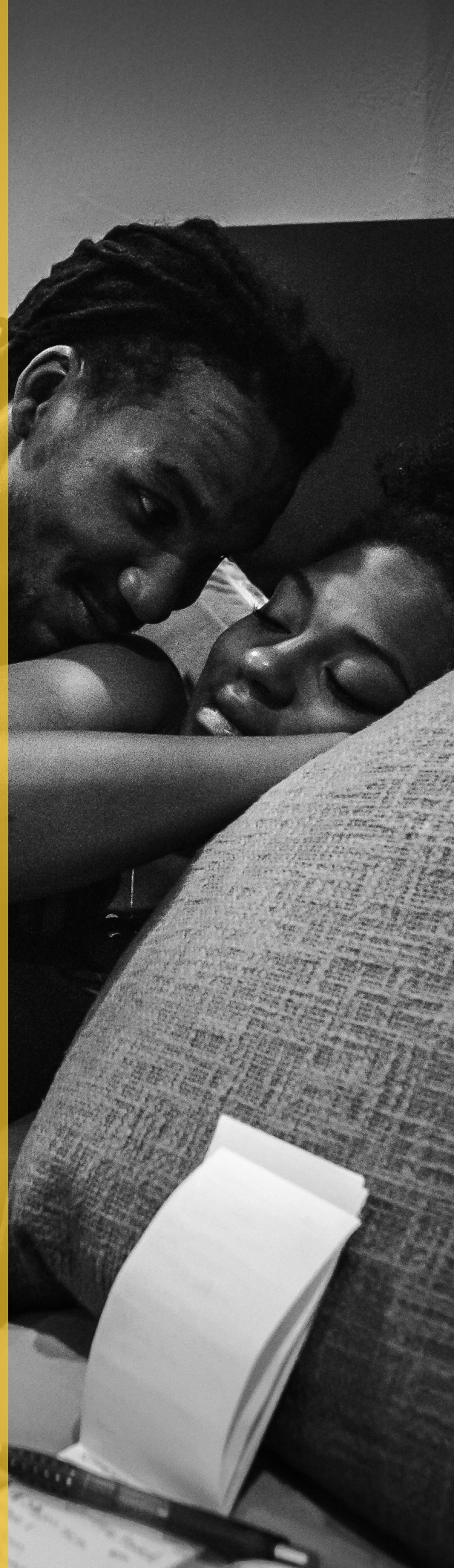


[M]OTHERBOARD RESOURCES

# COMFORT MEASURES





# COPING WITH LABOR

## NATURALLY

### HIRE A DOULA

Doulas are associated with lower epidural rates, lower cesareans, and greater satisfaction after birth.

### MASSAGE

Usually slow, even strokes feel the best. Focus on spot that seem to be holding tension.

### COUNTER PRESSURE

Press on sacrum (lower back) or squeeze hips if you're having back labor.

### HYDROTHERAPY

Get in the tub or shower!

### GET COZY

Hole up in a warm, dark place. Creating a “birth cave” atmosphere can help you feel safe. If you have a partner, cuddle, kiss, and love on them to get the oxytocin love hormones flowing!

### SELF HYPNOSIS

Though this method is best when practiced often well before labor starts.

### BREATHING

Breathe into your belly. Ride the “wave” all the way up and all the way back down.

### SOUND

Use low, deep sounds that loosen your throat and open your cervix. Put your tongue behind your teeth to relax your jaw, which also relaxes the muscles in your pelvis.



Hire a Doula



Massage



Counter Pressure / Hip Squeeze



Get Cozy



# YOU WERE MADE TO DO THIS.

## MOVE

Rock, sway, dance with your partner, walk, change positions often!

## HOT AND COLD

Use warm or cool compresses where you're holding tension (usually lower back or shoulders)

## PRESSURE POINTS

Massage points in the webbing between thumb and index finger

## VISUALIZATION

Such as waves or a flower opening. Imagine your cervix melting away like butter, your baby moving downward.

## MUSIC

Have music ready for different moods or stages of labor.

## AROMATHERAPY

Lavender can be relaxing, citrus invigorating. Consult with an aromatherapist if you have questions and never use anything internally. Make sure any scent can be taken away quickly if it starts to make you nauseous.

## DISTRACTION

Meditation, deep belly breathing, and laughter!

