

# Suggestions for labour

“Be Spontaneous and Intuitive”

“Be Flexible and Creative”

## Relaxation

- Choose comfortable positions
  - Wear comfortable clothing
  - Consciously “let go” of tension, using your breath
  - Use warmth (shower/bath/gel packs)
  - Listen to music
  - Dim the lights
  - Use yoga/meditation/hypnotherapy
  - Try aromatherapy
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## Positions

- Comfortable - use pillows/mats/beanbag/ball/support person
  - Upright and leaning forward to encourage your pelvis to open
  - Change position when you get uncomfortable
  - Experiment with different positions
  - Practice during pregnancy, so you know what is comfortable for you
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## Movement

- Rock/Sway/walk around/stamp your feet
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## Vocal

- Count/focus on sounds/repeating one word or mantra/moan/groan
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## Breathing Awareness

- Keep your breathing calm and relaxed
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## Imagination visualise and centre in

- Focus on your breathing to centre in
  - Imagine your cervix opening as uterus contracts
  - Try to 'feel' (imagine) your body opening up
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## Shift your attention elsewhere

- Concentrate (away from the pain) by focusing on your breathing
  - Count with your support person
  - Listen to music
  - Focus on a picture or object in the room, your partner's touch (massage) or the movement of your body
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## Positive attitude

- Tell yourself  
"my uterus is working hard to open up my cervix"  
"pain (contractions) is Positive because it means Power and Power means progress."  
"Each contraction brings me closer to meeting my baby!"
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## Support partner or friend

- Praise (well done, you are doing really well!)
  - Encouragement (we will see our baby soon!)
  - Liaise with staff (midwife/doctor) re: progress or concerns
  - Help with positions
  - Massage
  - Provide gel pack or cooling face cloth
  - Suggest coping strategies
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## Trust

- In yourself and in your body
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### For more information

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