





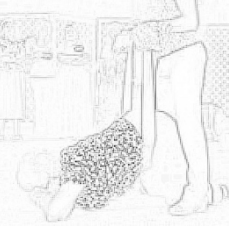


Labor Positions

Standing	Benefits	Variations
	<ul style="list-style-type: none"> relieves some back discomfort helps you work with gravity allows your pelvis to open and your baby to move down into your birth canal (a very good thing). Note: Walking adds additional hip mobility. 	<ul style="list-style-type: none"> Face to face dancing, lean on shoulder/chest "T" one arm around waist, head on shoulder, lean into partner's chest "Spoons" mom's back on partner's chest. Partner supports under arms, mom leans back. (partner can lean against wall if needed). Lean over bed or ball: Mom supports weight on a bed, table, arm of the couch, or labor ball elevated on the bed. Partner stands behind to offer back massage, counter pressure. Lunge. Mom lifts one leg on a chair, knee pointed "wide", rock or sway during contractions
	<ul style="list-style-type: none"> rocking, either on a chair or swaying back and forth allows your pelvis to move and encourages the baby to descend (down, baby, down!). can be done even during monitoring in bed, support with pillows between all limbs all limbs bent and supported good for mom if she is being monitored, needs a rest, or has medication. 	<ul style="list-style-type: none"> Sit on ball leaning forward into partner who is sitting on a chair. Sit on ball leaning backward into partner who is sitting on a chair. Sit on ball leaning forward onto bed. Sit in bed with pillows at every joint limb Straddle/sit backwards on chair (or toilet). Partner rubs back.
	<ul style="list-style-type: none"> sitting on one helps to open up your pelvis, and it's a lot easier than squatting for long periods. can be used sitting, standing, and hands & knees can be used even if you're being monitored. 	
	<ul style="list-style-type: none"> can be used for labor and/or birth (pushing) opens up the pelvis to give your baby more room to move on down. requires good labor support and/or furniture to hold onto 	<ul style="list-style-type: none"> Partner sits on footstool. Mom sits on floor, partner lifts her slightly off floor Mom laces hands around a post (bed, column, etc.) Tilt back, then lower into squat. Tie a rebozo to support and dangle Mom sits in chair, lowers to squat while holding "squat bar"

<p>Side-lying</p> 	<ul style="list-style-type: none"> • is much better than lying on your back because it doesn't compress the major veins in your • can use if you've had an epidural or if you're being continuously monitored – or if you just need to lie down • for a while. • lying on your side also puts your partner in a good position – he'll be better able to put his best massage • techniques to use. • Side-lying can also be a good delivery position – it can help slow a too-fast labor, as well as ease contraction pain 	<ul style="list-style-type: none"> • “pretzel” leans far forward with knee elevated off of bed on pillows. • Knee lift (for pushing) • Passive pelvic tilt
<p>Hands & Knees</p> 	<ul style="list-style-type: none"> • Use gravity to turn the baby • Position mom to receive back massage • variety of positioning (using a ball, chair, or just arms) • great for back labor • encourages the baby to move forward, taking the pressure off your back. • can be used during monitoring • can be used for labor and/or birth (pushing) • allows you to do pelvic tilts for comfort • opens the pelvis and uses gravity 	<ul style="list-style-type: none"> • Pillows • Labor ball • Back of bed • Foot stool
<p>Rebozo</p> 	<ul style="list-style-type: none"> • Provides counter pressure • Help baby align over pelvis (spread cloth over belly, partner lifts or pulls toward back) • Help mom push 	<ul style="list-style-type: none"> • Position of Baby • Spread cloth over belly while Mom is in a standing or hands-and-knees position. • Partner lifts or pulls back toward self. • Back Support • Spread cloth behind mom's back while she's sitting / laying in a chair or bed). Pull up on back. • Pushing: Put rebozo under mom's shoulders to lift her • Tug of War with rebozo.

Strategies for Labor

BREATHING:

Practice your breathing exercises while relaxed, breathe at a comfortable rate, and stop if you feel light-headed or dizzy. Breathe at a natural, relaxed pace, either in and out through an open mouth and nose or in through your nose and out through your mouth. Focal points, either internally or externally, are often helpful in staying concentrated on the breathing exercises to help keep the body relaxed. Some women may focus on a serene scene or moment with their eyes closed, while someone else may find it helpful to open their eyes and focus on a particular object they love, or their partner's face, while breathing and having a contraction. Be open to trying it both ways so that as labor becomes more intense, you have alternatives.

Cleansing Breath

- Do it at the beginning and end of a contraction
- Helps you completely relax
- Signals support team to help
- Gives your baby a boost of oxygen
- To take a cleansing breath, inhale in a long-exaggerated manner either through your nose only or through an open mouth and nose, then exhale deeply, letting all the air and tension out. As you exhale, think of releasing all the tension from the body to help you fully relax.

Slow Pace Breathing

- This type of breathing is low and deep in the abdomen, similar to being in a deep sleep.
- Begin with it; return to it when possible
- Helps your body relax - improves efficiency of labor
- Helps you stay in control.

Accelerated Breathing

- Happens naturally with intensity or fatigue
- Is a signal to support people to help more
- Can redirect it

Pattern Breathing

- Many women find it helpful to breathe to something rhythmic such as someone counting or telling you affirmations in a low and calm voice. To end, take a cleansing breath, completely blowing away the tension.

RELAXATION:

- Progressive
- Relaxation Intro imagery
- Focus and visualization

MEDITATION:

- Meditation is a holistic discipline by which the practitioner attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness.

CONTINUED PREPARATION

Intentional relaxation at intervals

- One night each week, practice deep relaxation with distractions During commercial breaks, or while sitting at red lights

Journal items:

- Candid reflections on your thoughts about
- Birth as a concept for women
- Your expectations for your labor
- Your hopes and dreams for your baby
- The values and traditions you plan to convey to your baby
- Wisdom you attribute to your parents and grandparents that you will pass to the baby

Introspection:

- In the process of introspection, take fearless inventory of the messages you have about your body, your marriage, your fears. If any “inhibitors” bubble up, encapsulate them and examine them, process them, and find the positive truth and remedy.

COMFORT MEASURES

The 3 R's: Rhythm, Ritual and Relaxation

Rhythm: Rhythmic movement, breathing, or massage contributes to a woman's relaxation. It is neurologically and physically soothing to have predictable, rhythmic coping skills.

Ritual: Anticipating what to do during each contraction relieves uncertainty and builds confidence. Focus on the conceptual strategies rather than a particular technique, so you have more options. Select a breathing strategy, massage technique, pattern, movement and sensory input for every contraction.

Relaxation: Tension amplifies pain and expends unnecessary energy. Relaxation contributes to a faster, easier, less painful birth. Condition yourself to relax (spaghetti-limp-limbs) with each cleansing breath. Intentionally relax both during contractions and following contractions.

Coping Skills: The Puzzle Pieces

There are many strategies women use to focus on being relaxed and in control, which can mean an easier, more satisfying birth experience. The skills fall into five categories: Breathing, Relaxation, Positioning, Massage and Sensory. There are multiple strategies in each category. Learn them individually, then practice them in different combinations to make effective coping techniques. Movement, labor support, and sensory distractions will contribute to the effectiveness of the strategies.



Breathing

- Cleansing Breath
- Slow Pace
- Accelerated Pace
- Patterns

Relaxing

- Imagery
- Visualization
- Conscious Focus

Positioning

- Standing
- Sitting
- Squatting
- Side lying
- Birthing

Massage

- Hands/arms
- Feet/legs/hips
- Back/neck
- Counter pressure
- Hip squeeze/pressure

Sensory

- Taste
- Smell
- Texture
- Sound

Movement

- Lunge
- Rock
- Sway/Dance
- Pelvic tilt

Labor Support

- Rebozo
- Passive pelvic tilt
- Affirmations

Goodie Bag

- Tennis ball
- Rolling pin
- Massage oil/lotion
- Heat/Ice pack

Essential Oils

- Peppermint
- Lemon
- Clary Sage
- Gentle Baby