

Reframe the Pain. Pleasant Sensations (sights, Use Affirmations. sounds, smells, touch) help **Ask Questions** Distract from the Pain Consider Counter-Irritants. Minor discomforts may make labor feel more manageable Reframe the Pain, Use Affirmations. **Ask Questions** Consider Counter-Irritants. Minor discomforts may make labor feel more manageable Reframe the Pain. Use Affirmations. **Ask Questions** 

Consider Counter-Try Using Upright Try Using Upright Irritants. Minor Positions, Leaning Positions, Leaning discomforts may Forward, Move to Forward, Move to make labor feel Open the Pelvis Open the Pelvis more manageable Reframe the Pain. Pleasant Sensations (sights, Pleasant Sensations (sights, Use Affirmations. sounds, smells, touch) help sounds, smells, touch) help **Ask Questions** Distract from Distract from the Pain the Pain Consider Counter-Try Using Upright Try Using Upright Irritants. Minor Positions, Leaning Positions, Leaning discomforts may Forward, Move to Forward, Move to make labor feel Open the Pelvis Open the Pelvis more manageable Reframe the Pain. Pleasant Sensations (sights, Pleasant Sensations (sights, Use Affirmations. sounds, smells, touch) help sounds, smells, touch) help **Ask Questions** Distract from Distract from the Pain the Pain Consider Counter-Consider Counter-Try Using Upright Try Using Upright Irritants. Minor Irritants. Minor Positions, Leaning Positions, Leaning discomforts may discomforts may Forward, Move to Forward, Move to make labor feel make labor feel Open the Pelvis Open the Pelvis more manageable more manageable Reframe the Pain, Reframe the Pain, Pleasant Sensations (sights, Use Affirmations, Use Affirmations. sounds, smells, touch) help

Reframe the Pain.

Use Affirmations.

**Ask Questions** 

Pleasant Sensations (sights,

sounds, smells, touch) help

Distract from

the Pain

**Ask Questions** Distract from the Pain Consider Counter-Try Using Upright Irritants. Minor Positions, Leaning discomforts may Forward, Move to make labor feel Open the Pelvis more manageable

Pleasant Sensations (sights, sounds, smells, touch) help **Ask Questions** Distract from the Pain Consider Counter Try Using Upright Irritants. Minor Positions, Leaning discomforts may Forward, Move to make labor feel Open the Pelvis more manageable