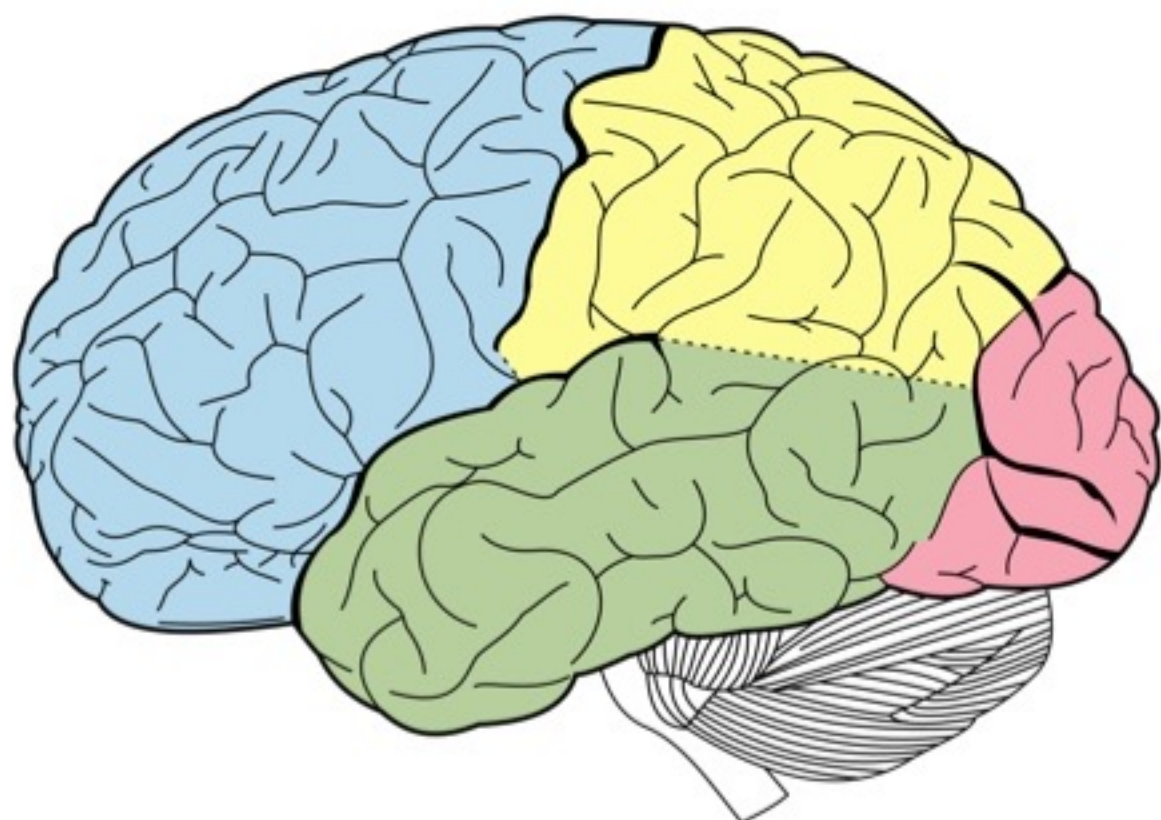


Comfort Techniques for Labor Pain

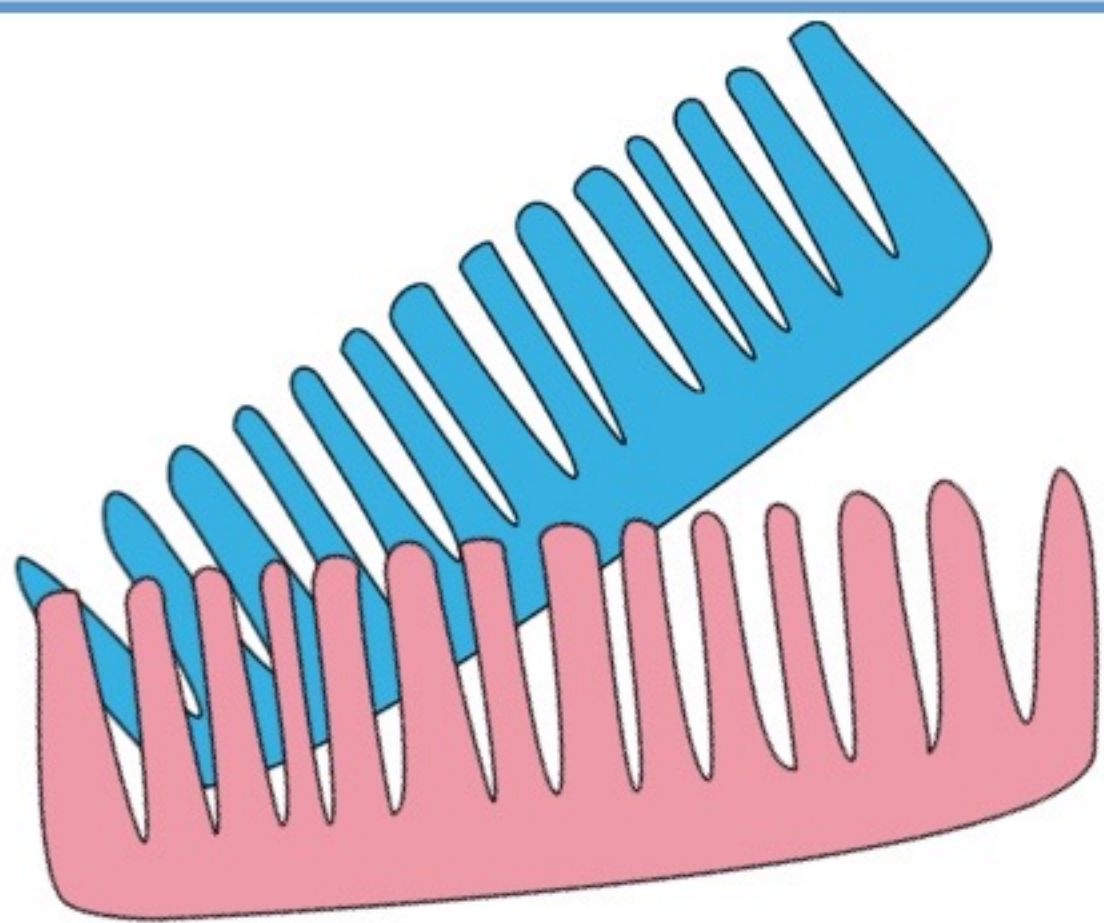
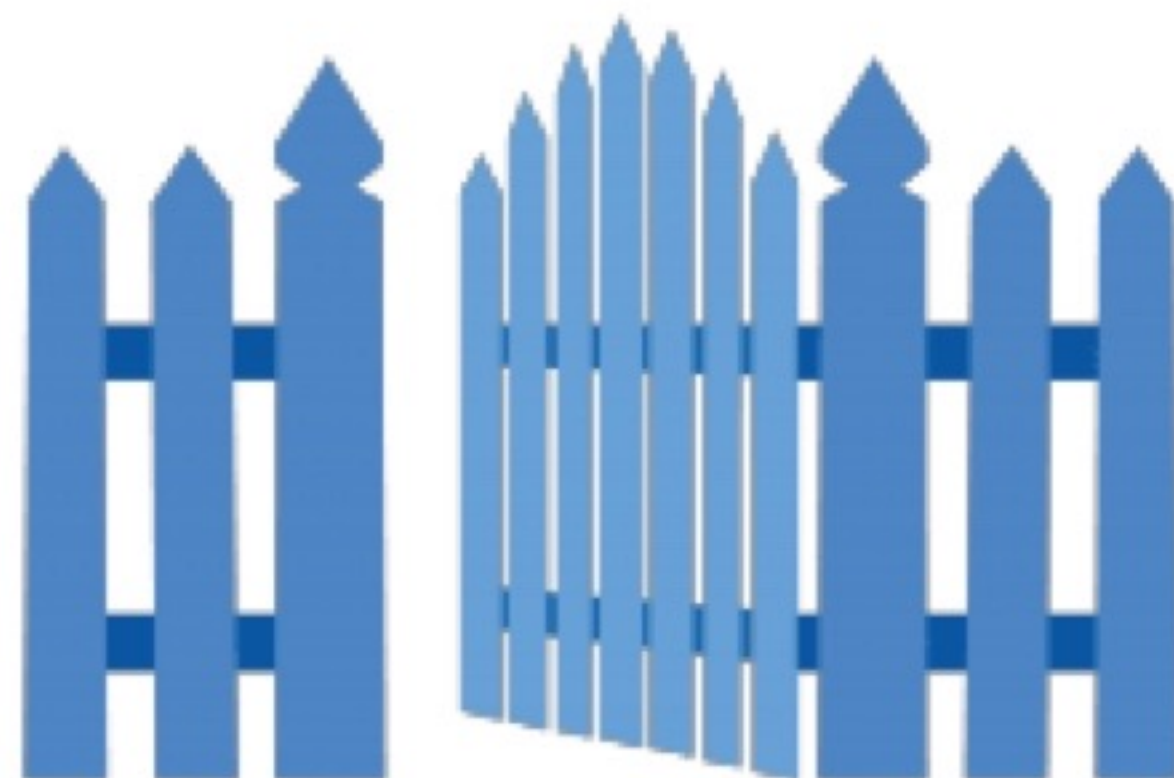


Cognitive Strategies:

Choose what to think about during labor and how to think about labor pain differently.

Gate Control:

Focus your attention on pleasant sensations to help distract you from the pain.



Counter-Irritants:

Create minor discomforts you control to distract from labor pain that you can't control.

Body Mechanics:

Change positions and move to help baby find the best possible position for labor progress.



Learn more at
www.TransitionToParenthood.wordpress.com

Cognitive strategies

- Take childbirth classes during pregnancy to learn what to expect and reduce fear of the unknown.
- Shift your attention from the pain to something positive (prayer, affirmation, counting, your breath).
- Visualize somewhere you feel safe.
- Visualize breathing in what you need (e.g. relaxation) and breathing out what's not helpful (tension).
- Relaxation techniques and breathing techniques.

Gate Control Techniques (“pleasant distractions”)

- Pleasant sounds: Music, partner's voice, the sound of the shower, recording of nature sounds.
- Pleasant things to look at: Pictures of loved ones or places where you've traveled to, physical objects you like to look at.
- Pleasant things to smell: Scented lotion, a lavender sachet, or other aromatherapy.
- Pleasant tastes: Favorite foods and drinks.
- Pleasant things to touch: Stuffed animal, partner's hand, smooth blanket, stress ball. Bath and shower.
- Pleasant touch: Massage hands & feet, effleurage on belly, massage. Heating pad or ice pack.

Imagine weaving a quilt to wrap up in – a beautiful environment of compatible sound, sight, sense, and touch.

Counter-irritants

- Birth Combs
- Acupressure, TENS, or sterile water blocks
- Spontaneous—if she's begins to do things like biting her lip, squeezing bed rails, and so on, help her to do this in a way that helps her but does not injure her.

Body Mechanics

Choose “U.F.O” positions that are Upright, Forward-leaning, and moving in ways that Open the pelvis.

- Standing and leaning your weight onto a chair or table, while you sway your hips
- Slow dancing with your partner,
- Walking, climbing stairs
- Sitting on a birth ball and rolling back and forth, or rocking in a rocking chair
- Getting on your hands and knees and rocking back and forth or swaying your hips side to side
- Pretty much anything that gets you upright, leaning forward, and rocking in rhythm

Double hip squeeze technique: Place hands on the roundest, “meatiest” parts of her buttocks. Press those hands inward, towards each other, and toward her belly button.

Counter-pressure technique: Place a palm on her sacrum – press down firmly for full contraction.