



## Comfort Measures in Birth

This list is not all-inclusive but is a good starting point when thinking about how to support a person in labor. Review the options prior to birth as you create your birth plan: How is each done? What materials are needed? Does the person in labor find it helpful? Typically, 3-5 options will be used in labor, but keep in mind that things may change, and things that sounded helpful when creating a birth plan ultimately may not prove to be helpful at go-time. Keep this list in your tool belt.

### Movement Techniques for the Laboring Person

- Pelvic Rocking/Cat-Cow
- Walking
- Rocking on Birth Ball
- Gentle Yoga & Hip Openers (child's pose, deep squats, side lunges)
- Dance Through Contractions with Partner
- Side-Lying Position Changes
- Rebozo Sifting
- Hands & Knees
- Intuitive Movement

### Mental Techniques for the Laboring Person

- Visualization
- Meditation - guided via birth partner or app OR self-guided
- Counting
- Chanting
- Affirmations - write your birth affirmations down prior to labor
- Cleansing breath to start and end each contraction
- Yogic Breathing - three part breath, alternate nostril breathing, lion's breath, ocean breath
- Journaling - can be written or by voice memo
- Eye Contact with Partner or Doula

- Silence
- Crying

### Hands-on Techniques for the Birth Partner

- Double Hip Squeeze - use both hands to apply squeezing pressure to both hips
- Counter pressure - apply firm pressure to sacrum with the base of your palm
- Leaning into Partner
- Assisted Squatting
- Firm Pressure to Areas of Intense Sensation
- Massage Low Back - as intensity of contraction increases, so does your pressure
- Massage Upper Body - between contractions, massage neck, shoulders, arms, hands
- Hold Hands
- Acupressure Points (LI4 between thumb and index finger stimulates contractions, SP6 just above inner ankle assists dilation)
- Cuddling
- Hair Brushing
- Intimacy

### Hands-off Techniques for the Birth Partner

- Express Confidence

- Encouragement & Affirmations
- Express Love & Unwavering Support
- Be Present
- Offer Sips of Water, Cool Cloth, or Ice Chips
- Fanning

### External Techniques

- Hot Packs or Cold Packs on Lower Abdomen or Back
- Bath or Birth Tub
- Shower with Birth Ball

### Techniques for your Environment

- Dim Lighting and/or Salt Lamps
- Candles
- Essential Oil Diffuser (lavender, clary sage, and frankincense have calming aromas)
- Music or Sound Therapy (create a playlist or two beforehand)

### Nourishment & Hydration

- Sip Water or Coconut Water
- Electrolytes (homemade laborade, LMNT, coconut water)
- Easily Digestible Snacks (honey sticks, dates, bone broth, crackers)
- Popsicles