

# Creating Your Environment



Source: rainbowlight.com/wprl/wp-content/uploads/2016/06/GettyImages-518099820.jpg

#### Spa-like Setting Conducive to Relaxation

- Low Lights
- Battery Candles
- Aromatherapy
- Soft Music
- Hydrotherapy
- Heat
- Cold Pack
- Clothing

## Just Breathe...



#### **Abdominal Breathing**

- You use everyday
- Uses full capacity of lungs
- Aids relaxation
- Gets most O2 to you & your baby

### **Practiced Breathing**

- Use real time situations to focus on breathing and releasing tension
- Breathing becomes automatic response to pain

#### In Labor

- Cleansing breath at beginning & end of contraction
- Partners remind mom to "blow it away"

## Positions for Labor



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**Optimal Fetal Positioning** 

 Encourage baby to rotate anterior vs. posterior

#### Upright, Active, & Leaning Forward

- Maximize gravity
- Help facilitate process of delivery
- Eases discomforts of labor
  - Standing
  - Labor Dance
  - Straddling a Chair
  - Side lying
  - Hands and Knees
  - Squat
  - Supported Squat
  - Lunging
  - Birth Ball
  - Listen to your body!

## Birth Ball in Labor



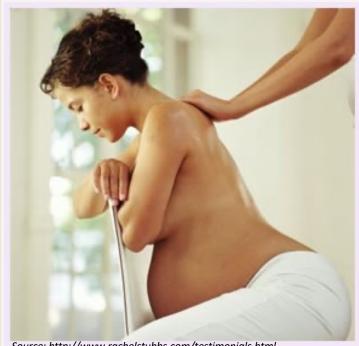
- Sizing Average 65cm
- Positions
  - Sitting on birth ball
  - Hands & knees with birth ball
  - Standing forward leaning on birth ball

## Peanut Ball in Labor



Works to keep pelvis open, rotate a posterior baby, allow baby to descend, & may shorten labor time with epidural

# Massage in Labor



Source: http://www.rachelstubbs.com/testimonials.html

- Tenderness more important than technique
- Rub muscles to the side of the bones; don't rub bones
- Work top down or inside out to move tension out of the body
- Massage Techniques:
  - Hand over hand stroking
  - Cat's paw
  - Kneading
  - Karate chop
  - Effleurage
- Not limited to back. Can massage temples, neck, hands, feet, or any other place hold tension
- Practice each night!

# Counter Pressure & Acupressure



Source: https://naturalabundance.me/services/pregnant/

Inty

Source:www.mamanatural.com/how-to-do-acupressure-when-youre-in-labor/

- Constant steady pressure applied during contraction
  - Sacral Pressure
  - Double Hip Squeeze may also help reposition posterior baby
  - Knee Press

Acupressure point B23 provides pain relief to back

## Additional Resources

#### Suggested Reading:

The Birth Partner - Revised 4th Edition: A Complete Guide to
 Childbirth for Dads, Doulas, and All Other Labor Companions by Penny
 Simkin

#### Suggested Packing:

- Candles (battery operated)
- Aromatherapy / Essential Oils peppermint, lavender, jasmine, and ylang ylang are typically complimentary to labor.
- Music / Bluetooth speaker
- Massage tools (tennis ball, rolling pin, etc)
- Hard candies, honey sticks, ginger candies
- Rice socks or heating pad
- Birth ball (exercise ball, 56cm is average size)
- Massage lotion/oil
- Arnica gel (can help with lower back ache)

#### Questions?