

# COMFORT TECHNIQUES HANDOUT

## Labour Environment

- Dim the lights
- Play music

## Hydrotherapy

- Get in the bathtub and let the warm water soothe you—turn on the jets if they're available (Check with your Health Care Provider first)
- Take a shower and spray warm water on your belly or back
- The bath works best when you are in active labour



This mom uses hydrotherapy while labouring

## Massage

- Have your labour partner massage your shoulders, legs, back, or wherever feels good
- Try a light circular massage on your belly with your hands or shower spray
- During contractions, have your partner apply pressure on your lower back using their hands or a tennis ball
- Try a double-hip squeeze (partner's hands placed low on your hips, pressing in and up during contractions)
- Apply warm or cold water bottles, wash cloths, heating pads, or gel packs to sore areas



This mom sits on a birth stool

## Visualization

- Imagine that each contraction is an ocean wave that crests and recedes
- Visualize yourself in a peaceful place, such as a favorite vacation spot, to help during labour and between contractions—imagine the sounds and sensations of being there
- Use focal points, such as your ultrasound photo or an object in the labour room
- Repeat a word or a positive phrase

## Breathing

- Take deep, cleansing breaths
- Try breathing quicker or adding a pattern as labour intensifies
- Breathe in a way that feels right for you

## Positions & Movement

- Try sitting, standing, squatting, getting on hands and knees, leaning forward, and side-lying
- Use movement, such as rocking your pelvis or slow dancing with your partner
- Walk the halls
- Use labour tools, such as a fitness ball, squat bar, or birthing stool

## Pushing

- Use a variety of positions—squatting, hands and knees, semi-sitting, and side-lying
- Listen to your body and follow your instincts