

YOUR TOOLKIT FOR LABOUR



A natural labour does not necessarily have to mean a painful labour. We have so many comfort measures and tools available. Here are some of our favourites!

by birthwell birthright

1 KEEP MOVING!

Adopt upright positions and change your position frequently. Let gravity work its magic and keep your pelvis nice and loose! Stick on your favourite music and boogie that baby out!

2 BREATHE MAMA, BREATHE!

You don't need to learn a technique, but don't forget to BREATHE! Allow your breath to flow and try to breathe in through your nose and out through your mouth. Yoga-style cleansing breaths can be very helpful too.

3 ACTIVATE YOUR SENSES

Research has shown that if we positively activate our senses, we can significantly reduce our perception of pain. So partners - get massaging! Essential oils, music, dim lighting and be sure to eat and drink in labour - you need your fuel!

4 THE AQUADURAL

Did you know that some studies have shown that labouring in water can reduce your perception of pain by up to 70%? Use the shower or bath to help you through the more intense moments in labour.

5 HEAT & COLD

Have two gel packs on hand - one you can pop in the fridge or freezer and one that you can heat in the microwave. Heat promotes relaxation and relieves muscle aches. Cold is great for acute pain or if you are just feeling hot and sweaty.

6 EQUIPMENT

Here are just a few things you can use in labour: Birth ball, tennis ball (for massage), Rebozo (traditional Mexican scarf used for comfort in labour), massage aids, TENS machine, aromatherapy, chair (or toilet) for sitting backwards on.

7 I AM WOMAN, HEAR ME ROAR!

If your body is saying "I need to make noise" then let it out mama! Vocalisations are a great way to release tension from the body. Don't be afraid of the sound that comes out. Trust us - it can be extremely satisfying!

8 A FEW OF MY FAVOURITE THINGS...

If you are having a hospital birth, be sure to pack a few of your favourite things from home - a favourite pillow, blanket or throw. Wear your own clothes and not the hospital gown, a picture or photo that takes you to your "happy place" (great for a focal point). Sorry - you'll need to leave your dog or cat at home!