These are positions, comfort measures, and resources that you can use to help with your labor progress and comfort.

**STANDING & WALKING**

**SITTING/SQUATTING/BIRTH BALL**

**POSITIONS IN BED OR WITH AN EPIDURAL**
MEDICATIONS:
- Epidural
- IV pain medicine

ENVIRONMENT:
- One-to-One Support
- Privacy/quiet
- Dim Lights
- Music
- TV/Movies
- Aroma Therapy

HANDS-ON TECHNIQUES:
- Massage
- Light touch/stroking
- Hip Squeeze
- Low Back Pressure

KINESTHIC:
- Moving/Position changes
- Rocking/Swaying
- Cold washcloth
- Warm pad/compress
- Shower/Bathtub
- Tens unit

MEDITATION / CONCENTRATION:
- Affirmations/Encouragement
- Relaxation/Breathing
- Guided Visualizations
- Focal point/eye contact
- Vocalization/sounds

Scan the QR codes below to learn about labor progress and comfort information topics