



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

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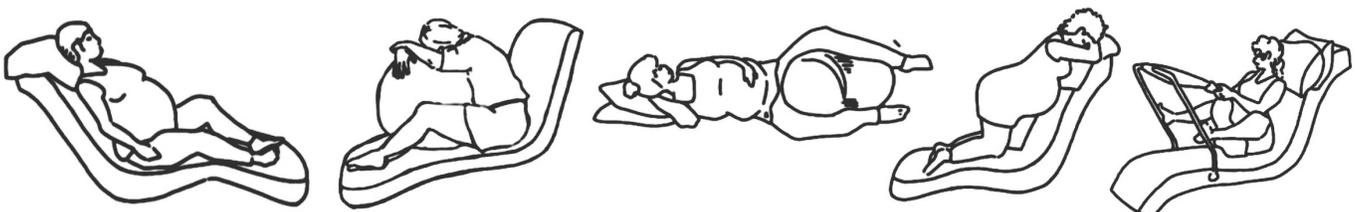
STANDING & WALKING



SITTING/SQUATTING/BIRTH BALL



POSITIONS IN BED OR WITH AN EPIDURAL





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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

Animation of Birth Process



Epidural Information



Other pain relief options for labor



Using a code word



Building a Support System



Virtual Support/Text a Doula



Movement in Labor



Tips for Labor Support



Music for Birth



Hypnobirthing



Hip Counter pressure



Massage for Labor



Water for Labor Comfort



Relaxation Body Scan



Loving Kindness Meditation



Birth Affirmations



Labor Vocalizations



TENS unit



Evidence Based Birth



Birthing Bill of Rights

