

# COMFORT MEASURES IN LABOR

Preparing for labor is one of the best things you can do during your prenatal period. Your support team is everything. Have you considered a doula? Distraction AND RELAXATION is KEY!

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## 01 Breathing

JUST  
breathe



## 02 Visualization

FOCUS

Bring a focal point, something to focus your attention on during contractions. The goal is to keep you breathing regular and help you stay relaxed as possible.

## 03 Music



Pick your playlist. Some like religious, relaxing songs, others like to dance the baby down.

## 04 Massage



Different types: lower back massage, smooth strokes, counter pressure, & hip squeezes. Best to trial before true labor starts.

## 05 Hydrotherapy



Some facilities do not have tubs; HOWEVER, the SHOWER works, too. Some showers also have JETS.

## 06 Aromatherapy



Lavender promotes relaxation & ease muscular tension. Peppermint can ease nausea. Jasmine evokes feelings of joy, happiness, peace, and self-confidence.

It's All About YOU!!