

## Suggestions for Comfort Measures in Labor

### **3 R's of Labor**

- Relaxation
- Rhythm breathing
- Rituals

### **Massage**

- Wrinkled shirt
- Hand
- Foot
- Effleurage (Happy massager)
- Firm pressure

### **Hydrotherapy**

- Bath/Whirlpool
- Shower

### **Attention-focusing**

- Visual focal point
- Music
- Voice
- Touch
- Visualization
- Counting during contractions
- Chanting, moaning

### **Hot Packs**

- To low abdomen/groin
- To back
- To perineum

### **Cold Packs**

- To back
- To forehead
- To perineum after birth

### **Specific Backache Measures**

- Counterpressure
- Double hip squeeze
- Knee press
- Hands and knees with or without birth ball
- Pelvic rocking
- Walking
- Slow dancing
- Cold pack
- Warm pack
- Rolling pressure
- Shower to back
- Bathtub/Whirlpool

### **Body Positions/Movements**

- Standing, leaning, slow dancing
- Walking
- Kneeling leaning forward, beanbag
- Kneeling on one knee
- Sitting up
- Glider
- Birth ball (sitting, leaning)
- Lying down
- Side-lying
- Semi-reclining
- Supine with tilt to side
- Squatting
- Supported squat

### **Help from Birth Partner**

- Feedback/ positive verbal reminders
- Encouragement/ reassurance
- Compliments
- Patience and confidence in woman
- Immediate response to contractions
- Undivided attention
- Eye contact
- Touch
- Take Charge Routine
- Expressions of Love
- Tight embrace/ kiss