

MRD

MO THE MIDWIFE

presents

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!

INDIVIDUALIZED

01 Breathing



Just breathe.

02 Visualization



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!

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SUPPORT · EDUCATE · EMPOWER