

Top 10 Labour Tips

- ◆ Relaxation techniques work best when integrated into daily life, rather than just labour. Practice daily. Become a relaxation expert.
- ◆ Giving birth is a part of living . . . don't stop living to give birth.
- ◆ The best thing you can do about early labour is ignore it. Sleep as long as possible. Plan an early labour project that includes physical movement, contact with normal daily life, and uses mental activity. (Ideas: garden, bake, write letters, lunch with friends.)
- ◆ Avoid excessive support in early labour. This may make you feel weak and dependent, and makes labour seem longer.
- ◆ Water is your friend, dehydration is your enemy. Drink at least 4oz/125ml per hour, even if you're not thirsty. When labour gets tough . . . get in the water. Water has many benefits and no risks.
- ◆ Eat to energize your body and mind for the work that lies ahead. Labour requires physical stamina & mental energy.
- ◆ In active labour, notice what works and do more of that. Be willing to try a variety of coping techniques.
- ◆ Be active and walk between contractions if you can. Change position every 30 minutes. This allows the baby to navigate with greater ease.
- ◆ Use the bathroom every hour. A full bladder can be an obstacle and make contractions more intense.
- ◆ In truth, one contraction at a time is not too difficult. Focus on where you are, not how far you have to go.