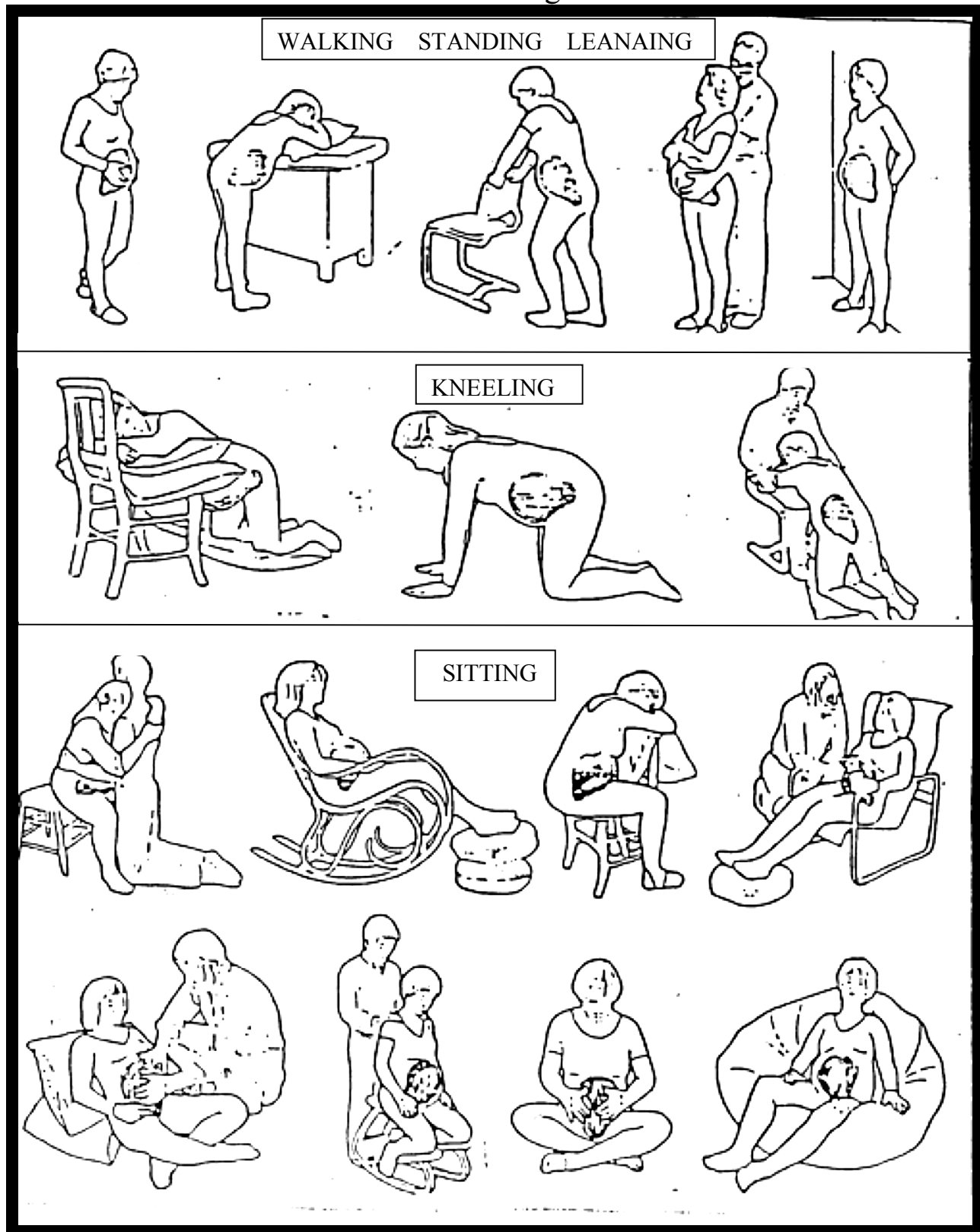


Positions for Labouring Out of Bed



Self-help skills for labour

The aim of this handout is to act as an aid memoir and should be used in conjunction with guidance on self-help skills for labour.

1. Positions for labour

- Try out different positions prior to labour.
- Be guided by comfort.
- A more upright position may well be more comfortable.
- Remain as mobile as possible, having plenty of rest between a change of position.

2. Breathing awareness

- As slow as each contraction allows.
- Emphasise the out breath but don't forget to balance the in/out breaths.
- Find a focus to help you concentrate.
- Avoid hyperventilation.

3. Relaxation

- Try to achieve total relaxation between contractions to overcome any tension spilling over from the previous contraction.
- Use this relaxation time to enable you to gather strength for the next contraction.
- Repeated body checks during a contraction to reduce unnecessary tension.
- Remember this should include your pelvic floor.

4. Pushing

- Go with your body.
- Visualise your baby moving down and around the corner.
- Once again relax your pelvic floor.
- Check your breathing.

5. Men

- You are the consistent factor that your partner can depend upon. Your support, patience and encouragement are paramount.
- Support your partner's wishes.
- Look for signs of anxiety and tension.
- Don't be offended by unusual outbursts from your partner, you will probably find them funny at a later date.