

# Comfort Measures During Labour

There are many ways to help you through labour. Ask the support people with you for help during painful contractions. You know what feels best while you are in labour. Here are some suggestions:

## Changing your position during labour

- rocking
- standing
- walking
- squatting
- kneeling
- sitting on the toilet, chair, couch
- getting on your hands and knees
- lying on your side
- leaning on a support person
- leaning on a bed or chair

These measures can help shorten your labour, help with the pain of contractions, and may make the contractions more effective.



## Pressure or Massage

Your support person may give pressure to the small of your back. Firm hands are effective. You could also try a rolling pin or tennis ball. Some women like very little pressure.

Massage can be soothing and relaxing to head, back, shoulders, legs and feet. Use body lotion or oil.

For many women, pressure to the lower back during contractions will greatly relieve the pain. This can be done while standing, sitting, walking or lying.



## Hot and Cold

- a warm bath
- an ice pack
- cold wash cloths on your face, neck, stomach or back.

Some women like cold in labour, others like hot. Find out what is right for you.

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