

# Comfort Measures

Tips to achieve the birth experience you desire and increase your comfort-

Make your environment comfortable! If you need to leave the comfort of your own home, take items with you that will make it feel like home (Music, Essential Oil diffuser, your own pillow, your bath robe, etc...) 

Gather a great birth team! Choose a care provider who believes in the birth process and will walk with you side by side on this journey. Find a doula! A doula is a professional labor support person who will be with you from the first contraction until the birth of your baby. 

Educate yourself! Whether that is from books, videos, or classes. Knowledge is power and more you know the more comfortable you will be. 

## EARLY LABOR COMFORT MEASURES

Movement and positioning- Walking, rocking, swaying, and other movement. Staying active during the first stage of labor can be linked to shortened labors and a decrease in epidurals  
(Leap & Hunter, 2016) .

Rhythmic breathing or moaning- early labor is a great time to use rhythmic breathing as practice for active labor. Choose a rhythm that feels right to you stick with it.

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## ACTIVE LABOR COMFORT MEASURES

Standing, walking, and slow dancing- These positions will get you off your back which can be a very uncomfortable place to labor. The upright positions will encourage the baby to move downward and engage in a good position for birth.



Light touch and massage- Counter pressure or light touch massage can also be a useful comfort measure tool, utilizing the Gate Control Theory. The theory behind these tools is that if you are touched somewhere at the same time you are experiencing pain this touch will block the pain signals from reaching your brain. Massage hands, feet, scalp, shoulders, back or limbs.

Using oil, lotion, or powder for smoother stroke (Wlassoff, V., 2014).



Hydrotherapy- birth tubs/birth pools are known to increase the rate of normal spontaneous vaginal delivery and lessen the likelihood of interventions.(Burns, et al., 2012).

## References

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