



## aromatherapy wipes

Lavender helps with relaxation. Peppermint can relieve nausea and increase energy. Hold wipe close to face and breathe deeply.



## bendy straws\*

Help Birthing Person (BP) stay hydrated. A bendy straw enables them to drink no matter what position they're in. \*Check first with your midwife or doctor about any special needs related to drinking during labor.



## comb

Many BP swear by this comb during contractions. When you grip it, the teeth press into your palm, stimulating pressure points and reducing pain. The comb can also be used for gentle massage: slowly and lightly drag the teeth across BP's skin.



## fan

Cool BP off quickly with a more-than-welcome breeze during contractions or pushing.



## hot/cold pack

Apply a heated pack to back and shoulder muscles during labor.

### Heated Pack

To heat: Place in microwave for 30 sec-onds, then wrap in a cloth. Never put hot pack directly on skin, as it can burn. Never use on body parts that are numb due to pain medications like epidurals. Follow directions as written on the heat pack.

### Cold Pack

Apply a cold pack to the lower back or sacrum during contractions—this can be a miracle tool during “back labor.” Wrap in a cloth. Do not place cold pack directly on skin.



## lip balm

Prevent or soothe labor-induced chapped lips.



## lotion

Hospitals are notoriously dry environments. Reduce friction during massage and stay moisturized!



## pressure-point massager

Massage tools can be used for many types of massage as well as acupressure. Try long, rhythmic strokes on BP's back or thighs during contractions, or massage between contractions to help them relax.



## birth day scarf

Another multipurpose wonder tool!

- Wrap the scarf around BP's lower back and pull, providing firm pressure—especially great while they're in a chair or hospital bed.
- With BP standing, open the scarf and wrap around BP's butt and hips. Face them and hold the ends of the scarf while rocking their back and forth.
- With BP on all-fours, drape the scarf over their butt and hips. Hold both ends and jiggle to provide muscle relaxation during or between contractions.
- BP often push more effectively when pulling on something; use the scarf to play tug-of-war with them during pushing.



## tennis ball

Great for relieving lower back pain! Place this ball between your lower back or sacrum and a chair or bed—the strong pressure equals major pain relief.

## water therapy

Warm showers are great for relaxation and pain relief. Use the shower wand to rhythmically spray water on BP's body. Baths\* offer tremendous pain relief for some Birthing People. If your place of birth doesn't offer water labor, consider guided imagery to help BP imagine being in the water, or get their a basin of warm water they can run their fingers through. \*Ask your midwife or doctor before getting in the bath during labor.

## breathing techniques

Encourage BP to...

- Listen intently to the sound of their breath
- Imagine their belly filling with air, and then releasing that air—like a balloon inflating and deflating
- Count breaths—for example, in for four counts, out for six counts

## guided imagery

- Talk BP through envisioning their favorite relaxing place (the beach, a lake, the top of a mountain...)
- Offer a guided relaxation of BP's body, asking them to relax specific parts one after another

## massage

- Acupressure points
- Effleurage or light stroking touch in rhythmic pattern
- Foot and hand rubs
- Firm pressure/counterpressure
- Double hip squeeze
- Sacrum pressure

## be a grounding influence

Hold BP closely or press firmly on their thighs, shoulders, or hips if it seems they needs grounding

## suggest new positions

 (especially if labor has stalled or BP is not coping as well with labor)

Standing, slow dancing, all-fours, all-fours on ball, sitting on ball, side-lying, semi-prone (crossed over) side-lying, lap sitting (while straddling partner), semi-sitting, sitting on toilet, kneeling over bed.

## sound support

- If BP is making high-pitched sounds, help them to bring the sound lower, which assists in relaxation
- Moaning and singing are useful for moving through contractions

## and more

- Suggest a focal point for BP to look at
- Play soothing music
- Adjust the light—low light is calming
- Soak a washcloth in cool water and place on BP's brow or neck if they feel hot, especially during contractions
- Offer words of reassurance and encouragement