

Comfort Measures for Labour



Rebozo



Breathing techniques



Sweet Dream



Massage

The pain that I'm feeling cannot compare to the joy that's coming.

My body knows how to birth this baby, just as it knew how to grow this baby.



Water – bath/shower

Healthy snacks



Stay hydrated drink water

Change position



Phone with music



Candles

My body, my baby and I are working as a team.

Move

Spray bottle to cool down



Pillow



Massagers



Socks & slippers



Lip gloss



Labour support

