



# Checklist of Comfort Measures for Labor

These ways to relieve pain and discomfort will help to keep your mind focused and your body relaxed during labor.

Check off the ones you and your partner like and feel comfortable with. Keep the list handy when you come to the hospital to have your baby.

If you have questions, ask your clinic nurse, childbirth educator, or labor nurse.

## Relaxation/Tension Release

- ☐ Relaxation
- ☐ Roving body check\*

## Patterned Breathing

- ☐ Slow
- ☐ Light
- ☐ Variable

## Attention-focusing

- ☐ Visualization
- ☐ Focal point, music, voice, touch

## Bearing Down

- ☐ Avoid bearing down (pant, pant, pant)
- ☐ Spontaneous
- ☐ Directed ("purple" pushing)

## Hot Packs

- ☐ To low abdomen/groin
- ☐ To perineum

## Massage

- ☐ Acupressure
- ☐ Hand
- ☐ Foot
- ☐ Effleurage (rhythmic stroking)
- ☐ Firm pressure

## Body Positions/Movements

- ☐ Birth ball (sitting, leaning)
- ☐ Walking
- ☐ The lunge
- ☐ Kneeling, leaning forward
- ☐ Beanbag
- ☐ Kneeling on one knee
- ☐ Sitting up
- ☐ Standing, leaning, slow dancing
- ☐ Lying down
- ☐ Side lying
- ☐ Semi-reclining
- ☐ Supine with tilt to side
- ☐ Squatting

## Cold Packs

- ☐ To low back
- ☐ To perineum after birth

## Questions?

Call 206-598-4003

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Perinatal Education:  
206-598-4003

Labor and Delivery:  
206-598-4616

## Mental Activity

- ☐ Count off 10 second intervals in contractions
- ☐ Count breaths
- ☐ Chant, mantra, song, counting, prayer
- ☐ Guided imagery
- ☐ Other

## Help from Birth Partner

- ☐ Feedback/verbal reminders
- ☐ Encouragement/reassurance
- ☐ Compliments
- ☐ Patience/confidence in woman
- ☐ Immediate response to contractions
- ☐ Undivided attention
- ☐ Eye contact
- ☐ Take-charge routine
- ☐ Expressions of love
- ☐ Tight embrace/kiss

## Specific Backache Measures

- ☐ Counter pressure
- ☐ Double hip squeeze
- ☐ Hands and knees with or without birth ball
- ☐ Knee-chest position
- ☐ Knee press
- ☐ Pelvic rocking
- ☐ The lunge
- ☐ Walking
- ☐ Slow dancing
- ☐ Abdominal lifting
- ☐ Cold pack
- ☐ Hot pack
- ☐ Rolling pressure
- ☐ Shower to back
- ☐ Bathtub

## Hydrotherapy

- ☐ Bath/whirlpool

Adapted from a booklet accompanying the video, "Comfort Measures for Childbirth," 1995, by Penny Simkin.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Perinatal Education Program/  
Maternal and Infant Center Clinic  
Box 356159**

1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4003