

## Comfort Measures During Labor

Relieving pain and discomfort will help keep your mind focused and your body relaxed during labor. Go over this list of comfort measures with your partner. Check the ones you like and feel comfortable with. Bring this list when you come to the hospital to give birth.



If you have questions, ask your healthcare provider.

*Bring your list of comfort measures when you come to the hospital to give birth.*

### 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

### Cold Packs

- To low back                                       To perineum after birth

### Massage

- Acupressure                                       Effleurage (rhythmic stroking)  
 Hand     Firm pressure  
 Foot

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### Body Positions/Movements

- Birth ball (sitting, leaning)
- Walking
- The lunge
- Kneeling, leaning forward
- Beanbag cushion
- Kneeling on 1 knee
- Sitting up
- Standing, leaning, slow dancing
- Lying down
- Side lying
- Reclining partway
- Lying on your back, tilted slightly to your side
- Squatting

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### Mental Activity

- Count off 10-second blocks of time during contractions
- Count breaths
- Use guided imagery
- Use chanting, a mantra, song, counting, or prayer
- Other: \_\_\_\_\_

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### Help from Birth Partner

- Feedback/reminders
- Encouraging and reassuring
- Patience/confidence in you
- Responding right away to contractions
- Eye contact
- Attention focused only on you
- Take-charge routine
- Expressing love for you
- Hugging or kissing you
- Compliments

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### For Backache Pain

- 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

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### Other

- Hydrotherapy: Bath or whirlpool

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*Tips in this handout are adapted from a booklet that comes with the video "Comfort Measures for Childbirth," by Penny Simkin (1995).*

### Questions?

Your questions are important. If you have questions about comfort measures during labor, talk with your healthcare provider, your childbirth educator, or your Labor & Delivery nurse.