Pain during childbirth

Tips for coping with pain in labor:

- Choose a Labor Position: This can help you relax and aid in the delivery process.
- Use Deep Breathing: Deep breathing can help you manage pain.
- Use Visualization: Imagine a peaceful scene to distract from pain.
- Use a Support Person: A partner or support person can provide emotional and physical support.
- Use Medication: If necessary, use pain medication prescribed by your doctor.

Remember to have a plan b when your plan a doesn’t work.

How can I tell before labor starts what to expect for pain?

- Notice changes in your body: You may experience mild contractions.
- Notice changes in your breathing: You may breathe differently.
- Notice changes in your appetite: You may feel nauseous.
- Notice changes in your sleep: You may have difficulty sleeping.

What are the pros and cons of medication?

- Pros: Easier labor, shorter labor, less pain.
- Cons: Possible side effects, decreased awareness of your baby, potential for addiction.

What is labor pain?

Labor pain is the pain felt during childbirth. It is caused by the contraction of the uterus to push the baby out of the body. The pain is felt in the lower back, abdomen, and pelvic region.

How is labor pain analyzed?

Labor pain is typically analyzed using a pain scale, where 0 is no pain and 10 is the worst possible pain. The pain scale helps medical professionals determine the stage of labor and adjust pain relief as needed.
Coping with Pain in Labor

When can I do breathing exercises? Find your rhythm.

- Take a warm shower or bath.
- Drink lots of fluids so you don't feel dehydrated and eat lightly if you are hungry.
- In early labor go for a walk or dance. The more you move the less you hurt.

What can I do during active labor?

- Cope with the fear by thinking about a happy thing you've done.
- Take a warm bath.
- Drink lots of fluids.
- In early labor go for a walk or dance.

Where can my health care provider go during labor?

- Help you find your rhythm and then help you through each part of it.
- Answer your questions and give you direction.
- Help you change positions and support your body.
- Offer you ice chips, water, or juice.
- Keep the lights lower and play soft music.
- Keep up your effervescent or your beverage.
- Put a warm washcloth on your lower back.
- Take a warm shower or bath.
- Ensure your breath and relax your body.
- Keep your head lower and play soft music.
- Answer your questions and give you direction.
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- Put a warm washcloth on your lower back.
- Take a warm shower or bath.
- Ensure your breath and relax your body.

What can I do before labor?

- Relax and control your breathing.
- Practice your mental breathing.
- Focus on your muscle breathing. Awareness of breath relaxes you.
- Keep between the connective tissue and the myofascial areas. You may ignore this pain when you connect and move.
- All women who learn this technique will describe their labor as less painful and more manageable.
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- All women who learn this technique will describe their labor as less painful and manageable. Any other pain you experience in early labor is manageable. You will have more strength to get through labor.
Second Stage Positions With an Epidural

1. The Roller
2. Theowler
3. The Roller
4. Theowler
5. The Roller
6. Theowler

First Stage Positions With an Epidural

Safe Positions for the Mother

Please Follow Safe

Studied by Sir George de la Creme from The London Physiological Anthropology Society's Royal Academy, 1930.
Positions should be directed by a nurse, for 5-7 seconds, with several quick pushes before repealing it. Use forced for these when the baby is not descending in any of the other positions.

6. Push on her back, the mother raises her head and draws her knees up. This position should be used for older, stronger mothers.

5. Squatting, using the bar (possibly only with a height epidural). The mother will need help to stand. She should not stand between contractions.

4. Sitting upright or nearly upright with feet on lowered footrests, the mother climbs her upper body when the bodyweight of her knees rests on the bed. A shelf (or other safe support chair) is found around the stomach. During contractions, the shelf pulls with the head slightly elevated, the mother props her feet on the sheeting chair or on two people or (b) by two people or (d) by two people or (c)

2. Semi-reclining with legs supported by two people or (b) by two people or (d) by two people or (e) by two people.

1. Sitting on both sides or both sides with the legs supported by partner and keep knees drawn up toward the bed.

Second Stage Positions for Pushing

Note: If any of these positions are impossible for the mother because she can't use her legs at all or because they cause the real fear rape (FTR) to drop, skip them and go to the next position.

6. Semi-kneeling on both sides (as in 2 above).

5. Semi-recumbent on left side (as in 3 above).

4. Kneeling and leaning forward with (c) support on his back while kneeling on a level bed. This position

3. Semi-recumbent on right side with the mother's lower leg straight and her left leg flexed to less than 90 degrees and resting on 2 pillows. She will slightly lower her head.

2. Semi-recumbent on right side with bed at a pillow between the knees.

1. Semi-recumbent with bed raised to 45 degrees or more.

Monotonic Clockwise from the top:

The following allows the mother to use six basic positions in bed that can be done with continuous electronic fetal

First Stage Positions With an Epidural

Changes in the shape of her pelvis and in the efforts of gravity, both of which encourage rotation of the baby,

Penny Simkin's Safe Positions With an Epidural

Penny Simkin's CD (DONA)
Posiciones para el Parto Fuera de la Cama

**Caminando de Pie y Recostada**
- Ayuda a estimular las contracciones efectivas.
- Trabaja con la gravedad.

**Arrodillada**
- Puede aliviar el dolor de espalda.
- Ayuda al bebé a rotar a la posición más común: occipital anterior (OA).
- Alivia las hemorroides.

**Sentada**
- Usa la gravedad para ayudar al descenso del bebé.
- Permite el descanso entre contracciones.

**En Cuchillas**
- Usa la gravedad para ayudar al descenso del bebé.
- Abre la pelvis para proveer más espacio.