**Comfort Measures in Labor**

**3rd Stage Labor**

Food

Liquids

Reclining

Soft lighting

Warm blankets

Subdued sounds

Verbal affirmations

**2nd stage labor**

Squatting

Low lighting

Immersed in water

Sitting on toilet or birth stool

Gentle but firm touch

Hot or Cold packs

Affirmation

Breathing

**1st stage - latent**

Eating

Resting

Walking

Dancing

Drinking

Massage

Laughing

Watching a movie

Snuggling/caressing

TENS – electrical stimulation

Enjoying life and distracting oneself

**1st stage active labor**

Soaking in tub of water

Hands and knees

Slow dancing

Hot shower

Massage

Music

Lunging

Birth ball

Low lighting

Stair climbing

Double hip squeeze

Compression on Sacrum

TENS – electrical stimulation

A woman should be encouraged to assume any position or means to achieve her rhythm and relaxation enabling her to birth in a powerful and fulfilling manner. Eudine

**Postpartum**

*Pads soaked in Comfrey tea – frozen - Tucks pads soaked and frozen in Witch Hazel*

*Sitz bath – Epsom salts Peri bottle for hygiene*

*Rest – 64 to 96 oz. of liquid a day – Lots of fresh fruits, veggies, whole foods*

*Stay warm- DO NOT OVERDO -*

**Contraindications with water birth**

Overheating

Hemorrhage

Shoulder dystocia

Unreassuring FHT

Dunking infant after exposed to air

Lifting perineum out of water while baby is being born

# References:

Davis, E. (2004). *Heart & Hands.* Berkley, CA, USA: Celestial Arts.

Frye, A. (2010). *Holistic Midwifery- A Comprehensive Textbook for Midwives in Homebirth Practice* (Vol. 1). Portland, OR: Labrys Press.

Simkin, P. (2008). *The Birth Partner.* Boston , MA: The Harvard Common Press.

Gentle Touch Midwifery Birth Services LLC

Eudine Stevens CPM, LM

[www.mygentlemidwife.rocks](http://www.mygentlemidwife.rocks)

Eudine@gentlemidwife.net