

Handout for Breathing and Relaxation



DEEP AND EVEN BREATHING – In through the nose 1-2-3-4- out through the mouth- 1-2-3-4

Concentrate on relaxing neck, face, arm, abdomen, hip, and leg muscles during contractions.


Focus breaths deep into the abdomen – on exhalation blow the tension and pain away.

Be in tub of warm water or stand in shower with water running over the body. Breathe deeply.

Quiet soothing music in background – subdued talking/conversation

Supported squat- let go and relax – depending on partner to hold you.

Breathe in a natural way – Breathe in a way that works for you. Slow and easy or short puffs

Low lighting – candlelight – muted daylight 

Be as limp and relaxed as possible – visualize complete serenity and calm

Find a Ritual and stick with it- example rocking, humming, low grunts or guttural sounds, or chanting

Find your rhythm whatever it may be – avoid distractions – go deep inside your zone



Early labor – watch a movie, distractions, walking, shopping, playing a game, laughing with loved ones

Active Labor – water, walking, dancing, swaying, dim lighting, subdued noise, breathing patterns

Massage to hands, back, feet and face

Firm touch apply to back, hips or belly

Use what works for you. Remember Relaxation, Breathe, with Ritual, & Rhythm

References:

Lothian, J. D. (2010). *The Official Lamaze Guide*. New York, NY: Meadowbrook Press.

McCutcheon, S. (1996). *Natural Childbirth the Bradley Way*. New York, NY: Penguin Books USA.