

CHAPTER 12: COMFORT TECHNIQUES FOR PAIN RELIEF AND LABOR PROGRESS

# Practice Sessions

Practice these comfort techniques in your third trimester. Each session should only take five to ten minutes; try to fit in one each day. Practice with your support partner(s) when possible. The references below are to page numbers from *Pregnancy, Childbirth, and the Newborn* (PCN) and *The Simple Guide to Having A Baby* (SG).

Relaxation: Tension release (PCN 232–233, SG 45), slow deep breathing (PCN 243, SG 116).



Date(s) you practiced: \_\_\_\_\_

Visualization/imagery: Visualize yourself in a place that seems calming and safe (the beach, a mountain stream, at home, by a warm fire, and so on). Imagine how it feels, smells, looks, and sounds.



Date(s) you practiced: \_\_\_\_\_

Touch/massage: Have your partner lightly stroke your belly, or arms or legs while listening to soothing music (PCN 231, SG 125).

Use slow deep breathing.



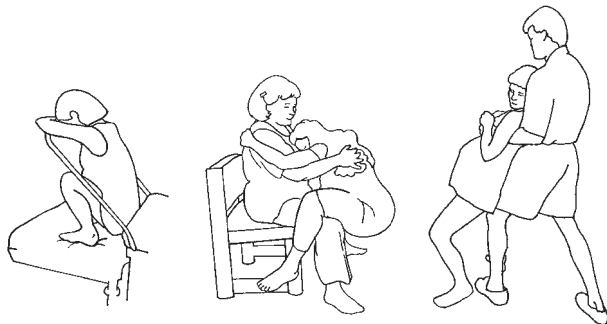
Date(s) you practiced: \_\_\_\_\_

Slow dance: Have your partner rub your back lightly and rhythmically, while talking about happy memories and dreams for your future together with your baby.



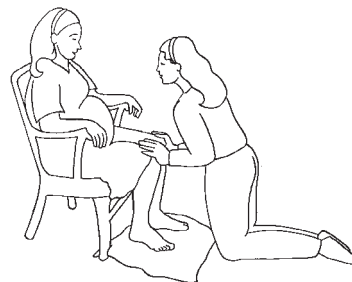
Date(s) you practiced: \_\_\_\_\_

Second stage positions: Practice squatting (PCN 239–240, SG 100) and breathing for pushing (PCN 250–251).



Date(s) you practiced: \_\_\_\_\_

Take Charge Routine for transition (PCN 186): Have your partner sit close to you, use eye contact, use variable breathing (PCN 246, SG 119 #1), and encourage you to follow his or her rhythm.



Date(s) you practiced: \_\_\_\_\_

For the following practice sessions, time several pretend contractions. Practice the comfort techniques for sixty seconds. Then take a one-minute break to discuss with your support partner(s), giving feedback on what was helpful and what was not. Then practice another sixty-second contraction, while adapting the technique to your preferences. Then discuss, revise as needed, and practice again.

To help you better learn what techniques work best for you, you may also want to try using ice as a source of discomfort to cope with. Fill a plastic baggie with ice and hold it in your hands during each of your contractions. Working with the discomfort of the ice can help you understand what might be most helpful for working with discomfort in labor.

Rock rhythmically, in the lunge position. Use a light breathing pattern (PCN 244, SG 117).



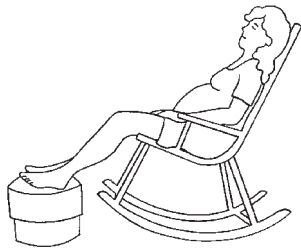
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Lean forward and sway in rhythm. Use light breathing. Your partner can rub your back in rhythm with your moving and breathing.



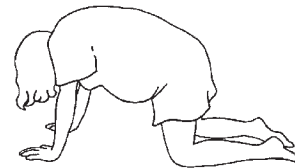
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Attention focusing (PCN 226, SG 124): Practice several contractions, using different focal points (picture, music, touch, and so on). Use slow breathing.



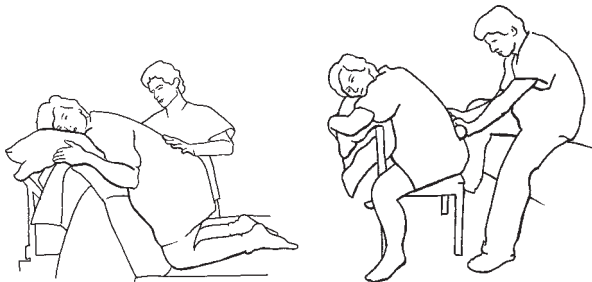
Date(s) you practiced: \_\_\_\_\_

Practice pelvic tilts (PCN 92, SG 57) and light breathing while your partner rubs your back.



Date(s) you practiced: \_\_\_\_\_

While you practice contraction-tailored breathing (PCN 245, SG 119), have your partner hold a heating pad or ice pack on your lower back.



Date(s) you practiced: \_\_\_\_\_

Practice massage for back labor (PCN 248, SG 129).



Date(s) you practiced: \_\_\_\_\_