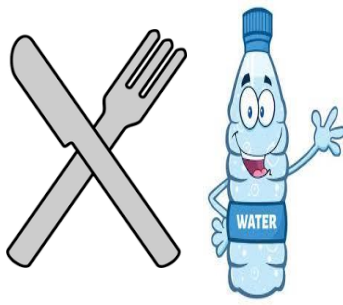


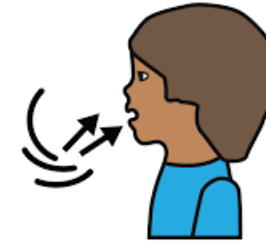
Eat, Drink & Breathe

Your womb is a giant muscle, so it needs energy from light snacks, hydration from drinking water and oxygen from breathing deeply during a contraction to contract efficiently



**THE
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HOSPITAL**
DUBLIN

Take deep breath



Positions

Remember upright, wide knees to open pelvis is keep rocking, swaying moving

What can I be doing @ home in the Early Stages of labour?



Distraction

(In the early stages try to keep busy, meet a friend for a walk or a cuppa, watch a movie/ listen to music or go for a walk)

Acupressure & Aromatherapy

(start practicing Acupressure from 37 weeks so that you are confident with the technique, practicing might even kick start labour.... so win/win

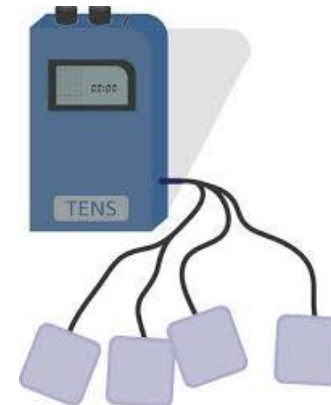
Heat Therapy

Ideally a bath (or a shower if a bath is not an option) is hugely beneficial in labour.
Bath>Relaxing> Helps with Oxytocin>Helps labour establish



Walking / Birthing Ball

Moving will encourage baby into an optimal position for birth... so walking, use the stairs or use your birthing ball



TENS Machine

(You can rent, buy or borrow one of these. Apply in early labour and as contractions increase you can increase the intensity strength of your device)