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.

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

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

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)

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)