

Find Your Labor Rhythm



breathe	imagine	say	move	partner
<ul style="list-style-type: none"> • Meet each surge with a breath • Fill the big balloon of your belly • Notice the beginning and end of your exhale • Horse lips • Count rapidly in your head as you inhale, as high as you can go. • Inhale energy/calm/love and exhale, push it through you. 	<ul style="list-style-type: none"> • Flower opening • Turtleneck over baby's head • Leaf floating on waves • Filling a big balloon, then letting fly across the room, limp • Use a focal point in the room • Bring your own printed or mental picture • Your breath or sound creating a bubble of peace and protection around you 	<ul style="list-style-type: none"> • "aaahhhh" • Moan • "yesssss..." • Hum or sing a wordless tune • "mmmmm..." • "ohhhhh..." • Chant (like the monks) • Bring any open sound up from your uterus, traveling right through the top of your head 	<ul style="list-style-type: none"> • Assume a certain position • Hip circles • Sway • Rock • Tap • Dance 	<ul style="list-style-type: none"> • Massage • Talk with your eyes • Hip squeeze • Kiss • Light (tickly) touch • Play with hair • Press on the lower back • Massage the open hand



- People who cope best with labor develop a rhythm for how they approach contractions.
- You will change what you do as labor progresses. Your partner or doula can help you find new rhythms when you need them.
- What's important is that you stay out of your head and listen to your baby. Think in images; have an idea or let your partner or doula suggest one so you can zone out.