

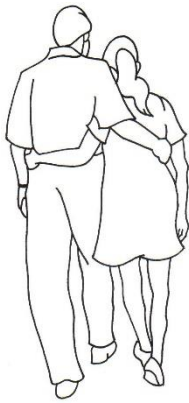
Comfort Measures for Labor Pain Relief

SHOW | HIDE

What are “comfort measures”?

Comfort measures may ease labor pain directly or indirectly by soothing and relaxing you. Here are some examples:

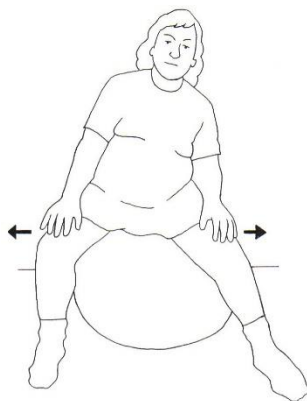
- *Create a calm environment* dim lights, peaceful surroundings, soft music, privacy and warmth.
- *Increase physical comfort:* Walking, slow dancing with a partner, pelvic rocking, positioning pillows for comfort, sitting and swaying on birth ball (a large physiotherapy ball), lifting up the abdomen and/or rocking in a rocking chair.



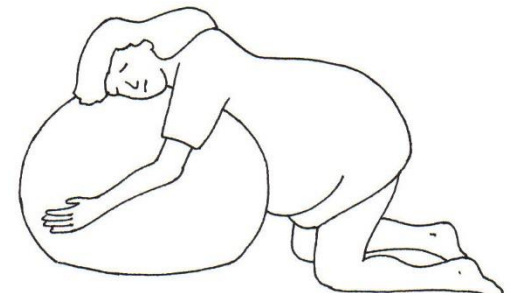
Walking with a partner



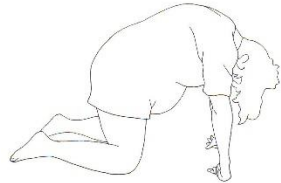
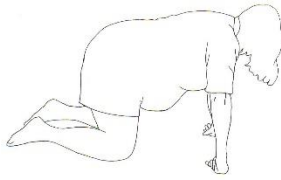
Walking with a doula



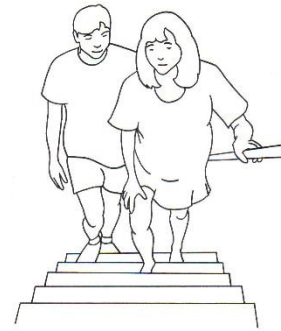
Rocking on a birth ball



Kneeling and resting on a birth ball



Doing pelvic tilts



Stair climbing

Climbing stairs

- *Use touch:* Massage, stroking, cuddling, counter pressure against the lower back or acupressure.
- *Apply heat* (with or without water): Deep tub bath, shower, heating pad on groin or back, heated blanket.
- *Apply cold:* Ice pack on lower back, cool cloth to wipe face.