



Your important health information

Birth ideas

Listed below are suggestions for support and comfort for labour, birth and immediate care of your baby. Tick the ideas you would like to consider for your birth. You may like to bring this to a clinic appointment or with you in labour to discuss with your midwife or doctor.

Comfort measures

- | | |
|---|---|
| <input type="checkbox"/> gentle activity - walking, rocking, swaying | <input type="checkbox"/> verbalisation – sighing, moaning, groaning, counting, singing |
| <input type="checkbox"/> cool, damp facecloths for face, neck and shoulders | <input type="checkbox"/> T.E.N.S (Transcutaneous Electrical Nerve Stimulation) hire @ ~36 weeks from the hospital |
| <input type="checkbox"/> cool and comfortable clothing for labour | <input type="checkbox"/> shower |
| <input type="checkbox"/> sips of fluids and snacks | <input type="checkbox"/> bath |

Relaxation ideas

- | | |
|---|--|
| <input type="checkbox"/> soft lighting | <input type="checkbox"/> massage neck, shoulders, back, thighs and feet (bring your own massage oil if required) |
| <input type="checkbox"/> music | <input type="checkbox"/> quiet environment |
| <input type="checkbox"/> aromatherapy (electronic only) | |
| <input type="checkbox"/> breathing for relaxation | |
| <input type="checkbox"/> meditation/visualization | |

Positions to try

- | | |
|--|---|
| <input type="checkbox"/> standing upright, legs apart | <input type="checkbox"/> squatting |
| <input type="checkbox"/> leaning against a wall | <input type="checkbox"/> birth stool or low stool |
| <input type="checkbox"/> rocking on birth ball | <input type="checkbox"/> resting on side in bed |
| <input type="checkbox"/> kneeling in beanbag or over chair or birth ball | <input type="checkbox"/> all fours; hands & knees on gym mat or bed |
| <input type="checkbox"/> straddling a chair | |

Welcoming your baby

When possible:

- Immediate skin to skin contact.
- Baby to remain on mother's chest for as long as practical and desired.
- Opportunity for baby to initiate breastfeeding.
- Time for parents to be alone with baby.
- Limit visitors in the first hour after birth.

Further Information

If you have any questions regarding this information, please contact:

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Acknowledgements

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