



PHILOMENA BIRTH

NATURAL PAIN MANAGEMENT



There's a significant difference between suffering through labor and working hard through labor. Our goal is to assist mothers in maintaining a relaxed state by utilizing the 3 B's (Baby, Body, and Breath) and the 3 R's (Rhythm, Relaxation, and Ritual/Rest). You can't exactly plan for birth but you can prepare for it. You never know when birth is going to start, how it's going to feel in your body, or how long it will last. However preparing both your body and mind for birth will allow you to approach your birth with confidence, no matter how it unfolds. Preparing for birth focuses on the practical and emotional readiness for the experience itself, including childbirth education, practicing relaxation techniques, preparing physically, and establishing a support system.

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3 B'S

During labor, the 3 B's of Childbirth—Baby, Body, and Breath—are critical for maintaining a calm and focused state.

- ✓ Focus on your **baby**, visualizing the progress and connection with each contraction.
- ✓ Pay close attention to your **body**, remaining aware of its signals and adjusting positions to maximize comfort and efficiency.
- ✓ Utilize your **breath** as a powerful tool, employing deep, rhythmic breathing techniques to manage pain and sustain energy. By concentrating on these three elements, you can create a supportive environment that enhances your labor experience and promotes a smoother delivery.

3 R'S

During labor, the 3 R's of Childbirth—Rhythm, Relaxation/Rest, and Ritual—are essential tools for breaking the fear-tension-pain cycle.

- ✓ Establish a consistent **rhythm**, coordinating your body, mind, and breath with each contraction such as swaying, rocking, chanting, or controlled breathing.
- ✓ Concentrate on relaxing during contractions and later shift to finding **rest** between contractions.
- ✓ As labor progresses and the intensity of contractions increases remember to lean into what is working for you! This is your **ritual**. Repeat what works till it doesn't work any more and move onto the next thing.

NATURAL PAIN MANAGEMENT TECHNIQUES

Changing Positions



Experiment with different positions, such as walking, swaying, or changing from standing to kneeling. Movement can help ease discomfort and encourage progress.

TRY: Using a birthing ball, kneeling on all fours, squatting, walking, or performing lunges are all helpful positions during labor. Change positions every 20 to 45 minutes in labor.

Breathing Techniques



Focus on slow, deep breathing during contractions to help relax your body and manage the pain. Controlled breathing can alleviate tension and make contractions more bearable.

TRY: Practice effective breathing techniques during labor, including abdominal breathing, counting breaths, and incorporating mantras into your inhales and exhales to promote deep and rhythmic breathing.

Massage



Applying firm counter-pressure during contractions, along with long, soothing massage strokes throughout labor, can effectively alleviate pain, reduce anxiety, and enhance mood.

TRY: Massaging the scalp, feet, legs, shoulders, hands, and lower back can provide significant relief and promote relaxation during labor.

Hot or Cold Pack



Using hot or cold packs during labor offers flexibility based on personal preference; some individuals find comfort in warmth, while others prefer the cooling sensation of cold packs. This allows for tailored pain relief strategies to better accommodate varying comfort needs during the labor process.

TRY: For back labor or pain in the lower back, using hot and cold packs can provide relief during contractions. Heat on the lower back usually feels great in active labor.

Hydrotherapy



Whether through a bath or shower, hydrotherapy offers more than just pain relief and relaxation—can help relax the body ease the intensity of contractions.

TRY: Relax in a warm tub or direct the soothing spray from the shower head to your lower back or any other area where you feel discomfort.

Aromatherapy



Using a diffuser with your favorite essential oils can enhance relaxation, reduce tension, and alleviate anxiety.

TRY: Relaxing oils like lavender,