

What should I do in labor?

Relax.

Being in a place where your body and mind can relax helps labor progress. Remember to breathe.



Rest.

If you think you can nap, try to rest or sleep.



Drink Water.

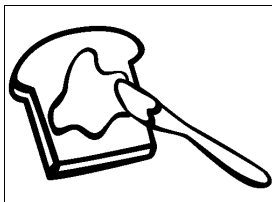
Labor is hard work. Your body needs good hydration. Drink at least a glass of water every hour. (You can also try juice or Gatorade!)



Eat.

Keep up your energy by eating simple foods - soup, toast, egg, yogurt, or a milkshake.

Avoid greasy or fried foods.



Walk.

Walking often feels better than lying down. Walking also helps your baby move down and keeps labor going.



Bathe.

Sitting in the bath tub or shower during labor can really help! The warm water eases the pain and helps your muscles relax.



Massage.

Massage helps relax muscles.



Have someone massage or press

on your lower back or hips. Try using a tennis ball for back massage.

Hot Pack.

Place a hot pack on your lower back to ease the pain of contractions. Put raw rice in a clean sock in the microwave.



Yoga Ball.

Sit on or use a yoga ball. It is comfortable and opens your pelvis for labor.



Change Positions.

Laboring in different positions helps the baby move down. Try standing, dancing, rocking, hands and knees, side lying or whatever feels good!

