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!