



MAMA BIRD'S

ultimate checklist for comfort in labor

Create a calm environment

- lighting
- room temperature
- aromahelp (on a tissue)
- music
- your own clothes/pillow
- Bring affirmation artwork

With your mouth

- “hello” and “goodbye” cleansing breaths
- slow paced breathing
- partner paced breathing
- low humming/moaning
- open mouth low tones
- blow raspberries
- suck on mint or sour candies
- Brush your teeth (both of you!)

Positions & Movement

- Sit on a birth ball
- Stand up & sway
- Go for a walk
- Lean on your partner
- Sit upright
- Abdominal lift
- Lie on your side
- On all fours - use a ball or bed for support
- Lunge on stairs - switch sides
- Slow dance
- Faster dance!

Massage

- “Dusting off”
- “Break the popsicle”
- Gentle light massage
- Firm downward massage
- use unscented massage oil
- Hand, foot or head massage
- Roving Body Check - release tension
- Combs for hand acupressure

Heat & Cold

- Rice Sock on lower back
- Sifting massage with rice sock
- Ice cold cloths on head, neck, chest
- Thermacare Wraps
- Hot shower
- warm tub

Mental Strategies

- Visualization - partner tells story
- Distraction
- Focal point - picture, baby clothes
- Ritual
- humor
- chant, sing or pray
- Identify meaningful affirmations

Easing Back Pain

- Forward leaning or all-fours
- Open knee chest down
- Back Counter-pressure
- Tennis balls or other massage tools
- Rolling pin or frozen water bottle

Intake & Output

- try to empty your bladder every hour
- eat & hydrate during early labor
- snack & hydrate during active labor
- Sip water every other contraction
- keep bedpan handy for catching vomit
- don't be afraid of pooping

Help from your irreplaceable partner

- Eye Contact
- Undivided Attention
- Expressions of encouragement & love
- Reassurance & Calm confidence
- Humor

Especially for Transition

- Double hip Squeeze
- Constant attention
- "You ARE doing it!"
- Take Charge Routine
- Reduce extra conversation & sound in room

If you contemplate an epidural

- cervical check before deciding
- request bag of fluids if unsure
- try "3 more contractions"
- Use code word
- Decide between contractions
- If you get an epidural, SLEEP!
- use a peanut ball
- continue changing positions when awake (side-side)
- cut dose back when time to push
- don't limit your pushing positions

When it's time to push

- Brush teeth
- Open the blinds in daytime
- Peppermint or citrus scents
- Hydrate after each contraction
- Try spontaneous pushing before directed pushing (bear down & grunt)
- Avoid "purple pushing"
- narrow the knees to push with ease
- Lots of verbal feedback
- Touch baby's head during or between pushes
- Use a mirror to see baby's head
- Notice when your caregiver suits up
- Partner - shoes on & senses alert
- Request warm compresses for perineum
- Use oil or Baby Magic for crowning

Scan the QR below to access interactive version of this checklist:



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