



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

HALLMARKS OF GOOD POSITIONS IN LABOUR.

Do at least two of the following at any one time.

1. get up off your bottom
2. bend your knees
UPRIGHT
3. lean forward
FORWARD
4. wiggle your bottom
OPEN
5. knees apart
6. relax your pelvic floor

U.F.O

U -

F -

O -

Ask your partner/midwife to remind you that you want to move around in labour. Ask them to remind you to **try changing position if you want something about your labour to change.**

Breathing in labour.

Breathe in slowly and deeply.

1. breathe in
2. breathe in
3. breathe out
4. breathe out
5. hold your breathe

Pant like a dog on a hot day to help to stop pushing.

Movement in labour.

Dance remember Shania Twain.

Massage in labour

Keep in slow if your think you are going slowly, slow down even more. Check with your partner how much pressure and keep checking where the massage helps. Always keep one hand in contact at all times.

birthmatters

AT THE START OF FAMILY LIFE



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Draw a weather report.

1. **The sun** ... large big circle on the back from her neck to the bottom of the spine.
2. **The wind** Hand sliding back and forth from left to right across the back.
3. **The rain**Use your fingers to “comb” down her back.
4. **The flood** ... Use your one hand to stroke from the neck all the way to the bottom of the spine the other hand resting on the lower part of the spine.
5. **The snow** Use your fingers to make small circles on either side of the spine.
6. **The cat** (check your partner likes this) Crawling up the back and sitting on the shoulder and kneeling the shoulder, then the cat goes up the other side.
7. The tennis balls on the lower back being very careful of the spine and remember to do the top of the back of the legs.