

birthmatters

AT THE START OF FAMILY LIFE



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

BREATHING FOR LABOUR

BREATHE TOGETHER
PARTNERS CAN REALLY HELP

BETWEEN CONTRACTIONS, KEEP YOUR BREATHING RELAXED,
SLOW AND STEADY
YOU NEED TO REST AND RELAX

IMAGINE YOUR CONTRACTIONS ARE LIKE WAVES
EACH BUILDS TO A PEAK, FADES, VANISHES FOREVER

1. GREET THE CONTRACTION
BREATHE OUT TENSION
2. BREATHE DEEPLY,
SLOWLY,
NOSE,
RHYTHMICALLY
MOUTH
IF POSSIBLE:
IN THROUGH THE
OUT THROUGH THE
3. AS THE CONTRACTION STRENGTHENS,
YOU MAY WANT TO
RAISE YOUR BREATHING
BREATHE TO WHERE IT IS
COMFORTABLE

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4. IF THE CONTRACTION GETS
CONTRACTION
VERY STRONG,
YOU MAY FIND YOUR BREATHING GETS
BREATHING
SHALLOW

AS THE
FADES,
LET YOUR
DEEPEN

5. SIGH AWAY EACH CONTRACTION

THATS ONE FEWER
BEFORE YOU MEET
YOUR BABY