

# Pain Relief During Labor

## Techniques and Suggestions

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- ◆ **Breathe and count through each contraction with her.**  
Count down from 20 to one, three or four times. Have her imagine the numbers morphing into each other or floating in front of her.
- ◆ **Follow her rhythm**  
Match her rhythm with head nodding, hand movements, clenching and releasing.
- ◆ **Holding and swaying**  
Hold the woman in a comfortable embrace throughout the contraction, rock and sway in sync with her body, following her lead.
- ◆ **Sensitive touch**  
Stroke her gently, with sensitivity— wherever she wants —arm, hand, shoulder, etc. Watch her reactions and comfort level and make sure it is not overstimulating. Acupressure points can be used.
- ◆ **Verbal Reassurance**  
Murmur soothing reassuring words to her in a caring tone,  
*“That’s it. You’re doing great.”*
- ◆ **Make sounds together**  
Use the groan method, deep sighs, grunts.  
Guttural sounds open the throat, and can help open the birth canal by releasing muscle tension. This can also generate spontaneous laughter (in response to the “funny” noises).
- ◆ **Movement**  
Help her to walk around room, to squat, to stretch, to sit in a warm tub of water, to listen to and follow her body’s urges.
- ◆ **Check in with her regularly:**  
*“What are you noticing now?”*  
*What was going through your mind (during that last contraction)?”*
- ◆ **Make simple suggestions to help solve problems**  
Example: baby in wrong position:  
*“Perhaps if you get on all fours and try this position for about 15-20 minutes. This often helps turn a posterior baby.”*