

Your important health information

Birth Ideas

Listed below are suggestions for support and comfort for labour, birth and immediate care of your baby. Tick the ideas you would like for your birth. Give your completed Birth Ideas to the midwife caring for you on the day of birth.

Comfort measures:

- | | |
|---|---|
| <input type="checkbox"/> Gentle activity - walking, rocking, swaying | <input type="checkbox"/> Massage neck, shoulders, back, thighs and feet |
| <input type="checkbox"/> Cool, damp facecloths for face, neck and shoulders | <input type="checkbox"/> Verbalisation – sighing, moaning, groaning |
| <input type="checkbox"/> Cool, loose clothing for labour. | <input type="checkbox"/> T.E.N.S (Transcutaneous Electrical Nerve Stimulation) Hire @ 36 weeks. |
| <input type="checkbox"/> Sips of fluids | <input type="checkbox"/> Shower |
| <input type="checkbox"/> Gel hot packs for lower back or lower abdomen | <input type="checkbox"/> Bath |

Relaxation ideas:

- | | |
|--|---|
| <input type="checkbox"/> Soft lighting | <input type="checkbox"/> Aromatherapy (electronic only) |
| <input type="checkbox"/> Music | <input type="checkbox"/> Breathing for relaxation |

Positions to try:

- | | |
|--|--|
| <input type="checkbox"/> Standing upright, legs apart | <input type="checkbox"/> Squatting |
| <input type="checkbox"/> Leaning against a wall. | <input type="checkbox"/> Birth stool or low stool |
| <input type="checkbox"/> Rocking on birth ball | <input type="checkbox"/> Resting on side in bed |
| <input type="checkbox"/> Kneeling in beanbag or over chair or birth ball | <input type="checkbox"/> All fours; hands & knees on gym mat |
| <input type="checkbox"/> Straddling a chair | |

Welcoming Your Baby:

When possible:

- Immediate skin to skin contact
- Baby to remain on mother's chest for as long as practical and desired
- Opportunity for baby to initiate breastfeeding
- Time for parents to be alone with baby

After birth:

Partner Room may be requested when:

- Available
- Partner stays in hospital with mother to learn and help with early care of baby
- Mother has an uncomplicated vaginal birth

Further Information

If you have any questions regarding this information, please contact:

Parent Education

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Acknowledgements

Produced by: Parent Education

Date produced: August 2014

Date reviewed: August 2016

Date for review: August 2018