



Your important health information

Birth ideas

Here are suggestions for comforts in labour, birth and early care of your baby.

Tick the ideas you would like for your birth.

Bring *Birth ideas*

- to one of your appointments to discuss with your midwife or doctor.
- to hospital when you are in labour so midwives and doctors know your preferences.

Comfort measures

- | | |
|---|--|
| <input type="checkbox"/> walking, rocking, swaying | <input type="checkbox"/> T.E.N.S: Transcutaneous Electrical Nerve Stimulation, buy or hire at 36 weeks |
| <input type="checkbox"/> damp cloth for face, neck, shoulders | <input type="checkbox"/> gel heat pack, brought from home |
| <input type="checkbox"/> comfortable nightgown or shirt | <input type="checkbox"/> warm shower or bath |
| <input type="checkbox"/> fluids and snacks | |
| <input type="checkbox"/> sighing, moaning, singing counting, | |

Relaxation ideas

- | | |
|---|--|
| <input type="checkbox"/> low lighting | <input type="checkbox"/> massage neck, shoulders, back, thighs and feet (bring your own massage oil or tool if required) |
| <input type="checkbox"/> your choice of music | |
| <input type="checkbox"/> aromatherapy (electronic only) | <input type="checkbox"/> a quiet environment |
| <input type="checkbox"/> slow and regular breathing | |
| <input type="checkbox"/> meditation/visualization | |

Positions to try

- | | |
|--|--|
| <input type="checkbox"/> stand upright, legs apart | <input type="checkbox"/> straddle a chair |
| <input type="checkbox"/> lean against a wall | <input type="checkbox"/> squat with a birth stool or low stool |
| <input type="checkbox"/> rock on birth ball | <input type="checkbox"/> rest in bed on your side |
| <input type="checkbox"/> kneel into beanbag, chair-seat, low bed or birth ball | <input type="checkbox"/> try all fours; hands and knees on a gym mat or on the bed |

Welcoming baby

- immediate skin-to-skin contact.
- baby lie on mother's chest for as long as possible.
- allow baby to breastfeed as soon as possible.
- time for parents to be alone with baby.
- name of person to cut the cord _____
- baby checks and injections after first breastfeed

Our other ideas

Further Information

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

Mercy Hospital for Women

Phone: 03 8458 4151

Werribee Mercy Hospital

Phone: 03 8754 3390

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