

Active birth



Being active through your labour and birth can help you to manage and focus. There are many methods you can use during your labour, some have been well researched while others have been adopted by women and cultures throughout the generations. They may not be proven, however women find them effective. We encourage you to try methods that suit you.

Preparing for labour

It helps to have encouraging and supportive people caring for you. You may also find the following helpful:

- Yoga
- Relaxation exercise
- Hypnotherapy
- Childbirth education – for you and your support person

Choosing your support people

Although you will have a midwife with you during your labour, it is important to have another support person with you. Choose support people that you will be comfortable with and who will help you rather than distract you during the different stages of labour.

If you have too many people with you, it may affect your responses and the progress of your labour

Ways your support person can help

- Support you in upright and active positions
- Help to make you physically comfortable
- Provide positive encouragement
- Massage or help with heat packs for your back
- Get ice for you to suck when you are thirsty
- Place cool face washers on your forehead

What can you do during labour?

- Relax between contractions, using your breathing as a focus
- Create a relaxing environment by dimming the lights and have music playing
- Use different positions during labour such as standing, walking, lying on your side, leaning on your support person or a birth ball or squatting. (Your midwife might suggest you try different positions as your labour progresses)
- Keep taking fluids to prevent dehydration
- Keep a positive frame of mind
- Have a warm bath or shower
- Use a TENS machine
- Use hypnosis as a state of relaxation

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