

# 5 WAYS TO HANDLE THE PAINS OF CHILDBIRTH



# **THE FREE GUIDE FOR PREGNANT WOMEN WHO WANT TO GIVE BIRTH PEACEFULLY AND LESS PAINFULLY.**

Your due date is fast approaching and you're probably dreading all of the difficulties you'll have to overcome (known or unknown, depending on whether it's your first delivery). Well, know that even if the pain is intense, it won't be insurmountable.

There are several natural methods for handling contractions during labor. Each woman has a different pain threshold, as well as different strengths and weaknesses, so some techniques may be better for you than others.

To be well prepared when the big day comes, **read this guide and take note of the tips that interest you.** You can put them into practice when baby is ready to enter your life.

# 1. MOVEMENT AND CHANGING POSITION

When contractions start and you head to the hospital, **don't expect to lie on your back until after you've delivered.** This position can reduce the diameter of your pond and make the passage even more difficult. Additionally, this position is often less comfortable than others.

Instead, **get up and walk between contractions.** This exercise stimulates and accelerates the process, helping your baby to descend. You can even dance during contractions, if you feel like it, by swinging from left to right.

It's also **recommended that you change position every 15 to 30 minutes during the first stage of delivery and every 15 minutes in the second stage.** The simple act of changing your posture will help you momentarily forget the pain.

**Some positions facilitate the process.** Sitting, semi-sitting, standing, squatting, or hanging speed up the dilation of the cervix. Lying on your side, you can rest and reduce the pressure on the perineum. To help your baby rotate, get on all fours or lean forward.

There are many accessories that can help you find a comfortable position, such as an exercise ball, a birthing bar or chair, and cushions. **Don't hesitate to try various things until you find what works!**

## 2. BREATHING AND RELAXATION

It's no secret that childbirth is a stressful event. However, fear and anxiety can cause muscular tension that only worsens your pain. **This is why you shouldn't underestimate breathing techniques.**

They can help you calm down and distract you from the pain. **Slow, deep breaths taken in a conscious and calculated manner are preferred.** This will oxygenate your body and your baby. Avoid breathing quickly, as you may start hyperventilating.

Create a soothing atmosphere. You can dim the lights to make a warm bubble around you that will help you feel nurtured, and remind you that your well-being is a priority.

Apply essential or massage oils on your wrists or eyebrows, or even your pillow to help you relax.

These tips will help you be less tense during contractions and more energized for active pushing. Why not give birth as seamlessly as possible?

## **3. MASSAGES AND HEAT**

**3-** In addition to the dad-to-be contributing throughout the birthing process, **massage is a great way to naturally manage pain.** Experts agree that massages improve blood circulation and can help block painful sensations.

**3-** **Massages also help to relax tense muscles and provide comfort and a sense of support, which all helps reduce feelings of stress and can make the pain more bearable.**

**3-** Massages around the lower spine will help you lie back, relax, and calm your thoughts.

**3-** **The use of hot compresses or hot water bottles in cherry stones will also help to reduce pain.** Plan to bring several to cover all the places where the pain is most intense (e.g. back, abdomen, and perineum). These compresses can be used throughout the delivery.

## 4. SUPPORT

It's important that you feel supported during delivery. **In fact, support plays a vital role in your level of confidence in your abilities and in pain management.**

It's best if you can count on the presence of the child's father or, if he can't attend the birth for whatever reason, a family member or someone important to you. Studies have shown that when you're accompanied by someone close to you, your overall experience and sense of control are greatly improved.

In addition to improving your psychological state, **those persons will be able to help you by responding to your needs, comforting you, and facilitating communication with the nursing staff.**

Being surrounded by support will help you feel more relaxed, and it will reduce the duration of the birthing process and the number of obstetric interventions. The father's support also strengthens the bond you share as a couple, and nurtures the father-child bond.

**Increasingly, women are also using a caregiver at birth.** It's a resource person whose role is to reassure and bring parents together by guiding them through the process.

## 5. ACUPRESSURE AND DIGIPUNCTURE

Acupressure is a technique that's similar to acupuncture, but it requires less precision. Your partner can contribute to the delivery by following a brief set of instructions.

By stimulating specific points on your body, an anesthetic effect will be triggered, which will reduce the pain of your contractions, accelerate the process, and relax the cervix.

Depending on the areas being tended to, this technique may also have other effects, such as relief of nausea or stimulation of placental delivery.

**If your water has broken, acupressure can be used to manage the release of the stimulant oxytocin. And good news!** It also lowers the possibility of a cesarean section or the need for forceps or a suction cup, and it takes about 50 minutes off the birthing process.

Digipuncture is a method which consists of compressing certain zones so as to create a new pain point. Your brain will focus on this new pain and less on the contractions. **It's a good way to create a diversion and make sure you don't always have trouble in one place.**

# CONCLUSION

We hope that this guide has given you some fresh tips you can use to make childbirth safer and less painful.

Keep in mind, of course, that these tips are only suggestions and not rules that must be perfectly followed. You know your body better than anyone else and you're free to take only the advice that seems best for you.

If you have other questions about your baby's arrival, we know a place where you can find answers.

**Social.mom is a free app made specifically for new moms.** It helps you get in touch with women who have children around the same age as yours and who experience the same difficulties you do in everyday life.

In short, it's a place where you can share freely without fear of being judged.

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