

Lots of things to do in the first stage of labour

- **Environment** – creating or choosing the most favourable environment
- **Attitudes** – developing positive attitudes – being cared for by positive people
- **Safety** – doing what makes you feel safe
- **Yes!** – welcoming the intensity of birth



Environment

- Physical space
- The people
- Quality of light
- Fresh air
- Temperature
- Access to bathroom
- Use of water
- Furniture
- Privacy
- Music
- Pictures
- Flowers
- Aromatherapy
- Food

Attitudes - Own and others

- Beliefs
- Values and intentions
- Philosophies
- Knowledge
- Understanding the physical intensity of birth
- Language awareness
- Hospital protocols
- Locus of control

Safety

- Knowledge and beliefs
- Contingency plans
- Precautions

Yes!

- Positive affirmations



- A** aromatherapy, acupuncture
- B** breathing, bath, biting, backrub, beanbag
- C** confidence, crying, chamomile tea, choice, communication, carbohydrates
- D** dance, dreaming, distraction, drinks



- E** eating for energy, exercise, endorphins
- F** fitness, footbath, fresh air, focal point, fruit yoghurts, fragrances, faith
- G** groaning, good guidance
- H** hot water bottle, hypnotherapy, homoeopathy, hydrotherapy, hand-holding, humming, holy environment, humour, honey



- I** instincts, ice
- J** jelly and jam, joking, joy
- K** knowledge, kneeling, kisses
- L** leaning, loving care, lemon, listening
- M** massage, music, mantras, memories, mats
- N** nature and nurture



- O** optimism, outward breathing, oil, opening to experience
- P** positive imagery, perineal massage, positions, positive thoughts, patience
- Q** “quads and quins” (knowing you are not going to have them!)
- R** rest, roaring, raspberry leaf tea, relaxing, reflexology, readiness, reading



- S** scrabble, shouting, singing, shower, self-confidence, smiling, straws, shiatsu
- T** trust, tea, tension release, TENS, teacakes, TV, telling, team effort
- U** understanding, undulating, ululating
- V** varying positions, visualisation, vary environment



- W** water, waiting, wishing, washing
- X** xxxxx and lots of them! X-ray specs
- Y** yielding into contractions, yoga positions and breathing, yelling, yoghurt, YO!
- Z** zzzzz whenever possible