

Commonsense Comforts

for
Labor and Birth
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Simple comfort techniques can reduce your discomfort, shorten your labor, and make your contractions more effective.

Get comfortable with your labor by attending childbirth classes and learning about the process of labor and birth. Tour your hospital and find out what comfort measures they provide for you (ice ships, shower, birthing ball, extra pillows, music). This is your birth, your baby, your experience, so make it your own.

Prepare physically, mentally, emotionally, and spiritually for your labor. Whether you are planning for a natural or medicated birth you will experience some contractions. Learn how to get comfortable.

Get comfortable physically with your labor by rehearsing your breathing and relaxation techniques. Get comfortable mentally by picturing yourself laboring in the hospital setting. Choose a mental image that helps you melt into relaxation. Get comfortable emotionally by writing down your feelings and fears. Share with your doctor or childbirth educator any specific worries. Get comfortable spiritually by opening your heart and embracing the miracle of birth and new life.

Learn ways to soothe yourself and ease discomfort during labor including; keeping your bladder empty, changing your positions, positioning your pillows for good relaxation support, use eye-to-eye coaching. Try these additional labor comfort tools by Comfort Silkie: Effleurage Labor Massage Blanket to soothe during contractions, Labor Comfort Pillow for hugging, squishing, and positioning, Back Labor Massage Tool for counter pressure, Labor Hot/Cold Packs for temperature comfort, Lip and Skin Balm to soothe.

Other things that bring comfort are the birthing ball, rocking chair, warm shower, cool wipes and popsicles. Choose some music that helps you relax and bring it to the hospital. Letting yourself hum or sing along can release endorphins, encourage relaxation, and provide a distraction. Find two sayings or quotes that you can repeat during labor that empower, comfort, or make you laugh.

Be comforted in the fact that your body knows how to birth your baby. Soon, your little one will be in your arms. “Babies, what a nice way to start people!”

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