

Get Ready!

A strong start together.

✓ LET LABOR BEGIN ON ITS OWN

✓ COMFORT DURING LABOR



1

LEARN YOUR PRACTICES

Learn with your champion how to have a healthy birth. Find out how to get a great start with baby.



2

TALK TO YOUR TEAM

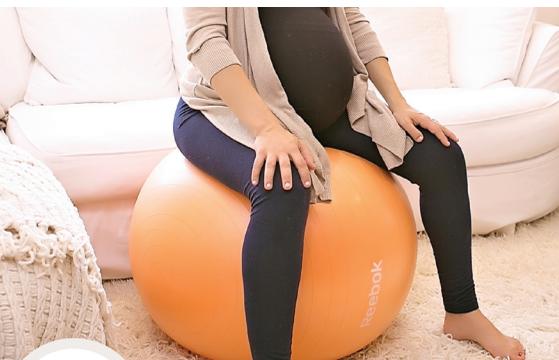
Ask questions. Share what you want when baby is born. Find out what to expect at your hospital.



3

SEE YOUR DOCTOR/MIDWIFE

If you are in the first half of your pregnancy, ask about a cervical screening at 19-21 weeks.



4

GET COMFORTABLE

If you're sore during pregnancy, use pillows or an exercise ball. Walk or change positions often.



5

LET LABOR BEGIN ON ITS OWN

In a normal pregnancy it's safest to let labor happen on its own so baby's brain has time to grow.



6

GET COMFORT IN LABOR

Walk or change positions often. Relax! Ask your champion to massage your lower back for pain relief.

*Help the
Last Weeks
Go By More
Quickly*

- Walk often, do stretches, and get a massage to help with back pain.
- Drink water to make "Braxton Hicks" uterine contractions less painful.
- Enjoy warm showers to relax and put your feet up if your ankles/feet swell.

Try to be patient while you **wait for labor to begin on its own** because your baby's brain and lungs are still growing in the last weeks of pregnancy. Your body also goes through many changes during this time to get you ready for the birth.

It Won't Be Long Now!

You've waited a long time to see your little one. Soon you will meet each other for the first time! Once your labor begins, you can help shorten your labor and feel less pain by learning to relax. Read below for a few tips.

Tips for More Comfort During Labor

Prepare For Labor

Your last weeks of pregnancy are a great time to learn all you can. Attend childbirth classes at your hospital, and read all you can. When you know what is happening to your body you can work with your contractions more easily. That helps lower the pain of labor.

Select Your Champion

Be sure to select your champion early so you can have support while you are in labor. You and your champion can start practicing ways to relax during your last weeks.

You CAN Relax During Labor!

When you are relaxed, your body can do its work during labor. Your body will produce more labor hormones to move your labor along. You'll also have more energy. Here are some tips for how to relax:

- Learn how to do steady breathing
- Keep moving! Walk and change positions often
- Take warm showers or baths while you are in labor
- Ask your champion to massage tense areas while your uterus contracts
- Rest between contractions

Birth Without Drugs

Birth without drugs helps your baby to be more alert right after birth. Even if you plan on an epidural for pain relief, being relaxed will help you cope until then. Being relaxed also helps your body produce endorphins to help with pain relief. You might even find that the natural pain relievers your body gives you will be enough!



How You (Her Champion) Can Help Mom!

You have the starring role as mom's major support during the last weeks of pregnancy and labor. You can help her know she is not alone while getting ready for baby's birth.

- Go to **childbirth classes** with her so you can learn together what happens in labor.
- Create a setting where she can relax. Use music, pleasing aromas, and a **comfy place** to sit or lie.
- Practice **relaxation techniques** during her last weeks of pregnancy.
- Build **mom's confidence**. Tell her she can do it!

Your Visual Guide

Use your Coffective app to learn more about ways to get birth off to a great start.

Don't have the app?

Just search the app store for "Cognitive" and get started!

