

## ... Alphabet of Pain Relief during Labour ...

**A** - is for aromatherapy (clary sage, lavender, rose, geranium) and affirmations – you can do it.

**B** - is for the breath, be in tune with your body, try a warm bath, beanbags and birth balls.

**C** - is for comfort, cuddles, take your own cushions, be creative.

**D** - is for dozing between contractions, also for the support of a doula.

**E** - is for making the most of endorphins, and let your environment be peaceful.

**F** - is for using warm flannels, and for fluids – make sure you drink enough.

**G** - is for gentle birth, for getting support, for greeting contractions instead of fighting them.

**H** - is for heat – hot water bottles, hot compresses, hot showers, hot baths.

**I** - is for intuition, also for sucking ice chips or ice blocks.

**J** - is for your jaw – keep it loose.

**K** - is for knowledge and the confidence it brings.

**L** - is for your labour companion(s) – surround yourself with love and keep the lights low.

**M** - is for your midwife, for massage, for your favourite music playing.

**N** - is for making noise if it feels good.

**O** - is for being open – allow your baby to be born.

**P** - is for positive thinking, privacy, and praise.

**Q** - is for quiet – create your own sacred space.

**R** - is for relaxing between contractions – and drink raspberry leaf tea.

**S** - is for a walk in the sunshine, or singing in the shower, or shouting if you want to.

**T** - is for trusting and being in tune with your body.

**U** - is for keeping upright – let gravity help your baby come down.

**V** - is for varying your positions, visualisations, using your voice.

**W** - is for walking, wheat bags, and for the wonder of water in labour.

**X** - XXXX for kisses, for eXcitement, for eXhilaration.

**Z** - ZZZZZZZZ when it's all over!!