

Natural Pain Relief During Labor



Talk to your provider about options for pain relief during labor. The strategies below may reduce or eliminate your need for pain medication. No matter which method of pain relief you use, it's important to understand all risks and benefits. Remember that breastfeeding is best for your baby, and some studies suggest an unmedicated labor may make initiating breastfeeding easier.

Positioning for comfort:

- + Options include laboring on your hands and knees, standing, squatting or using a birthing ball
- + Helps labor progress
- + Great for pain management
- + May shorten labor

Comfort techniques:

- + Aromatherapy
- + Dim lighting
- + Heat pack
- + Hot shower
- + Massage/pressure
- + Music

Childbirth management methods:

- + Hypnobirthing
- + Lamaze
- + Bradley Method

Conscious breathing control:

- + Controls pain
- + Lowers anxiety and stress
- + Facilitates labor and birth



Support makes a difference!

You and your partner or labor coach can learn more by attending a childbirth preparation class. For information about finding a doula in your area, visit www.dona.org.



Did you know?

Knowing what to expect helps mothers stay more relaxed and comfortable during labor. The childbirth preparation classes at Southeast Georgia Health System can help.

Questions? Ask a lactation consultant for free!

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



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