

Working with Pain and Anxiety during childbirth

INTERVENTIONS TO TAKE THE EDGE OFF THE PAIN:

Physical – heat, massage, etc.

Emotional – holding hands, your supportive presence

Hypno-birth / Calm birth techniques

Distractions – songs, music, talking, etc.

Breathwork – breathing into and through the pain

Positive Anchors – e.g. 'we're meeting our baby soon'

At all times, feel free to ask questions, or request help and guidance.

