

Lamaze Breathing Guide

Mastering your breathing during labor can help block the pain and allow and enable a smooth relaxing birth.

WHEN LABOR CONTRACTIONS BEGIN

Take a deep relaxing belly breath at each contraction.



THE 1ST STAGE OF LABOR

- 1 At each contraction, begin with a slow, deep breath. This releases physical tension all over your body.
- 2 Inhale through your nose slowly and then pause. Exhale slowly through your mouth.
- 3 In every exhale you make, focus on relaxing a body part.



DURING ACTIVE LABOR

- 1 Begin with a deep breath.
- 2 Breathe through your nose and release through your mouth.
- 3 Maintain a slow breathing pattern. Speed up when the contraction increases.
- 4 Relax your shoulders.
- 5 As your contractions improve and breathing rates enhance: Change your breathing pattern to a light one by breathing in and out through your mouth, one breath each second.
- 6 When your contractions decrease: Breathe slowly. In through the nose out through the mouth.



TRANSITION BREATHING

This type of breathing is helpful in controlling feelings of exhaustion and despair. Transition breathing can be useful as you change to light breathing.

- 1 Start with a deep breath.
- 2 Focus your attention on a certain object you can see.
- 3 During contractions breathe in and out at a rate of 1-10 breaths every 5 seconds.
- 4 Blow a long breath in every fourth or fifth breath.
- 5 Take a relaxing breath when the contraction finishes.
- 6 Use a "hee" for every short breath and a "hoo" for each long breath.

THE 2ND STAGE OF LABOR

- 1 Begin with a deep breath.
- 2 Focus on your baby moving down and out.
- 3 Breathe slowly during contractions.
- 4 Adjust your breathing to your comfort level.
- 5 If it feels like you need to push, take a deep breath and then release it slowly while bearing down.
- 6 When the contraction is done, relax and take two calm breaths.
- 7 Give yourself a positive mindset mantra like "I can do this" or "I'm OK, my baby's OK" to help keep your head in the right place.



For more helpful Lamaze techniques visit
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