



## Things to remember when in Labour

Time has no relevance, so don't look at the clock or watch



Focus only on that contraction at that moment in time — there is no need to look back at how many you have had — or try to predict how many more are coming!



Dilation has no rules — you can go from 5cms to 10cms in one hour if your body wishes.



Welcome each and every contraction as they come, as they are doing a wonderful job of opening up your body



Surrender to the intensity you are experiencing at this very moment for in 40 seconds it will be gone



Focus on your breathing in for 4 through your nose and out for 6 through your mouth and let go of your body and tension



Nature is so very kind in that you will get a rest in between contractions, so use it wisely, resting, breathing slowly and letting go



Draw on your support people to do everything for you — or nothing but just being there, silently present sending you love, energy and strength



Drink lots of water and pee regularly



Eat nutrient rich carbohydrate food with a low GI to help you through

*Trust and have faith in yourself and body*