

# 11 ways

to provide  
perinatal pain  
relief

## **Yoga**

Goddess pose is a great variation of a sumo squat. The deep pose is great for balancing the hips. Seated side bend is a great way to open up the sides of the solar plexus and expand space for the baby. Child's pose opens up the hips and elongates the spine; stretch to the point of relief only.

## **Hip/Tailbone Compression**

Labor is often experienced in the lower back region as the body prepares for delivery. Applying light pressure on the sides of the hips does help absorb some of the radiating pain of contractions. Sometimes with birthing parents of smaller hips they may experience their labor pain in the coccyx or tailbone.

## **Water**

Bodies of water are an excellent source of pain relief. The suspension in water creates an outer environment that most resembles the womb.

## **Heat**

The power of heat promotes elasticity as relief for areas that may be irritated with the expansion of contractions.

## **Vocalizing**

Rhythmically exercise repeating the long vowel sounds of 'O' and 'U'. Tonal exercises allow the pain of the contractions to be guided out of the body in conquest of the moment versus forced out in aggression or screams.

## **Tennis Balls**

Compact and inexpensive, a tennis ball is a great tool for applying pressure in specific areas. Using three tennis balls in a long sock is a great massaging tool for pain relief.

## **Fine tooth Comb**

Pressing the teeth of the comb into the crease at the top of the palms is a tolerable way to divert any sudden surges of pain with contractions

## **Aromatherapy**

Essential oils redirect our subconscious. Engaging in aromatherapy can help improve focus, alleviate stress and combat anxiety.

## **Dance**

Dancing is a physical expression in the practice of listening to music with intent. Moving your body to a beat helps keep focus fun.

## **Mantras/Affirmations**

Repeating positive phrases increases the chances of reverting to that perspective when in moments of doubt or anxiety.

## **Wrap Wiggles**

Have the birthing parent get on all fours and center the rebozo/baby wrap carrier across their backside covering from the lower back to the base of the backside along the hips. Holding at the sides of the hips wiggle the fabric back and forth while applying pressure. This helps engage muscles and engage the region for the movements of the contracting cervix.