

# 6 ways

to prevent  
tearing during  
childbirth

## EDUCATION

Understand the phases of labor. Know what to expect with each stage and prepare the best care plan for yourself in advance.

## PRACTICE KEGELS, RESPONSIBLY

A healthy pelvic floor allows your muscle to expand and contract with ease instead of being shocked suddenly with the contractions of labor.

## VITAMIN E OIL/ PERINEUM MASSAGE

Vitamin E is great for promoting elasticity in the skin, massaging the area at the base of the vulva backwards will help prepare the area for birth.

## BREATHING

Aligning your breathing and guiding it out of your body is a way to help control the pressure applied to the area.

## MOVEMENT

Moderate exercise during the prenatal period helps the body prepare in a gentle but consistent way for labor. Walking is excellent!

## HEAT

Applying moderate heat throughout dilation increases blood flow and elasticity to the area.