

Taking Control of your Labor

What a laboring couple can do to reduce their risk of complications in labor.

Prepare

Preparation helps — include all team members!

Catholic Health offers valuable classes:

- Prepared Childbirth
- Lamaze
- BabyTalk
- Car Seat Safety

Contact HealthConnections:
(716) 447-6205
chsbuffalo.org/classes

Move

Any sort of movement in labor can be very helpful to both reduce discomfort for the mother and to ease the journey for baby!

Movement

Wait

Waiting until active labor before receiving an epidural reduces the risk of needing added medical intervention.

Try a Ball

The birthing ball can reduce pain by providing a comfortable position while allowing easy movement.

Position

Shift

When in bed to rest or after an epidural, moving side to side and using a pillow between your knees can help keep labor moving.

Change things up

Alternating between rest and upright activities at home in early labor helps to get labor moving well!

511

Shower or Soak

Water therapy can greatly reduce pain and allow muscles to relax.

Waterproof and wireless monitoring at the hospital can make it even safer!

Remain Upright

Upright positions are very beneficial as gravity helps the baby to move lower and prepare for delivery.

Position

Bend Knees

Squatting positions can be ideal because the pelvis naturally increases in size in this position.

Position

Snuggle

Immediate skin-to-skin contact is incredible for both parents and baby. We do our best to ensure that regardless of type of birth, all parents are offered this amazing time with their newborns.

If medical care is needed, we attempt skin-to-skin as soon as possible.

When contractions are **5 minutes** apart and last **1 minute** each for at least **1 hour** — it's time to think about going to the hospital.

Different positions for Mom tend to help for different positions of Baby.

Ask your OB provider and nurses for help finding positions that will assist the most in YOUR labor!

