



# A SENSORY GUIDE TO LABOR & DELIVERY



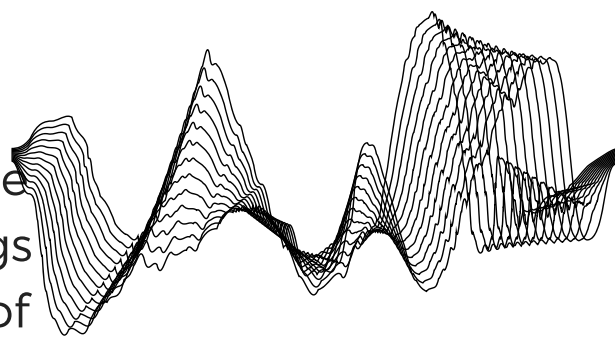
HOW TO USE YOUR 5 SENSES TO MINIMIZE LABOR PAIN

## 1. TOUCH

Be sure that your support person is familiar with massage techniques for contractions such as light massage, counter pressure, & the double hip-squeeze. Touch during labor should aid in relaxation, not distract from relaxation.

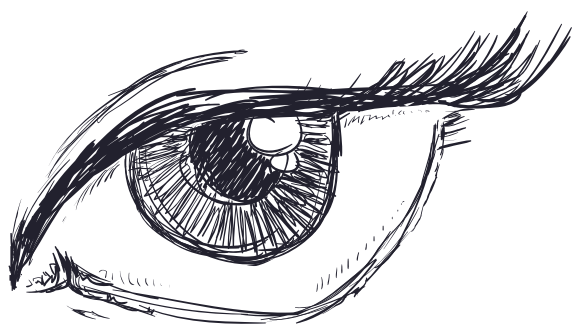
## 2. HEARING

Keep voices hushed & alarms on low volume. Post a sign on your door that reminds visitors of necessary quiet. Create a playlist for your birth, packed with songs that fuel bravery & highlight the beauty of this journey. Have support person make note cards of verses or encouragement you want to hear. Have them read these over you at times when encouragement is needed most.



## 3. SIGHT

Minimize visual distractions. Maximize visual aids that point to hope. Hang scripture, word art, pictures of family & inspiration. Hang Xmas lights, use LED candles, and keep lights low to minimize stimulations.



## 4. SMELL

Use essential oils in a diffuser throughout labor. These can be both pleasant & therapeutic. Bring as many of your own familiar items with that "homey" smell with you as possible. Bring your own pillow, blanket, nightgown, and robe washed in your own laundry detergent.

## 5. TASTE

Bring honey sticks, dates, candies, and your favorite juices to keep you drinking and eating enough to keep your energy up. Also, the pleasant experience of tasting comforting food-like chocolate- can be helpful.

