## Comfort Measures for the Second Stage of Labor

\*the second stage of labor is made up of two phases, a latent phase (the "rest and be thankful phase") and an active phase (the "pushing phase"); it begins at full dilation and ends with the birth of the baby\*

- Cool cloths to wipe down the forehead, neck, chest, and upper back in between contractions
- Physical support during contractions (such as supported squat)
  - Massage in between contractions
    - Chapstick
  - Hydration between every couple contractions
  - Hair tie or head band to keep hair out of the face
    - Frequent position changing
    - Upright birthing if possible
      - Verbal encouragement

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