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BIRTH COMPANION'S CHEAT SHEET OF COMFORT MEASURES

Review this checklist to ensure you are familiar with all the comfort measures. For each one, ask yourself, how is it done? when is it helpful? why is it helpful? Practice these together frequently to explore which ones might be most helpful during birth. Then pack this checklist in your hospital bag or with your homebirth supplies for easy reference.

Relax It!

- Progressive Muscle Relaxation
- Written Relaxation Scripts
- Audio Relaxation Scripts
- Touch Cues
- Verbal Cues

Visualize It!

- Visual Imagery Scripts
- Visualize Birth Experience
- Visualize Baby Moving Down
- Visualize Cervix Opening

Breathe It!

- Abdominal Breathing
- Sleep Breathing
- Breathing the Baby Down

Water It!

- Bath/Whirlpool
- Shower
- Waterbirth

Bounce It!

- Birth Ball Techniques

Massage It!

- Acupressure
- Hand/Foot
- Light Touch
- Firm Pressure
- Rolling Pin
- Counter Pressure

Hear It!

- Written Relaxation Scripts
- Audio Relaxation Scripts
- Affirmations
- Encouraging Words

Smell It!

- Aromatherapy

Heat It!

- Hot Packs
- Rice Sock
- Warm Compresses

Cool It!

- Cold Packs
- Frozen Water Bottle
- Cool Compresses

Move It!

- Standing/Leaning
- Walking
- Lunges
- Hands-and-Knees
- Reclining
- Side Lying
- Semi-sitting
- Rocking/swaying
- Squatting/Supported Squat
- Lift Technique

Associate It!

- Visual Associations
- Verbal Associations
- Auditory Associations
- Tactile Associations

Affirm It!

- Affirmations
- Verbal Praise
- Encouraging Words

Vocalize It!

- Moaning
- Singing