



# Childbirth Professionals INTERNATIONAL

## Waterbirth and using water as a coping tool

Water is an effective and low cost tool that women can use during pregnancy and also through their labors and births.

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Ways to use water

- Showering
- Soaking in bathtub
- Soaking feet



## Benefits of water use during labor and for giving birth

- Increases relaxation
- Eases labor pain
- Lessens anxiety and fear
- Increases privacy and "safe" feeling
- Promotes empowerment
- Promotes autonomy
- Increases connection to birthing experience
- Increases oxytocin production so labor can progress
- Increases production of endorphins helping women cope with discomfort better
- Improves satisfaction with birth experience
- Decreases birth trauma

## Compared with medications and other interventions using water

- Costs less
- Less invasive
- Less side effects for mother and baby
- Less staff to implement and oversee