

Breathing and Relaxation Class Details

It is very important to completely teach breathing and relaxation techniques.

Understanding how the body works and how to alleviate discomfort is empowering.

It is not enough to lecture about the techniques. Enough class time should be set aside for participants to become proficient in all the techniques.

Not many participants will practice outside of class. So it is important to set aside 30-40 minutes each class to practice.

It is also important to seek out additional classes and resources to learn and offer many techniques to those you teach.

Tip: Use appropriate music during practice.

Birth Ball Techniques

Sit on ball

Knee/lean over ball

Put ball against wall and hug ball

Put ball against wall and lean back onto it

Late Pregnancy/Early Labor Techniques

Easy Pose/Sit cross legged

Sit bringing soles of feet together

Open Legs wide stretch arms out

Pelvic Tilt

Squatting

1. Deep Squat
2. Squat leaning over chair
3. Squat between partners thighs facing out
4. Midway squat facing partner
5. Midway squat leaning back against partner
6. Clasp wrists and squat
7. Clasp wrists with partner sitting

Position - Sitting in chair

- Cleansing Breath
- Slow Breathing

Position - Side lying

Use slow breathing

- Touch Relaxation
- Progressive Relaxation
- Visualization/Special Place

Active Labor Techniques

Shallow Breath

1. Position - Kneeling into chair
2. Position - Straddle the chair
3. Position - Straddle the chair

Combined (Slow-fast) Breathing

1. Position - Leaning over a chair
2. Position - Slow dance with partner
3. Position - Lean back against partner

Transition Labor Techniques

Patterned (he-he-he-hoo) breathing ****don't practice too much****

Position - sit face to face

Hand Massage

Back Labor Techniques

Knee press

Lunge

Counter Pressure

Double Hip Squeeze

Rebozo

Child's Pose