

Be Neutral

Pain
Suffering
Coping

Benefits of Labor Pain

- Hormones produced in response to labor pain prepare fetal lungs to breathe preventing fetal distress
- Pain guides mother to optimal position for labor and birth decreasing failure to progress
- Labor pain regulates oxytocin production maintaining labor tempo

PAIN

P - Purpose
A - Anticipate
I - Intermittent
N - Normal

Biodots

