



11 Mama-Tested Techniques to Handle Labor Pain Naturally

These techniques help you deal with labor pain so you can focus on the real joy of birthing – helping your baby move down and out into your arms!

Use Heat and Warmth

Warmth helps our bodies relax, so hot compresses, a hot rice sock, etc. Can be really relaxing when held against your lower back or thighs.

Load Up Your Own Playlists

Your own music can help you create an environment of peace and relaxation, especially if you're surrounded by the noise of birth workers or a busy hospital. Set up one with energizing music and one with relaxing music so you can take your pick!

Get a Massage

Massage can help you relax and loosen up in all the right places. Many birthing women like massage on

their ankles, calves, and thighs - loosening up the lower body so you can focus on bringing out your baby.

Use Your Voice – Low Moans

When things get intense low moans help you handle it. They also keep your jaw loose, and a loose jaw means a loose bottom. Your baby is coming out the bottom, so this one really helps!

Keep It Private

Birth uses the same hormones as, well, that you used to make the baby in the first place ;) Feeling safe, private, protected, and warm are important to birthing. Kick extra people out of the room, dim the lights, and keep things calm. This encourages oxytocin and beta-endorphin production, which speed labor and actually decrease pain levels - naturally.

Rock That Baby

Getting on hands and knees and rocking gently, or standing with a support and swaying slightly can make a huge difference. There's a lot of energy moving through your body with contractions, and rocking or swaying helps you let that go. It also helps baby rotate!



Breathe Through It

Forget the whole comedy-routine breathing you've seen in Hollywood birth scenes, but DO practice calm breathing - and using breath to calm down (often called a "cleansing breath"). This can help you through the tough ones, and help you get back in control after a hard contraction. Here's a secret - lots of mamas feel like they "lose it" during labor... but you can get it back without medications. Breathe, change positions, and try something differing for the next one. YOU are strong.

Water Takes the Edge Off

Getting into a tub of warm water provides an incredible level of pain relief for many women, so if possible, at least labor in the tub. Getting into a warm shower can also be relaxing and helping you get upright - which helps baby move down!

Forget the Bed

Don't stay stuck in bed. Try a birth ball, hands and knees, sitting on the toilet, getting in the shower, or laboring in the birth tub. All can help you work with baby and relieve pain and tension.

Move, Mama, Move!

Getting into a more upright position, or even just changing positions can really help you handle things. It can speed up a slow labor, help a posterior baby turn, or just help you get a little more comfortable!

Remember, You're Working With Your Baby!

Baby is doing this right along with you and everything you do helps your baby's journey into your arms!