

Exercises you can do to help during labour

When your contractions get stronger and more painful, you may find that breathing and relaxation exercises will help you to relax and focus. Stay mobile and experiment with different positions, such as leaning against something or getting on all fours, using a *Pezzi* ball.

Sitting on the ball, rotate your hips in circular movements – first in one direction and then in the other.



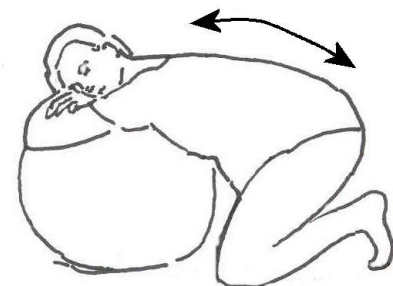
Rotating your hips in a slow circular movement may also help if your contractions slow down. Either sit on the *Pezzi* ball (as above) or get down on your knees and elbows (the sphinx position) or rotate your hips whilst standing. Blow as you breathe out, slowly, as if you are blowing out a candle.



Exercises

The following movements and exercises may also help with your labour:

Rocking using the *Pezzi* ball.



Using the wall to push against.



Rocking all on fours – breathing out as you rock forward and breathing in as you rest on hands and knees.



Circling one hip at a time. Using the *Pezzi* ball to rotate one hip at a time (make sure you have the support of a wall or your birthing partner to hold you steady).



Working with your birthing partner and using him/her as support.



Ask your midwife for help if you are not sure of how to do any of the exercises or movements.

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