



Midwives: How can we talk to mothers in a way they understand?

Don't let language be a barrier when helping women in your care



INFORMATION ON

- Pain Relief in Labour
- Anaesthesia for C-Section
- Epidural Information Card
- Pain Relief Comparison Card
- Headache after Spinal / Epidural
- Raised BMI
- GA for Unplanned C-Section
- RA for Unplanned C-Section

New translations and videos added frequently

"Brilliant resource, could save the nhs a fortune."

- Carol Ann, Midwife

"Fantastic site, I feel I no longer have to short-change our non-English speaking mothers."

- Delegate at RCM Conference

Do you have one place where you can access the required information on pain relief?

LabourPains.com is the free, mobile-friendly public information website of the Obstetric Anaesthetists' Association (OAA). Created specifically for expectant parents as well as midwives and healthcare professionals.

The information on LabourPains.com has been written by a multi-disciplinary group, ensuring that you can offer your patients information which is trustworthy, unbiased and scientifically proven.

With information available in over 40 languages, the site is an excellent resource, so why wait, spread the word about this amazing website!

