

Breathing Exercise And Coping With Labour

You should be able to find several essential facts about breathing exercise and coping with labour in the following paragraphs. If there's at least one fact you didn't know before, imagine the difference it might make. You may not consider everything you just read to be important information about the topic. But don't be surprised if you find yourself recalling and using this information in the next few days. I hope the information presented so far has been applicable. According to Wikipedia, the free encyclopaedia, the psychological benefits of natural childbirth by the pain management techniques other than medication include breathing, relaxation therapy, visualization and so on: Many women consider natural birth empowering. A woman who is supported to labor as she instinctively wants to, is a woman who will likely feel positive about her birth experience and future parenting skills. Her baby is more able to be alert and placed on her skin (promoting maternal bonding) and breastfeeding is more likely to be enjoyable and successful. In fact, breathing exercise helps to focus on breathing and reduce the pain during delivery. It makes contraction more manageable.

Steps: 1. Breathe in through the nose. 2. Breathe out slowly through the mouth. 3. Think "I can overcome the pain. Every contraction gets me closer to my baby. I aim for drug free pain control which is the best for us. I have the confidence that I can do it." Personal Sharing When I was admitted to the labour ward to give birth to my third child, I forgot what I had learnt for pain control previously. I was worried as the contraction was getting more painful each time. The staff nurse, Ms Lim of Labour Ward of TMC, coached me to do the breathing exercise. She taught me to breathe in through nose and breathe out slowly through mouth when contraction came. It was so effective that I did not need to use any medication to reduce my pain during contraction. She praised me for my effort in practising the breathing exercise. I was grateful to receive the coaching and support from her. In conclusion, with the coaching and support from the experience midwife, I use breathing exercise to calm down and relax myself during labour. It helps to lessen my labour pain. I was happy that I did not need to use any medication to reduce my pain during my third pregnancy. The faith in myself, baby and God helps me to put through every difficulties in my life. There's a lot to understand about breathing exercise and coping with labour. We were able to provide you with some of the facts above, but there is still plenty more to write about in following articles. Disclaimers: The author shares this article based on her personal and work experience and disclaims any responsibility for any liability, losses or damages and /or application of any of contents of this article.

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