ABCs of Natural Pain Management

A - AROMATHERAPY, ACUPRESSURE, "AHHH" (MOUTH OPEN, LOW PITCH), AFFIRMATIONS
B - BIRTH BALL, BREATHING, BODY SCAN FOR TENSION, BELIEVE IN YOUR BODY
C - CALM MOOD, COUNTER PRESSURE, CHANGE POSITION OFTEN, LABOR COMB, COOL COMPRESS
D - DRINK WATER OFTEN, DANCE, HIRE A DOULA
E - ENVIRONMENT OF PEACE, EMPOWERING WORDS, EYE CONTACT OR EYES CLOSED
F - FEAR RELEASE, FOCAL POINT, FOOD, FAN, BE FLEXIBLE
G - GROAN/GRUNT, USE GRAVITY, GIVE IN TO THE PROCESS, GO INWARD
H - HUG, HOLD HANDS, HEATING PAD, HYPNOSIS, HYDROTHERAPY, HIP CIRCLES
I - IMAGERY, INTIMACY, LISTEN TO YOUR INTUITION, IGNORE HORROR STORIES
J - JOKES, JOYFUL ATTITUDE, RELAX YOUR JAW
K - KISS, KNEEL/ROCK ON ALL FOURS, USE KIND WORDS
L - LUNGE, LAUGH, LISTEN TO YOUR BODY, LOW LIGHTING
M - MUSIC, MASSAGE, MEDITATE, REPEAT A MANTRA, MINDFULNESS, MOAN, MOVE
N - NAP, NOURISH, SAY THE BABY'S NAME, NATURE SOUNDS
O - OXYGEN, INCREASE OXYTOCIN, OPEN OPEN OPEN
P - PACE, PEE, PRIVACY, PRAY, PATIENCE, PERSISTENCE, PROGRESSIVE RELAXATION, BE PRESENT
Q - QUIET VOICES FROM SUPPORT TEAM
R - REST, RELAX, RELEASE ENERGY/TENSION/EMOTION, REFLEXOLOGY
S - SING, SWAY, SQUAT, STAY UPRIGHT, SCRIPTURE
T - TOUCH, TENDERNESS, TEAMWORK, TRUST (YOUR BODY, THE PROCESS), TOILET
U - UNDERSTAND YOUR OPTIONS
V - VOCALIZE, VISUALIZE, VOICE YOUR NEEDS
W - WATER (SHOWER, TUB, DRINK), WARMTH, WALKING
X - EXCITEMENT (NOT APPREHENSION)
Y - YAWN (RELAX YOUR FACE), YOGA
Z - ZEN ATTITUDE, GET IN THE "ZONE", HAVE ZERO SELF-DOUBT

CELEBRATE Birth