

# Lamaze Breathing Guide

Mastering your breathing during labor can help block the pain and allow and enable a smooth relaxing birth.

## WHEN LABOR CONTRACTIONS BEGIN

Take a deep relaxing belly breath at each contraction.



## THE 1ST STAGE OF LABOR

- 1 At each contraction, begin with a slow, deep breath. This releases physical tension all over your body.
- 2 Inhale through your nose slowly and then pause. Exhale slowly through your mouth.
- 3 In every exhale you make, focus on relaxing a body part.



## DURING ACTIVE LABOR

- 1 Begin with a deep breath.
- 2 Breathe through your nose and release through your mouth.
- 3 Maintain a slow breathing pattern. Speed up when the contraction increases.
- 4 Relax your shoulders.
- 5 As your contractions improve and breathing rates enhance: Change your breathing pattern to a light one by breathing in and out through your mouth, one breath each second.
- 6 When your contractions decrease: Breathe slowly. In through the nose out through the mouth.



HEE

HOO



## TRANSITION BREATHING

This type of breathing is helpful in controlling feelings of exhaustion and despair. Transition breathing can be useful as you change to light breathing.

- 1 Start with a deep breath.
- 2 Focus your attention on a certain object you can see.
- 3 During contractions breathe in and out at a rate of 1-10 breaths every 5 seconds.
- 4 Blow a long breath in every fourth or fifth breath.
- 5 Take a relaxing breath when the contraction finishes.
- 6 Use a "hee" for every short breath and a "hoo" for each long breath.

## THE 2ND STAGE OF LABOR

- 1 Begin with a deep breath.
- 2 Focus on your baby moving down and out.
- 3 Breathe slowly during contractions.
- 4 Adjust your breathing to your comfort level.
- 5 If it feels like you need to push, take a deep breath and then release it slowly while bearing down.
- 6 When the contraction is done, relax and take two calm breaths.
- 7 Give yourself a positive mindset mantra like "I can do this" or "I'm OK, my baby's OK" to help keep your head in the right place.



For more helpful Lamaze techniques visit  
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# The Lamaze Ready Reference Guide For Labor Birth

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