

Comfort Measures Syllabus

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Comfort Measures Workbook Included in the Class (15 page Workbook)

Introduction:

Breathing

❖ Environment

- The Five Senses- Setting the Stage:
 - SIGHT
 - SOUND
 - SCENT
 - TOUCH
 - TASTE

❖ Session I: Early Labor

- Breathing: Slow-paced “In-Out” Breathing
- Activities:
 - Diversionary Activities:
- Five Senses:
 - Touch through Movement
 - Touch on the Skin
 - Touch through pressure/ vibration
 - Position Changes:

Progressive Tension-Release Practice:

❖ Session 2: Active Labor

- Breathing: Paced Breathing
- Activities
- Position Changes
- Birthing Ball
- Touch:
 - ◆ Acupressure
 - ◆ Counter-pressure
 - ◆ Massage

❖ Session 3: Transition and Pushing

- Breathing- Deep Ahh Breathing
- Comfort Measures
 - Acupressure
 - Movement

❖ Session 4: Stage Two: Pushing!

- Breathing: Push pattern
- Comfort Measures:
- Positions for Second Stage