BREATHE

Sometimes breathing when in labor is presented as a prescribed pattern that can look a little silly especially when Hollywood gets involved. Instead of "silly," you will learn how to "breathe" for birth. In front of you is a stack of cards. As you flip through them, talk with your labor support partner/team, how you envision using each one in your labor.

B = breathing in a rhythm
- what pattern do you use now when you exercise? what is your breathing like when you are trying to relax? In your nose/out your mouth? Focus on the exhale? Other?

R = relaxation
- what works for you to relax now? mentally starting at your head and relax each part? Touch! Moving gently? Other?

E = emotional support
- what kind of emotional support are you hoping for in this labor? Quiet, holding my hand? Someone being a strong advocate for my wishes? Kind, encouraging words? Someone you can share what you are feeling and affirm those feelings? Other?

A = active movement

T = touch
- during labor where and how and if you want to be touched may change. But what type of touch right now sounds good? Hand, feet or head massage? Lower back pressure? Gentle touch as in "I am here if you need me" Partner tuning in to see where you are holding tension and gently touching to help you release: jaw, eyebrows, shoulders, etc. Other?

H = hearing/listening
- what do you want to hear? How important is it for you to be listened to? Do you want a quiet environment? Social/jovial with lots of conversations? Particular music or sounds like waterfalls? Do you want to hear if the baby is a boy or girl or look for yourself?

E = environment
- what is important to you about the environment, in addition to what you will be hearing - think of your other senses: what do you want to look at - favorite pictures, inspirational quotes, level of the lights or? What do you want to taste: lip balm, flavored water/ice chips, suckers/breath mints, favorite fruit? What can you touch - something to rub, grasp, on? What do you want to smell: fresh flowers, favorite aroma like lavender or citrus, partners mint-fresh breathe or ?

See, you know how to b.r.e.a.t.h.e for birth!!
**B.R.E.A.T.H.E. WORKSHEET**

**Breathing in a rhythm:**
A rhythm/pattern of breathing that works for me and I will use in labor is:

**Relaxation:**
An effective way for me to relax that I will use in labor is:

**Emotional support:**
This is who will be giving me emotional support at my birth:

**Active movement:**
I will be active in my labor and use the following strategies:

**Touch:**
During labor, I want my support team to use the following types of touch/massage:

**Healthy choices:**
I will make the following healthy choices during my pregnancy, labor/birth, early parenting:

**Environment:**
I will create the birth environment I want by: