



mystri
MUMMA

REMEMBER, PRACTICE & REMIND

Upright, Forward & Open
remind her to keep use these optimal positions where possible.

Movement & massage
encourage her to keep mobile where possible and to give her the light touch massages in between surges.

Breathing techniques
remind her of the breathing techniques when you notice she begins to panic.

Relaxations and environment
know what she likes and make her environment calm and protected.

Energy and hydration
replenish her with nutrients to help her during labour and encourage her to keep having fluids!

Love
keep reminding her she is loved by using the five senses.

Loo
remind her to take regular breaks to empty her bladder.

Advocate & challenge
be her bodyguard, know your stuff and plan together so you can support her choices in different situations.

