

The sensations

- No promise that labour will be pain free but some experience it that way, very likely that early labour is manageable for all.
- The way we talk about pain can help or hinder. When asked about your pain, you are more likely to be aware of it.
- Distraction is more likely to take your mind off it.
- It's a good idea to ask those around you to talk about comfort levels instead of saying pain.
- Asking to not be offered pain relief, you will ask if you want it.
- If you're into exercise (or have any experience of people who are) then you'll have heard things like 'feel the burn', 'it's not pain, it's progress!'.
- The general view that the pain that's being experienced during exercise has a purpose and is a sign of growth and change rather than suffering. As a result they're able to push through and to work towards the result they want. What if we felt that way during our surges? We celebrated each one as a step closer to meeting our babies. Recognise that the sensations of labour are caused by our muscles contracting, our uterus pushing our baby towards us and our bodies being powerful things that are doing exactly as they should.
- When we can change our mindset to see birth that way, we can change the way we react to the sensations we feel throughout.