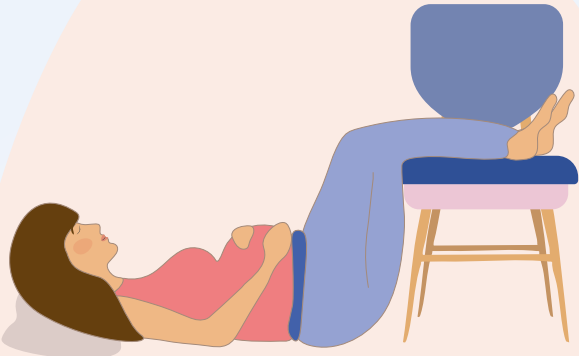


What you can do yourself or with your partner to relief labour pain^{1,2}



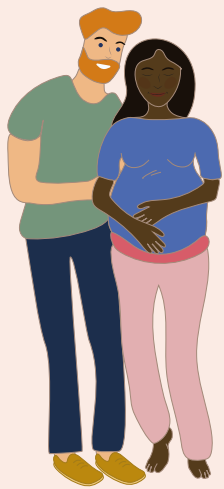
Changing positions



Taking relaxing baths



Listening music



Taking short walks



Sitting on a gym ball



Massage



Relaxing exercises



Breathing exercises



Warm and cold packs