

Breathing PATTERNS

During Different Stages Of Labor

SLOW BREATHING



- This technique helps when contractions become intense.
- Take a deep breath and release with a sigh as soon as the contraction begins.
- Keep inhaling through your nose and exhaling through the mouth.
- Relax different parts of your body with each exhale.

LIGHT ACCELERATED BREATHING



- This technique helps during the active phase of labor.
- Inhale slowly and exhale through the mouth.
- As the contractions start to increase, accelerate and lighten your breathing.
- When the contractions decrease, switch back to slow breathing.

EXPULSION BREATHING



- This technique helps when your cervix is fully dilated.
- Relax as the contraction begins. Accelerate or lighten your breathing as per your comfort.
- When you get the urge to push, take a deep breath, lean forward, and tuck your chin to the chest.
- Relax your pelvic floor, hold your breath, and help your baby come out. Then, release your breath and breathe in and out deeply. Repeat this process when you want to push again.

Reference

- Patterned Breathing During Labor; American Pregnancy Association