

h. Practicing for Labour

MODULE 7

A labour rehearsal is a chance for you and your partner to put together all the new techniques you have learned.



During the rehearsal, your partner talks you through imaginary contractions. Your role is to practice breathing and relaxation methods in time with these imaginary contractions. Your partner must also check to be sure that you are relaxed. If you are tense, gentle stroking or touching can help you relax.

You can also follow "*Your Guide to Labour and Delivery*" found further on in this module to help connect your labour rehearsal to the real thing.