

5. Breathing While Pushing

MODULE 7

Once your cervix is fully open, your health care provider will ask you to push when you feel the urge. This may occur several times during each contraction.

When a contraction begins, take a relaxing breath - in through your nose or mouth and out through the nose or mouth.

Practice any breathing technique that is comfortable until you feel the urge to push.

When you feel the urge to push:

- Relax your pelvic floor muscles.
- Tuck in your chin and curl your trunk forward.
- Tighten lips and breathe out very slowly.
- Continue breathing until the urge to push leaves.

There are other methods of breathing while you push. Your health care provider may suggest a different one at delivery time. Use the method that works best for you.

