

g. Breathing

MODULE 7

Breathing is natural and most of the time, we don't even think about it. However, during delivery, the way you breathe can make a real difference. Learning to pace your breathing can help you relax during your labour. Your breathing can make your contractions more effective.

Choose the breathing technique that is best for you. Labour is different for each woman. Look at breathing techniques and rhythm as tools to help you during your labour.

