

# 1. Slow Deep Breathing




## MODULE 7

Your normal breathing may be slower or faster than another person. Begin by relaxing and breathing so that you are comfortable.


Most women begin with slow deep breathing and continue as long as they feel comfortable.

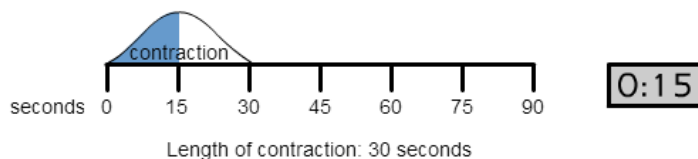
### Slow Deep Breathing

- When a contraction begins, take a relaxing breath. Breathe in through your nose or mouth and out through your nose or mouth – whatever is most comfortable for you.
- Inhale slowly and feel your abdomen rise and your chest expand.
- Exhale slowly and feel your abdomen and chest fall. Keep your mouth slightly opened and relaxed. When you exhale, it should sound like a relaxed sigh.
- Repeat until the contraction ends.
- At the end of the contraction, take another relaxing breath.

 Start  Pause  Restart


#### Slow Deep Breathing Technique

Click on the  button to hear the slow deep breathing technique during a contraction.



 Start  Pause  Restart

#### Slow Deep Breathing Technique

Click on the  button to hear the slow deep breathing technique during a contraction.



 Restart

To practice this breathing technique, you or your partner can place a hand on your belly or your chest. You will notice that your chest rises and falls with each breath. Your partner can check that your arms and shoulders remain relaxed.