

3. Pant-Blow Breathing

MODULE 7

This breathing technique will help you to relax when your contractions are longer and stronger and you can no longer relax using the other breathing techniques. This technique is also referred to as transition breathing.

Pant-blow breathing is done through the mouth. You take several fast, shallow breaths and then you blow out


The shallow breaths make a quiet "heh" sound. Choose any rhythm that is best for you. Many women are comfortable with "heh, heh, heh, heh, and blow" (four fast pants to one complete blow). You can also try other rhythms like "heh, heh, blow" (two fast pants to one complete blow) or "heh, heh, heh, blow" (three fast pants to one complete blow). Try them all in order to choose the one that is best for you.

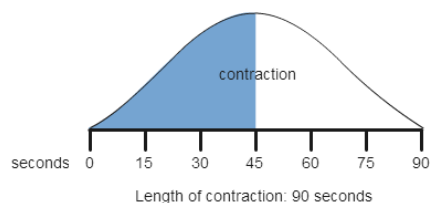
Pant-Blow Breathing

- When a contraction begins, take a relaxing breath – in through your nose or mouth, out through your nose or mouth.
- Take a few fast, shallow breaths, in and out through your mouth. Blow out through your mouth.
- Use whatever rhythm is more comfortable, for example "pu, pu, pu, pu, and blow".
- Repeat until the contraction ends.
- When your contraction ends, take another relaxing breath.

Start Pause Restart

Pant-Blow Breathing

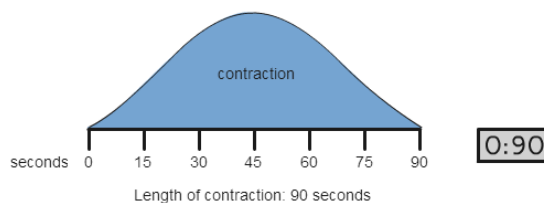
Click on the  button to hear the pant-blow breathing technique during a contraction.



Start Pause Restart

Pant-Blow Breathing

Click on the  button to hear the pant-blow breathing technique during a contraction.



Restart

This type of breathing is used during the transition phase that happens towards the end of the first stage. At this point, contractions can last for about 90 seconds and can be very close together

Practice until you can stay relaxed and comfortable for 90 seconds while doing pant-blow breathing.