



4. Breathing to Help You Stop Pushing

MODULE 7

At certain moments during labour, you will feel the urge to push, but your health care provider may ask you **NOT TO PUSH**.

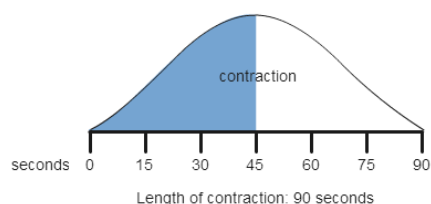
Breathing to Help You Stop Pushing Technique

- If you feel the urge to push during a contraction, lift your chin and shift from pant-blow breathing to simply blowing out.
- Continue doing so until the urge passes.
- Then return to your pant-blow pattern.
- For example: "pu, pu, pu, pu, blow, pu, pu, pu, pu, blow"; then "blow, blow, blow, blow" and back to "pu, pu, pu, pu, blow".

 Start  Pause  Restart


Breathing to Help You Stop Pushing Technique

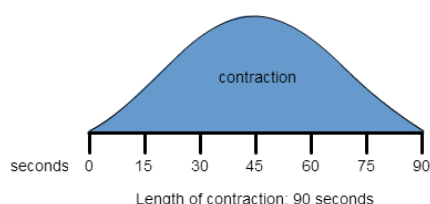
Click on the  button to hear the breathing to help you stop pushing technique.



 Start  Pause  Restart

Breathing to Help You Stop Pushing Technique

Click on the  button to hear the breathing to help you stop pushing technique.



 Restart

You can practice breathing to stop pushing. While you are practicing your pant-blow breathing, have your partner say "urge to push." Switch to blowing out for a few seconds until your partner says "urge passes." Then return to pant-blow breathing.