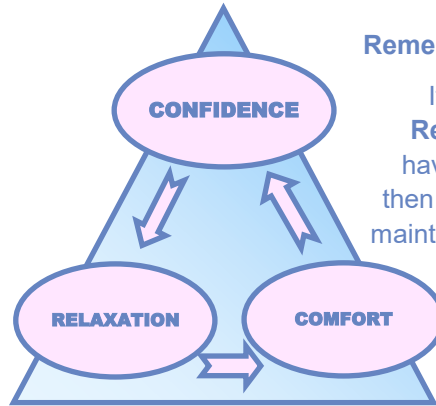


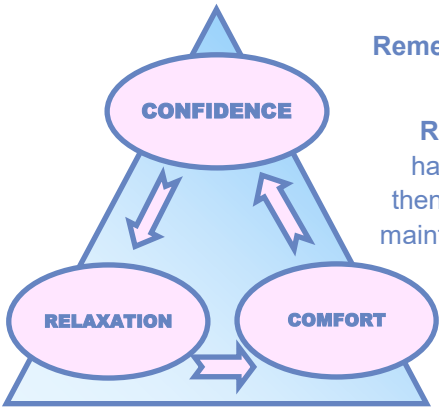
Remember the 3R's

If they are **Relaxed** and have **Rhythm**, then your job is to maintain the **Ritual**.



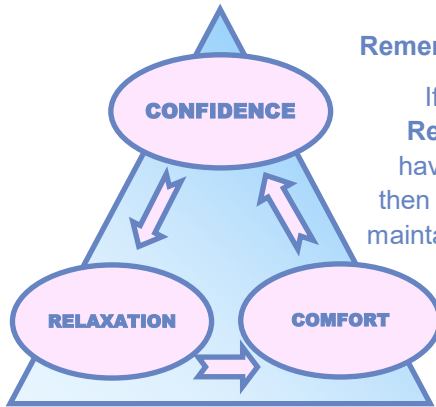
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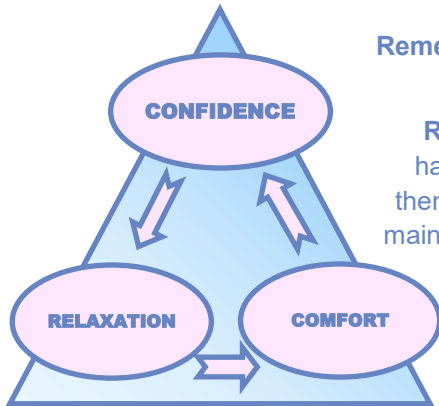
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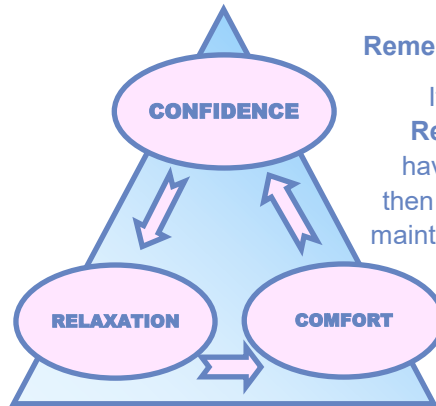
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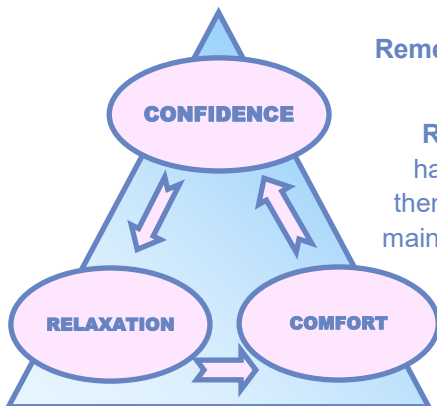
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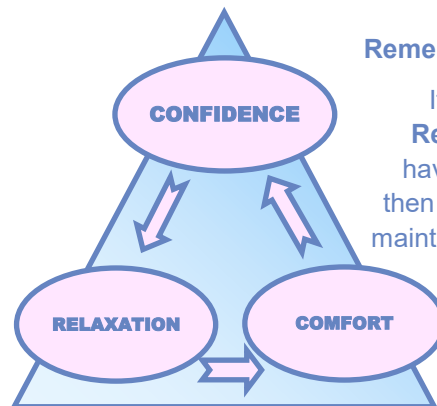
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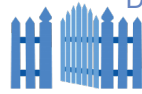
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Reframe the Pain,
Use Affirmations,
Ask Questions



Pleasant Sensations (sights,
sounds, smells, touch) help
Distract from
the Pain



Consider Counter-
Irritants. Minor
discomforts may
make labor feel
more manageable



Try Using Upright
Positions, Leaning
Forward, Move to
Open the Pelvis

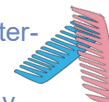
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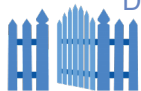


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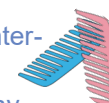
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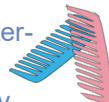
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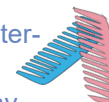
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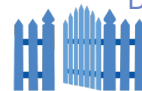


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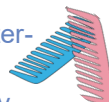
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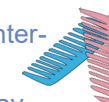
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