

Talk about "letting go", "giving in", and "letting your body take over".

Relate pain with progress. Explain to her what is positive about the pain she is experiencing.

Encourage her to make relaxing sounds (labor noises) to release tension, express herself.

Encourage her to try having contractions while sitting on the toilet facing backward.

Take out some lotion and give her a great hip to leg to foot massage.

Check your Coach's Quick Reference Guide for suggestions to help you.

At 15 seconds into the contractions say, "The stronger the contraction, the more you relax."

Use the Tense/Relax technique between contractions.

Have her try taking a bath or shower. It will help her to relax, help to revive her and make her feel better.

Try using either a hot water bottle or an ice pack to relieve some of her discomfort.

Massage her hands.

At 10 seconds into the contraction tell her "Let it goooooo."

Use a Sloooow, Looooow, Vooooice.

Have her concentrate on relaxing her bottom and opening the passageway for the baby. This may cause urine and other fluids to be released during contractions and that's okay.

Monitor the spot where she tenses up first. Keep it relaxed.

Carry a Bradley® sipper bottle for her to drink. Go for a drive and try to take your minds off the labor for a while.

Make the room a comfortable temperature and dim the lights. Create a quiet environment with a peaceful, relaxed atmosphere.

Read over the B.E.S.T. section in your Student Workbook.

Time for a change? Try something different. Change attitude, environment and activity.

Check your list of ways to avoid unnecessary pain.

Take one contraction at a time. Stay focused on this one only.

Ask her to "Relax and encourage the baby down and out, down and through. Welcome the oozing, slipping, sliding feelings. Remember that pressure you feel so low is good. It is our baby coming down."

Set her up in a reclining chair with a hot water bottle in her lower back to provide warmth and pressure. Use long flowing strokes and then massage her feet. This will help her rest.

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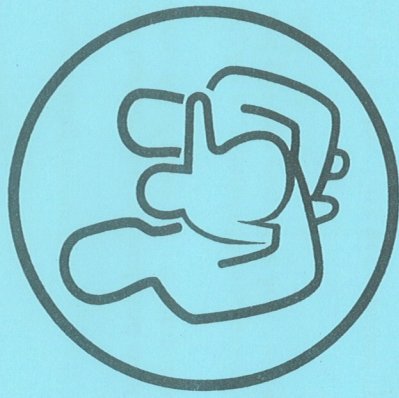
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COACHING

CUES



The Bradley Method®

Brought to you
by:

Affiliated Bradley Instructor
(A Trained Labor Coach Expert
and Childbirth Educator)

The following are classic coaching
ideas shared by experienced
Bradley® dads.

These Coaching Cues are shared to give you ideas to use during labor. Use your own good judgement. Try the ones that are appropriate in your situation, ignore those that do not apply.

Try pelvic rocking.

Get her something cool to drink.

Consider her physical, mental, and emotional relaxation. All of these are very important.

Try giving her a spoonful of honey to raise her blood sugar and give her that little boost of energy she needs now.

Pour on the praise. Give her constant verbal support.

Read to her the letter she wrote the baby about how she's looking forward to meeting him/her.

Encourage her to accept the discomfort and relax as deeply as possible.

Remind her that the more relaxed she is the more effective the contractions will be and the sooner it will be over.

Try the Sensory Recall technique. Choose a relaxing place she's been or memory she has. Recall what she could see, smell, feel, hear and taste.

Praise her in front of your birth team. It will show them that you are on top of things and she will love hearing your outward praise.

Tell her what a good mommy she is.

Have a warm cup of milk or tea.

Walk. It has been shown to speed labor, reduce pain, and it opens the inlet of the pelvis.

If she is tensing up during contractions, tell her, "With your next breath I want you to exhale all of your tension and go completely limp."

Call your Bradley® teacher for support.

Try counter-pressure.

Encourage her to float with her contractions the way a leaf floats on a stream.

Praise, encourage and reassure her.

Eat a little something.

Try the Rainbow technique (red to orange, to yellow, to green, to blue, to purple, to white, to bright white).

Give her ice chips to suck on.

Massage her feet.

Hold her hand, tell her that you love her.

Use the Stroking technique.

Give her a pep talk.

Tell her to "hang in there".

Talk about why she is doing this, and why it is so important and worth it!

Remember you are doing this for the baby. Your baby is working to be born. Your baby is counting on you.

Remind her to go to the bathroom at least every hour during labor. A full bladder can cause considerable pain and may prevent the baby from descending.

Between contractions, massage her arms.

Remember Muscle Observation. How deeply relaxed is she?

Massage the tension out.

Read to her.

Tell her, "With this next contraction I want you to give me everything you've got, welcome the contraction, completely relax, and let's make some real progress here."

Go for a walk outside together.

Hug her.

Use a cool wash cloth to wipe her face.

Guide her breathing.

Use more pillows and help her to find a more comfortable position.

Have her stand up after the next contraction and then massage her neck, shoulders, arms, upper back, lower back, and legs.

Ask for some time alone together.

Talk about how well the baby will handle the labor, birth and its transition into this world because it is undrugged.

Tell her to, "Concentrate on your hands being loose and limp and relaxed."

Turn off the lights. Close the door. Get her in a comfortable position and have her sleep between contractions. Be sure to wake her a few seconds before each contraction should begin.