



WE DELIVER...NATURALLY

NYBirthingCenter.com

6700 3rd Avenue, Brooklyn, NY 11220

Labor Pains

How painful is giving birth?

You've probably heard that giving birth is painful. Pain is very subjective to each individual with some women feeling no pain while others intense pain. The kind and amount of pain you have changes throughout your labor. The less afraid you are and understanding what to expect can make your labor less painful. Understanding the phases of delivery, what you need to do & how to manage your labor can ease the pain. The Birthing Center of NY offers childbirth classes to teach you what to expect and how to make your delivery as "painless" as possible.

Why is labor painful?

During labor, your uterus pushes the baby down and stretches the opening of your uterus (cervix). Each time the uterus muscles flex, you may feel pain like a strong cramp. As your cervix and vagina stretch and open, you may feel a stretching, burning pain. Most contractions last 30-60 seconds, and you will be able to rest in between.

How can I tell before labor starts what is right for me?

If you plan to give birth in a hospital, you can choose to use pain medications. First, learn all you can about how much help and what possible problems can occur if you use the pain medicines that are offered where you are going to have your baby. Then ask yourself these questions:

1. Do I really want to give birth without pain medications?
2. Will I be happier with my birth if I go through labor without or without using pain medicines?
3. What level of pain can I tolerate before I ask for medications

Remember that nobody knows how painful or difficult your labor will be. Knowing your desires is the best place to start. Then when you are in labor, you need to be flexible and trust your support persons and caregivers to help you make decisions that are right decisions.



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Coping With Labor Pain

What can I do before labor?

1. Stay active all during your pregnancy. You will have more strength to get through labor
2. Take childbirth classes. The more you know, the less you fear. Fear makes pain hurt more
3. Arrange for a birth coach or doula. Having a person whose only job is to support you will help you cope during labor and feel more satisfied with the experience
4. In early labor go for a walk which can reduce your pain
5. Drink lots of fluids and eat lightly
6. Take a warm shower or bath