

Birth Positions

Birth positions refer to the different positions that women may use during childbirth to reduce labour pain and facilitate natural birth. The common positions include semi-sitting, side-lying, hands-and-knees position and squatting.



Semi-sitting



Side-lying



Hands-and-knees position



Squatting

Immediate Skin-to-skin Contact between Mothers and Babies

Uninterrupted skin-to-skin contact between mothers and babies should start immediately after birth, and should last for at least an hour if not contraindicated. Mothers are also encouraged to breastfeed their babies whenever babies show signs of early feeding cues. Immediate skin-to-skin contact after birth is a natural way to provide warmth to babies, promote newborns physiologic stability on their heart rate, breathing and blood sugar level, reduce crying and energy consumption, and most importantly enhance the mother-and-baby bonding. Early initiation of breastfeeding increases the chance of successful breastfeeding.



Intrapartum Mother and Baby Friendly Care in Tuen Mun Hospital aims at providing a reliable environment for women in labour, so that they can stay relaxed during labour, allowing the release of relevant hormones to increase women's pain threshold, boosting their confidence towards normal childbirth, and ultimately resulting in smooth and easier delivery of their babies.



TMH BFHI
屯門醫院
愛嬰醫院行動

Tuen Mun Hospital
Department of Obstetrics and Gynaecology



Intrapartum
Mother and Baby Friendly Care



During the process of giving birth, it is inevitable that women in labour will become nervous, anxious and worried. Yet, most of them will be able to give birth naturally if they have been psychologically well-prepared, using relaxation techniques, breathing skills and other appropriate pain-relief methods, together with the support from their husbands, family members and healthcare staff. The Intrapartum Mother and Baby Friendly Care aims at providing women with positive feeling and experience for labour, so as to enhance their ability to give birth successfully and facilitate their recovery after delivery.

A Quiet and Comfortable Environment

A quiet environment with comfortable room temperature and dim lighting can help to relieve the stress of women during labour. This can also help them to strengthen their confidence and maximize their endurance during labour.

Husband or Significant Other Accompanying Labour

The presence of a familiar and trusted companion of choice during labour not only can provide emotional and practical support to a pregnant woman, but the husband as a companion can also share the labour experience with his wife and witness the birth of his child, enhancing their bonding.

Husband can help supporting his wife in many ways, such as holding his wife's hands, comforting her, listening and speaking to her, offering light food or drinks if allowed, wiping her sweat, encouraging her to do breathing exercises, reminding her to relax and take rest in appropriate time, gently stroking her tummy while having labour pain, and even performing massage on her thighs or lower back when necessary. All these can help a parturient woman feel more relaxed, easing her pain and stress.

Psychological Encouragement and Support

Healthcare staff will timely report the progress of labour and the examination results to the woman in labour; meanwhile, they will instruct and encourage them to perform breathing and relaxation exercises. Besides, parturients can raise questions, express their feelings or tell the healthcare staff whatever they need.

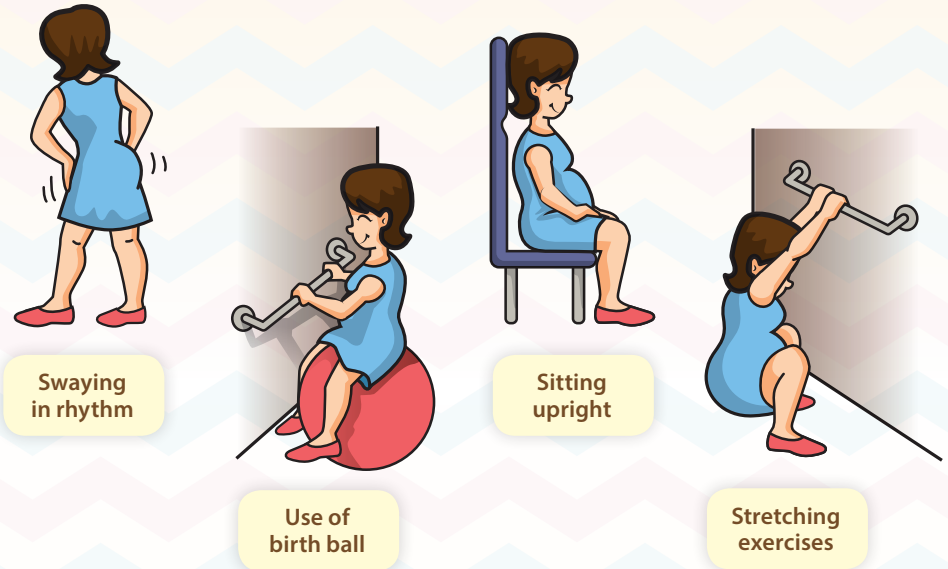
Light Food and Drinks

During early stage of labour, parturients can drink water or eat light food as required if not contraindicated.

Freedom of Choice to Walk and Adopt Different Postures

In early stage of labour, parturients are encouraged to move around and try different postures. For examples, swaying in rhythm, using birth ball, sitting upright and performing stretching exercises, all these could effectively alleviate back pain and abdominal pain caused by uterine contractions. Walking around not only improves comfort but may also help with the descent of the fetus and promote the labour progress.

Under safe conditions, the following postures are suggested:



Non-pharmacological Pain-relief Methods

Besides walking around and adopting different postures, women in labour should feel free to use other non-pharmacological pain-relief methods, such as listening to soft music and singing, which can help by distracting their attention and make them feel more relieved. Breathing and relaxation exercises, use of birth ball, aromatherapy, childbirth massage, etc., also help mothers to control their breathing and alleviate the pain caused by uterine contractions.

Episiotomy

Episiotomy is a surgical incision made at the perineum to facilitate the delivery of the baby in certain situations. Whether for primiparas or multiparas, episiotomy is performed only if medically indicated, so as to avoid unnecessary bleeding, pain or discomfort caused by the incision wound.