

Contraction Simulation and Coping Techniques – Discover What Works For You

- ❖ Discuss sensations during labor
 - Intensity
 - Tolerance
- ❖ Contraction simulation
 - Give each person and their partner a cup with 2 ice cubes in it
 - Explain that a timer will be set for one minute
 - Everyone is to hold the ice cube as tight as they can in their hands, for as long as they can
 - When they can't hold it any longer, drop it in the cup
- ❖ Discuss how everyone felt holding the ice
 - Was it painful, difficult, etc.
- ❖ Discuss coping mechanisms
 - Breathing
 - Deep
 - Focused
 - Relaxation
 - Encouragement
 - Verbal – words of praise from partner, doula, etc.
 - Recorded – Hypnobirthing or similar
 - Written – Affirmations
 - Distraction
 - Music
 - Lights
 - Nature
 - Conversation
 - Movement

- Change positions
- Walk
- Dance
- Rhythmic – tapping, swaying, etc.
- Physical
 - Massage
 - Pressure
 - Heat/Cold
 - Hydrotherapy
 - Tools – Rebozo, comb, etc.
- ❖ Repeat contraction simulation
 - Have everyone choose a coping technique to use this time
- ❖ Afterwards discuss how this made a difference
- ❖ Answer any questions
- ❖ Give a handout with coping techniques
- ❖ Encourage everyone to try multiple techniques at home and find what works best for them

Teel, R. (2020). Contraction simulation with ice. (Learned from a previous childbirth education class).