

# Labor Guide: The Top 5 Natural Childbirth Techniques You Need To Give Birth Safely and Easily

(Hint: You Can Use These No Matter Where You Have Your Baby)

## Breathe (Right Now)

Get through contractions, collect yourself after - breathing works. Start paying attention to how you breathe, now. What calms you down? Focus on that, and practice the best... then it comes naturally during labor. Bonus: get your partner to practice too - he can help you get back in control quickly just by breathing with you.

## Get on the Ball

Birth balls are a great tool you can use anywhere you give birth. Sit on the ball and roll your hips to help your baby rotate into the best position, ease pain, and get your pelvis lined up for birth. You create tons of movement in a small space, and can lean against something to rest between contractions. It's a win-win for you and baby.

## Move Move Move

Sitting on your tush during labor is not what you want to be doing. Forget the TV reality shows - and get active. Use a birth ball or rock on your hands and knees. Better yet, slow dance a little with your partner or spiral those hips while you lean on a counter. Labor "stalled?" Take the stairs - it works almost every time.

## Secure a Straw

Dehydration is no joke - it can stop your labor completely. Take a sip between each contraction to keep labor moving and you and baby both healthy. Another advantage of the straw? Good hydration means no IV is needed - so you can skip all the side effects, too.

## Relax in All the Right Places

Relaxing your shoulders and forehead is great, but your baby is exiting from the other end. Practice tensing and relaxing your pelvic and thigh muscles now. What positions make those muscles relaxed? Tense? Keep these muscles soft during labor to make a smoother birth and a stronger pelvic floor after.