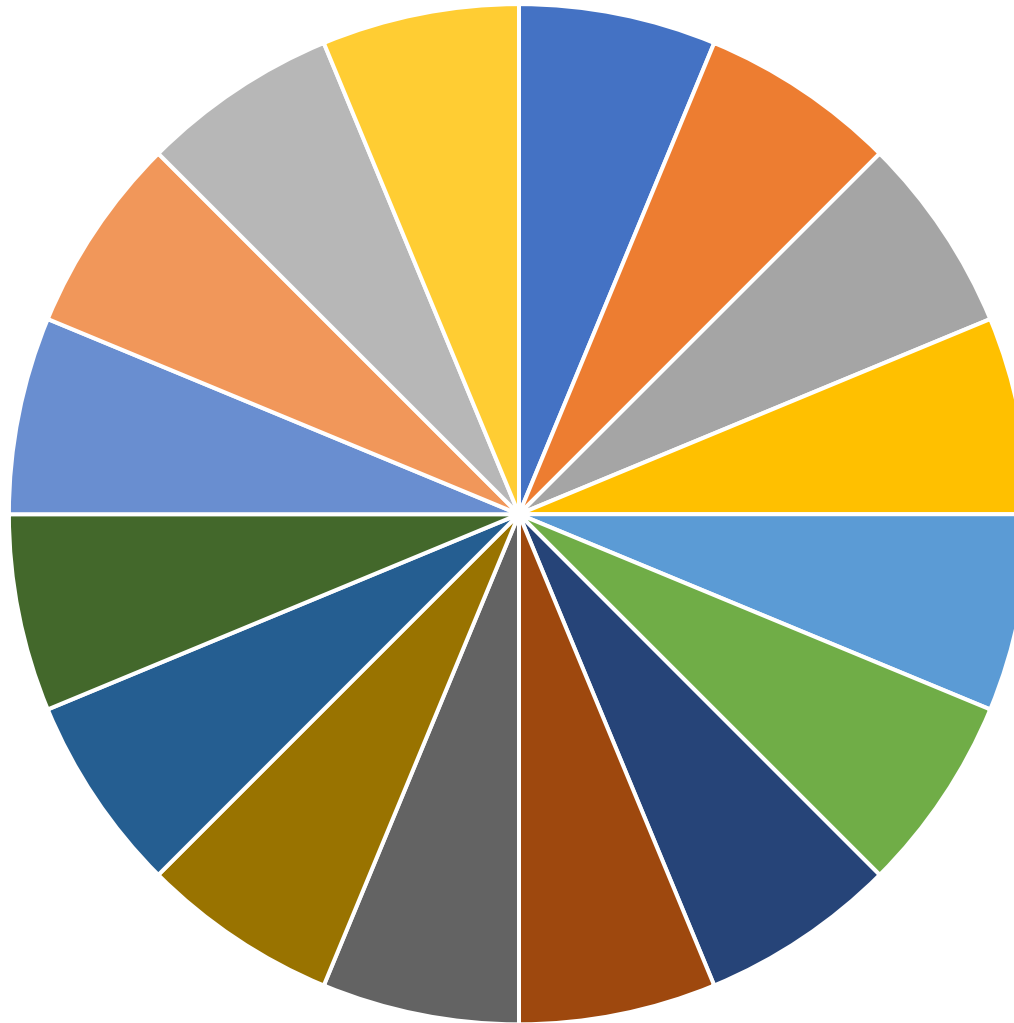


Comfort Measures



We want to have a large variety of comfort measures in labour so we have several things to turn to. This could be items for massage, or it could be 'cognitive' comfort measures such as visualization, breathing, etc. It's important to remember that our body will 'habituate' (get used to) anything we use, so we want to have many other things to turn to when one stops working. We can always come back to it later and it may work again!