

SLOW BREATHING



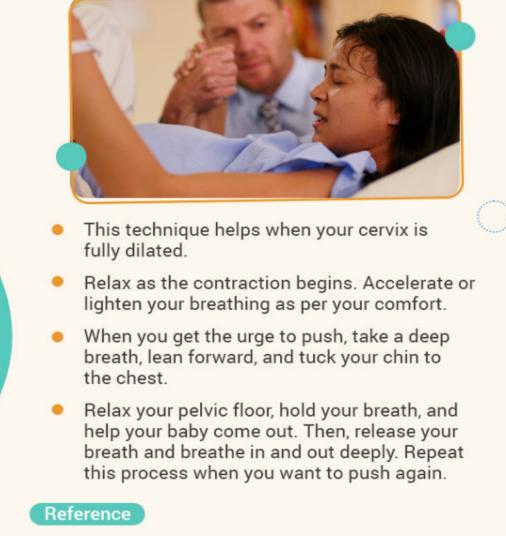
- This technique helps when contractions become intense.
- Take a deep breath and release with a sigh as soon as the contraction begins.
- Keep inhaling through your nose and exhaling through the mouth.
- Relax different parts of your body with each exhale.

LIGHT ACCELERATED BREATHING



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- This technique helps during the active phase of labor.
- Inhale slowly and exhale through the mouth.
- As the contractions start to increase, accelerate and lighten your breathing.
- When the contractions decrease, switch back to slow breathing.

EXPULSION BREATHING



 Patterned Breathing During Labor; American Pregnancy Association

Mom

Source: https://www.momjunction.com/articles/types-of-contractions-during-pregnancyand-their-implications_0077215/