

Breathing:

- slow your breathing down
- breathe in through the nose and out through the mouth
- breathe from your diaphragm (near your tummy) so that you are breathing more deeply. Put one hand on your chest and the other hand on your tummy. You are aiming for the hand on your chest to stay still and the hand on your tummy to move in and out.
- Visualise, for example, blowing a balloon away

This is a skill that mothers and everyone else will need to practice before the birth. Practising for a few minutes every day will help you to relax. This is important for the mother, so that she can relax and for the baby during pregnancy, so that the baby can have relaxing times in the womb. Practising breathing helps to prepare the mother for the birth. It is also important for everyone else involved in the delivery to practise breathing so that they can remain calm, providing support for themselves, the mother and the baby.