



Tips for Laboring in Water

1.) Wait as long as possible.

Use other comfort measures as long as you possibly can. Save submersion in the water for when you really feel the urge or need for it.

2.) Movement is still important.

You can use many of the same positions in a tub as you would on dry land. Try kneeling, squatting, sitting, laying back, etc. Change positions every 20-30 minutes.

3.) 90 Minutes Rule.

After 90 minutes of submersion, it's helpful to get out and walk around for 20-30 minutes before getting back in. Don't forget to take a bathroom break as well.

4.) Eat & Drink.

Continue to eat light foods and drink clear liquids to thirst. Labor takes just as much energy in water as on land.

5.) Modesty?

Consider the environment and people you will have in your birthing room. Consider how comfortable you will be with a bare bottom in this space. You can wear a comfortable bra or bathing suite top to cover your breasts and a towel can be used for a small amount of modesty for the rest of your body. You will, however, largely be naked.