The Active Toolkit

There are so many tools you can use during labour - it’s about finding out which ones suit you best so you can pick and choose depending on your needs. Below is a list of tools you may find useful, feel free to add your own and explore how they work for you. The idea is that you can create a safe birthing space of you and your baby, helping you to cope with whatever happens.

* Being immersed in water
* Movements - including resting, rocking, upright, lying on your left hand side
* Heat
* Massage
* Breathing techniques
* Visualisations
* Hypnobirthing
* Positive affirmations
* Keeping hydrated
* Birthing ball
* Resting
* Paracetamol
* Gas & Air / Entonox
* TENS machine
* Blankets
* Pillows
* Music
* Certain scents/smells
* Making sounds

Which ones do you think you’d like to include in your toolkit? Are there any others you’d like to add?