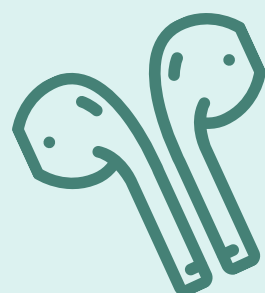
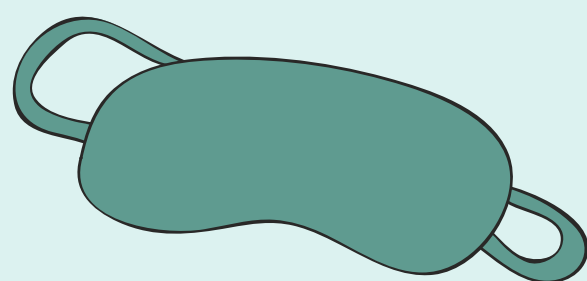


## TOOLS & TRINKETS

Creating a safe and soothing space for your birth will help you settle into labor land. Your doula or birth place might provide some of the less common things on this list (peanut ball?! rebozo?! tens unit?!)

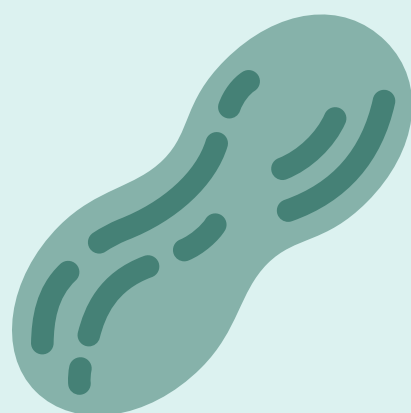
### 1 EYE MASK, EAR PLUGS & MUSIC

Birth requires focus. You may want to block out the noise or replace distracting noise with your own favorite playlist.



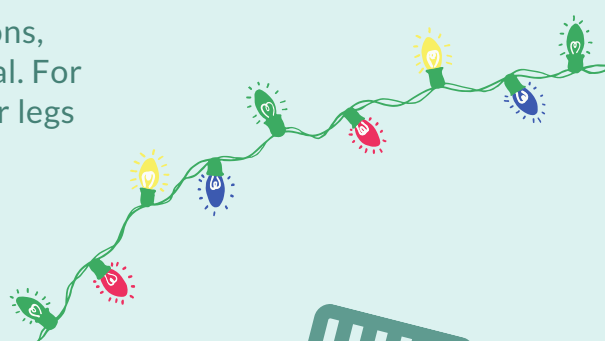
### 2 BIRTH BALL/PEANUT BALL/REBOZO

These can be used to support you in various positions, including resting smart, even if you have an epidural. For example, side lying with a peanut ball between your legs opens your pelvis while allowing you to rest.



### 3 TWINKLE LIGHTS & MUSIC

Whether you're birthing at home, at a birth center, or in the hospital, bright lights are NOT going to help you get in the mood. Plugging in a simple string of twinkle lights allows you to turn off bright overhead lights and create a cozy labor space.



### 4 ESSENTIAL OILS & LOTIONS

Aromatherapy is another great way to create your own soothing and safe space for laboring. Oils like lavender are calming, peppermint or grapefruit can perk you up and help with nausea, and clary sage has been shown to encourage contractions.



### 5 COOL WASHCLOTH

Never underestimate the value of a cool, refreshing washcloth on the forehead or neck. Just think back to the last time you had a fever or headache. This is a super easy tool that you can find anywhere. Twirl the wet washcloth in the air every so often to cool it off again.



### 6 HEATING PAD / RICE SOCK

Heat is extremely soothing in labor. Rice socks provide moist heat and can be nestled around the lower abdomen. Heating pads don't have to be rewarmed in the microwave and are nice and wide for the back. Hot Snapz are a great reusable heat pack option too!



### 7 TENS UNIT

This is a slightly fancier piece of equipment carried by some doulas to treat back pain in labor. It sends small electrical impulses through electrodes that have adhesive pads that attach to your skin.

