

Creating your birth environment

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Creating a comfortable and supportive birth environment can greatly enhance the experience of labour and childbirth. Here are some tips on how to set up your birth space to optimise the process, and how to create different areas within the birth room to help you move and change positions during labour:

Personal Items: Bring any personal items that make you feel comfortable and at ease. This could include photos, affirmations (written phrases to help you manage labour and birth), or special blankets or a pillow. Consider wearing clothes that make you feel comfortable and at ease during your labour.

Dim Lighting: Dim lights can create a calming and soothing atmosphere. Consider using battery-powered candles, fairy lights, or a soft bedside lamp to achieve the desired ambiance. This can help reduce stress and promote relaxation.



Eye Masks: Eye masks can help to maintain a dim and calm environment throughout your labour and birth.

Floor Mat: Place a comfortable floor mat down covered with a sheet.

Bean Bag: A bean bag can provide comfortable seating or support for various positions.

Bed: Move the bed to the side of the room, cover it with a sheet, and use it for forward-leaning, standing, or kneeling positions.

Shower / Bath: Warm water is an excellent form of natural pain relief.

Birth Stool: Birth stools can be useful for different birthing positions and to help open your pelvis to create space for your baby.

Toilet: Consider the toilet as a potential birthing position. Sitting toward the cistern and leaning forward against a pillow can be a comfortable and supportive option.

Birth Ball / Peanut Ball: Birth and peanut balls can be used to support the hips and encourage optimal fetal positioning during labour. They are helpful in opening your pelvis to create space for your baby. The peanut ball is particularly useful for women choosing to have an epidural.

Aromatherapy: Use a diffuser to disperse calming scents. You can bring your favourite essential oils or ask your birth team if they have any recommendations for soothing aromas.

Music: Create a playlist of your favourite music. Music can help you stay focused and boost your body's natural pain relief hormones during labour. Consider bringing your own speaker.

Remove Visible Clocks: Some labouring women find that constantly checking the time can interrupt the flow of labour. If you're concerned about this, ask your midwife or support team to move any visible clocks out of your immediate sight.



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Should you wish to discuss any aspect of this information please send an email to RHWfeedback@health.nsw.gov.au