



Lamaze Childbirth Method 拉梅兹呼吸法(英文)

Breathing exercise (Lamaze Childbirth Method)

1. Chest type breathing:

- Method: First of all, relax your body completely, eyes focus on one point, take a deep or "cleansing" breath through your nose, then purse your lips (like blowing a candle), slowly blow out the air; repeat the motion 6~9 times in a minute. Inhale at the start of uterine contraction, blow air out until the contraction pain stops.
- Purpose: at the onset of the contraction, before cervix dilated to 3cm, Lamaze can decrease muscle tension and reduce labor pain.
- Time: 28 weeks after pregnancy, couples can practice together. You may practice 3 times a day and 10 breathing motions each time.

2. "Hee, Hee" breathing :

- Method: First of all, relax your body completely, eyes focus on one point, take a deep breath and exhale, then inhale again, start with shallow inhaling and exhaling with mouth, maintain breathing while making a "hee, hee" sound from the throat. You may increase breathing speed at the time of the contraction, slow down in the contrary. You need to pay attention to the same amount of air breathing in and out. During practices, try to increase the duration of each breathing from 20 seconds to 60 seconds.
- Purpose: "Hee, Hee" breathing can be applied to cervix dilatation between 3 to 7 cm. Using the short breathing method to raise the diaphragm and decrease uterus compression and pain.
- Time: practices begin 28 weeks after the pregnancy. Couples may practice together, Practice 3 times a day, 10 breathing motions each time.

3. Wheezing breathing:

- Method: First of all, relax your body completely, eyes focus on one point, take a deep breath and exhale, then inhale again through nose, follow by 2~4 times of “hee, hee” breathing, then blow out the remaining air all at once through the mouth. During practice, try to increase each breathing cycle from 45 seconds to 90 seconds.
- Purpose: Wheezing breathing method can be utilized during 7~10 cm of cervix dilatation. Usually there is a feeling of bearing down sensation. This method can prevent improper use of strength, avoid vaginal canal edema or laceration.
- Time: practice after 28 weeks of pregnancy, 3 times a day, 10 cycles each time.

若有任何疑問·請不吝與我們聯絡
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