

# BETTER

Pain relief helps to promote a fast delivery and healthy mother and baby



**B**reathe

*Kufudza*

slowly (latent stage)  
quickly (active stage)

**E**ncourage

*Kulimbikitsa*

praise and  
reassure mother

**T**urn

*Khazikani  
mtima pansi*

change position,  
walk around

**T**hink

*Ganizirani za  
zinthu zabwino*

of something positive like  
family or baby

**E**

**R**ub

*Kutoba*

mother's lower back  
with hand or ball

*Ask me to do one of these things for you, I am here to help you.  
Ndifunseni kuti ndichite chimodzi mwa zinthu izi, ndikubwera kudzakuthandizani.*