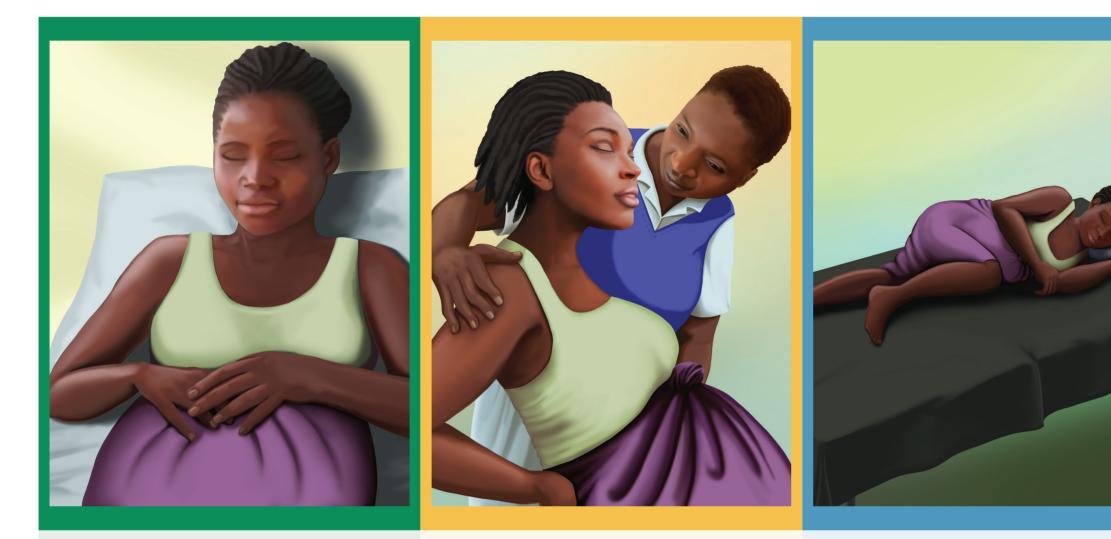
BETTER Pain relief helps to promote a fast delivery and healthy mother and baby



Breathe

Kufudza

slowly (latent stage) quickly (active stage) Encourage

Kulimbikitsa

praise and reassure mother

Turn

Khazikani mtima pansi

change position, walk around

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.





hink

F

Ganizirani za zinthu zabwino

of something positive like family or baby Kutoba

Rub

mother's lower back with hand or ball