

Powerful Mamas® Natural Birth Course

****Focus Guide Series****

Lesson 6: Reframing Pain

What can turn pain into suffering during labor, according to Penny Simkin?

- A. Pain is the same thing as suffering.
- B. Really strong contractions.
- C. A feeling of helplessness.

Identify one possible risk of carrying negative “baggage” into your birth experience.

We can begin reframing how we think about pain by using the following acronym: P-A-I-N, which stands for:

- A. Purposeful, Anticipated, Intermittent, Normal
- B. Painful, Annoying, Irritable, Normal

Give one example of physical pain and one example of emotional pain.

Describe a time you or someone you know experienced pain as part of normal physical exertion:

The Gate Control Theory of Pain states that:

- A. If a woman can just stay in control, she will have a good birth.
- B. Pleasurable sensations get to the brain faster than painful sensations. Therefore during labor the support team should try to assist in providing as many pleasurable sensations as possible to the laboring mother, such as massage.