



# *Birth Word Alternatives*

CONTRACTIONS



WAVES / SURGES /  
TIGHTENING

PAIN



SENSATIONS /  
PRESSURE  
/ INTENSITY

PUSHING



BIRTH BREATHING

COMPLICATIONS



SPECIAL CIRCUMSTANCES

DILATING



OPENING

BRAXTON HICKS



PRACTICE SURGES

DUE DATE



BIRTHING TIME / MONTH

DELIVERY



BIRTHING

