The Magic of Rebozo Use in Perinatal Care
Hands-on session
Paulina G. (Polly) Perez, R.N.
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Participants will be able to:
• List the various positions that can be used with a rebozo during labor and birth.
• Demonstrate how to use the rebozo as a labor support tool.
• Identify techniques using a rebozo postpartum

Rebozos
Can reduce labor pain  Increase patient participation
Decrease emotional distress  Enhance fetal descent
What is a rebozo?

- The rebozo is the thread that joins women with the history of Mexico. Rebozo is defined as "the blanket that covers a woman’s bust" or "a textile that covers shoulders," and many people identify it as the “Mexican shawl”, a long and narrow fabric with knotted fringes at each end.

- The best material is 100 percent fine cotton because it has a little elasticity in length. The best for perinatal purposes are those created by the artisans on foot-looms in Mexico and Guatemala.
Introducing New Rebozo Skills
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Rebozo as a Comfort Measure Labor Support Tool

- Sensory stimulation
- Relaxation
- Self Center & acupressure
- Use of hot/cold pack
- Support with Birth Ball
- Lap Squat
- Knee press
- Hip Squeeze
- Support with sitting on birth ball
- Light touch

- Passive movement
- Slow dance with light pressure
- Abdominal stroking
- Counterpressure
- Abdominal support in knee chest
- Using as rope to squat
- Straddle
- Squatting
Rebozo as a Comfort Measure Labor Support Tool

- Self-massage and counterpressure
- Open knee chest
- Side-lying support
- Back support when in hands & knees
- Manteada
- Hanging with rebozo
- Back support when in hands & knees
- Open knee chest

- Side-lying support
- Abdominal lifting
- Shaking movement for legs
- Postpartum Healing Ceremony
Introducing New Rebozo Skills

- Dangle on peanut ball
- Knee Press- alternate method
- Knee-Chest with abdominal support
- Hanging with rebozo
- Shaking movements for legs
- Pushing in prone position with rebozo support
- Squatting push
- Tug of War
- Postpartum Healing Ceremony
For more information:
Check out... www.cuttingedgepress.net

Comfort Measures for Childbirth: The Rebozo Way DVD

Reviving the Rebozo DVD

The Nurturing Touch at Birth 3rd ed-
Rebozo Chap 13

Rebozo cards
Rebozo kit- DVD, cards & rebozo
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The Magic of the Rebozo in Perinatal Care

Paulina Perez, RN & Jessilyn Dolan, RN
History

Midwives in Mexico have used the rebozo (Mexican shawl) for hundreds of years as it is a multi-purpose tool
Rebozos are used to comfort women during pregnancy & labor and to help the woman & baby get into the best position for delivery.

To a doula/nurse/midwife, the rebozo is often used as an extension of their arms.
Movement for Relaxation

Gently pull neck to relax neck, shoulders & back

Can combine with slow breathing
Abdominal Lift with Rebozo for Descent of Baby

Variation- Rebozo under woman’s belly
Criss cross over back
Woman pulls both ends of the rebozo over her shoulders & pulls in front
Rebozo, Relaxation and Birth Ball

Rebozo under woman’s arms

Tied around partner’s neck

Woman relaxes while sitting on birth ball
Knee Press Variation

- Woman on chair
- Rebozo around woman’s back
- Doula sits on floor-holding end of rebozo
- Doula pushes on woman’s knees
Open Knee Chest with Rebozo

H&K - lower head & chest to floor/bed
Knees should be apart & further back than hips
Use of rebozo on thighs helps support woman in maintaining position
Use position for 30-45 min
Sling/Rebozo Dangle

Knot the rebozo
Put knot over door
Close door **tightly**
Woman holds rebozo for stability
Woman pulls on the rebozo
Pushing in Prone Position with Rebozo Support

Woman in prone position in second stage

Doula pulls rebozo while rebozo supports woman’s thighs & buttocks

Especially helpful for women with epidural analgesia
Using Rebozo to Squat/Push-Variation

- Doula sitting on chair with rebozo around her back
- Woman squats in front of doula as she holds ends of rebozo that is around doula
- Woman pulls on the knotted ends of the rebozo as she pushes
Using Rebozo to Squat/Push-Variation

- Doula standing with rebozo around her back
- Woman squats as she faces doula and woman PULLS on ends of rebozo that is around doula
- Woman pulls on the knotted ends of the rebozo as she pushes
Pushing - Tug of War
Postpartum Healing Ceremony

Mayan Postpartum Healing Ceremony

Ceremony begins by welcoming mother & family
Mother is anointed, massaged and wrapped in Mayan tradition
Mother will be surrounded & nurtured by “those who have healing hands”
Doula can do at 6wk -12 wk postpartum visit
Closing the Bones

Postpartum healing ceremony by “closing the bones”

Start with head-

Ask permission to cover woman’s eyes & ears as doing this might make a woman with a history of trauma feel uncomfortable
Postpartum Healing Ceremony

Woman lying on back
Use rebozo to gently wrap the woman
Continue to shoulders

Criss cross pulling with slight pressure on each body part for about 15-20 seconds
Postpartum Healing Ceremony

Continue to hips- lower pelvis- thighs

Criss cross pulling with slight pressure on each body part for about 15-20 seconds
Postpartum Healing Ceremony

Continue to **legs - ankles**
Criss cross pulling with slight pressure on each body part for about 15-20 seconds

End with **light touch**
Caregiver Healing Ceremony

Open to doulas, nurses & midwives at anytime that they need closure for themselves after any birth.

It is especially helpful when processing a difficult birth.
For more information: Check out...

The Nurturing Touch at Birth - Third Edition

Ch 13 - Magic of Rebozo Use in Perinatal Care

Comfort Measures for Childbirth: The Rebozo Way DVD

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Rebozo kit - DVD, cards & rebozo
Rebozo Tear Pad
Reviving the Rebozo DVD
Rebozo cards
Thanks!

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