Maternity & Baby



Labour pains, also known as contractions, are a natural physiological process that occurs during childbirth. These pains are a crucial part of the birthing process, signalling the body's readiness to deliver the baby. The intensity of labour pains varies one mother-to-be to another.

It is important to understand the various pain relief options available and their impact on the labour, mother-to-be and baby. Medical options include nitrous oxide, pethidine or epidural anaesthesia but these are often disregarded as mothers seek a 'natural solution'.

TENS machines offer a non-invasive and drug-free method for pain relief during labour with no side-effects for mother or baby. By stimulating sensory nerves and promoting the release of endorphins, it can help women manage the discomfort of contractions and make the labour process more manageable. Its ease of use and flexibility make it a popular choice for those seeking natural pain relief options during childbirth.

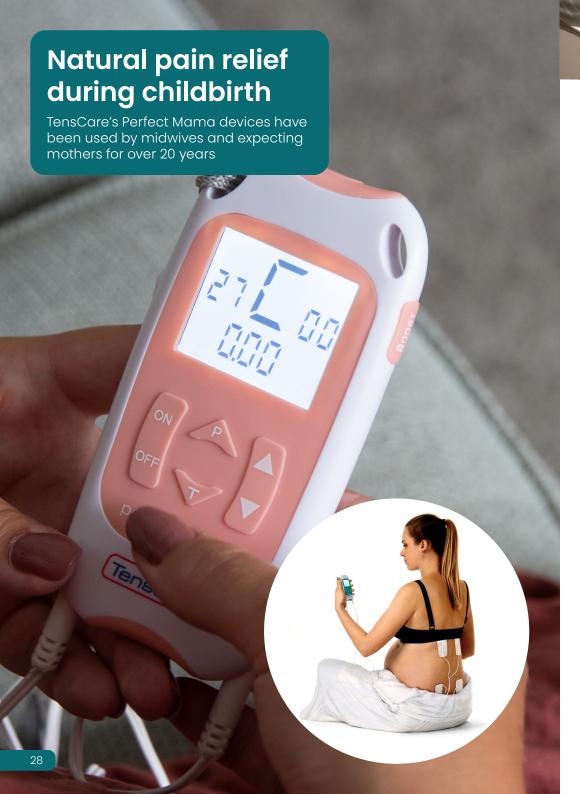
Many midwives recommend maternity TENS because the machines enable mothers to remain mobile and upright during labour; aiding the descent and dilation. Electrodes are typically placed on the lower back or other painful areas, and the intensity of electrical stimulation can be adjusted to the woman's comfort level. Maternity TENS can be used from 37 weeks, to aid with lower back pain and is most effective when used from the onset of labour, as this allows the body time to build endorphin levels.

Whilst some expectant mothers will achieve sufficient pain relief using just a maternity TENS machine, others may require additional pain relief. Maternity TENS can safely be used with other pain relief options such as gas and air. However, due to its electrical nature it cannot be used for water births.

Benefits of Maternity TENS:

- Can be used from the onset of labour, helping with transition from home to hospital
- Can be safely used in conjunction with analgesics such as pethidine or standard gas and air
- Can be used to manage after birth pain, post-episiotomy pain and general back pain
- · Safe for mother and baby
- Drug-free
- · Often recommended by midwives
- Easy-to-use
- 9 out of 10 women find TENS helpful in labour
- Mum-to-be remains in control and mobile

In 2013, a survey of more than 1,200 mums who had given birth within the last five years, revealed that almost 20% of respondents had used a maternity TENS machine while giving birth, and the majority of those who used one, confirmed it provided effective or very effective pain relief. In our recent survey of more than 5,350 mamaTENS users, 90% confirmed it provided effective pain relief and that they would use a maternity TENS again for consequent labour.





- Can be combined with traditional pain relief methods
- Safe, natural pain relief during labour
- Relieve back pain during the last 3 weeks of pregnancy
- Ease post-operative pain following caesarean, perineal tear or episiotomy
- Recommended by midwives & doctors



Dedicated programmes for different stages of labour



BOOST button for increased pain relief during contractions



Adjustable treatment intensity for effective relief

Perfect Mama+

TensCare™)

- · Safe, natural pain relief during labour
- Relieve back pain during the last 3 weeks of pregnancy
- Ease post-operative pain following caesarean, perineal tear or episiotomy
- Track the progression of labour with Perfect mama+
- · Adjustable treatment intensity for effective relief



Dedicated programmes for different stages of labour



BOOST button for increased pain relief during contractions



Integrated contraction timer allows you to measure the duration and intervals between contractions.



Breast electrodes can be used to help initiate lactation.





Feed your baby with comfort and confidence with the Nouri Range







Nouri Pump



Manual expression



Adjustable pumping levels



Nouri Auto



Automatic expression



Massage mode to stimulate milk flow before a session



Integrated night-light



Nouri Duo



Automatic expression



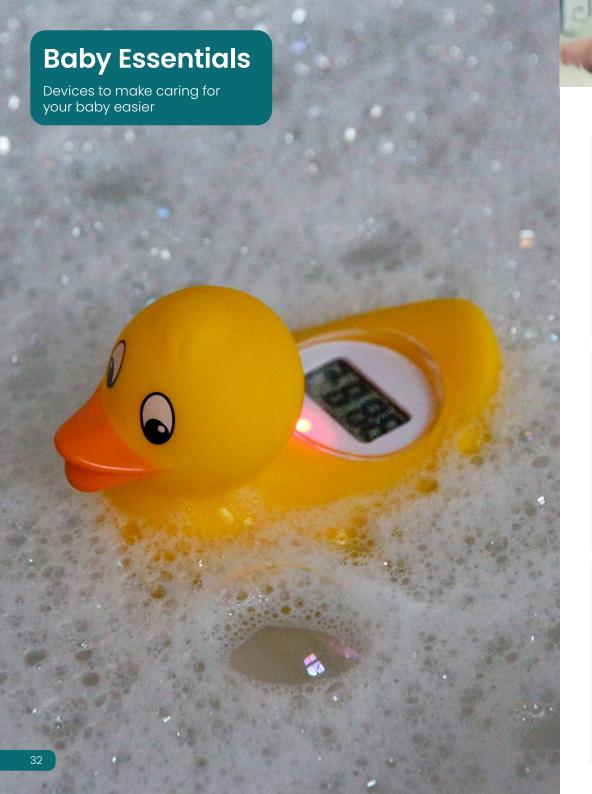
Massage mode to stimulate milk flow before a session



Integrated night-light



Collect into two bottles simultaneously









Digi Duck

Bath Thermometer

Easy-to-use bath thermometer keeps your baby safe during bath time.



Indicates when bath is too hot



Doubles as bath toy

Sloth Clock

Sleep Trainer

All-in-one children's sleep trainer designed to keep you child in bed longer.



Bed time & Wakeup time indicator



Night-light

Nasal Aspirator



Soft, flexible, BPA Free



Easy breathing



Fits noses of all sizes