



## Phases of Birth



### Dilation – active labour from 4-10cm

- Helpful postures – asymmetric movements which open up left iliac help babies move down the birth canal. Follow the Birth Prep video.
- Stay calm
- Go to 'birthing planet'

### Expulsive – pushing

- Your body will know what position is best
- 'Purple pushing' – avoid this. This is where someone tells you to push push push and hold breath and count to 10. Not listening to body and puts so much pressure on the Pelvic Floor. Physiological pushing is better (where the body pushes for you and you push with your uterus).
- Pelvic floor muscle involvement – Pelvic Floor muscles during birthing create a staircase for the baby's head to rotate on. As the uterus pushes the baby down these muscles give counter-pressure and help the head rotate.

### Pain Management

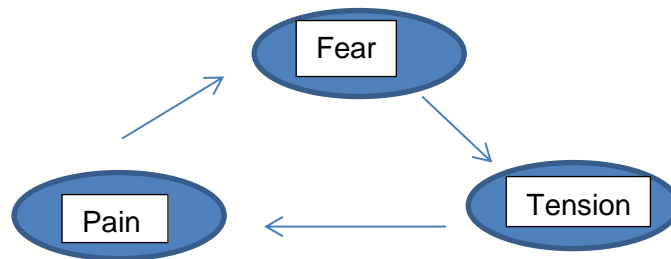
- Structural – movement
- Nervous System – breathing (slow exhalation), vocalisation (low vowel sounds are really good)
- Emotional System (connect with baby) – visualisations, deep relaxation
- Gateway Theory – touch/pain signals to brain, pressure, massage/friction, cold/heat, water, tens machine, acupuncture/acupressure



### Increasing Chances of a Physiological Birth

- Choose carefully with whom and where
- Say no to an induction unless it is medically necessary
- Stay home as long as possible
- Be healthy and fit
- Be informed and prepared
- Increase oxytocin and decrease adrenaline
- Hormone favouring atmosphere – you need to be safe and loved.

### Fear, Tension, Pain Cycle



More fear = more tension = more pain and it continues in a vicious circle. Let's break this cycle of birth through brain training and birth preparation.