



## D) Late Labour – opening, cervix absorbed. Your baby is descending

### OXYTOCIN & ENDORPHINS WORK IN A DIFFERENT WAY NOW

Endorphins are released in high levels of stress and pain. They may release more here to inhibit the oxytocin which helps to slow surges down to give you time to cope in this transition.

### ADRENALINE

This hormone released in times of stress and anxiety will rocket in this phase of your labour as the uterus is pushing and pulling. The muscle fibres are thick at the top of your uterus and working to descend baby down. the head is absorbed in the cervix and moved down onto the perineum ready.

Deep silence is required. You must feel unobserved, focusing on your body. there is no need to push, just time and the optimum environment to birth.



### BENEFITS OF AN UPRIGHT PELVIS

- Your baby's angle of descent is easier - down and out. The uterus can exert maximum force, making bearing down more efficient and shortening the second stage.
- Gravity ensures the baby's head is well applied to the cervix so surges are more effective which may result in faster dilation and a shorter labour.
- Freedom of Movement, free expression of sound and the natural forward tilt of the uterus helps to modify pain and may reduce need for epidural if you prefer not to have one.
- You perineum expands evenly reducing the risk of tearing.
- In this phase of labour, it is much more effective and powerful to push with the help of gravity and the baby's rotation and descent through the birth canal is easiest.



### NON MEDICAL METHODS TO REDUCING & RELIEVING PAIN IN LABOUR

- Change the environment to a more 'hormone enhancing' one by increasing privacy, darkening the room and less noise.
- Try to change position or different movements. focus on grounding with the exhalations through parts of the body which are in contact with the floor.
- Use a concentrated focus on your breathing, positive affirmations, visualisations and release sounds freely.
- Use warm water, a birth pool, bath or shower



### AFFIRMATIONS & VISUALISATIONS

This is a time to visualise what is happening in your body - strong muscles, hormones flowing and your wonderful pelvis.

To visualise your baby helping you, moving DOWN, sleeping, happy and spiralling.

A spacious expansive pelvis & baby's very small soft head.

You could try breathing with colours - one colour flows in & fills my body with strength & calm. One colour empties out to release and let go of any tension, pain or fear.

SOFT MOUTH = SOFT CERVIX

MOVEMENT MOVES MY BABY DOWN

MY BABY FITS MY PELVIS

BREATHING IN I RELAX MY BODY, BREATHING OUT I SMILE

BREATHE IN ENERGY, BREATHE OUT PAIN/ FEAR

THIS IS NORMAL, MY BABY KNOWS HOW TO BE BORN