



# Your birth environment



## PREPARATION IS VITAL :

- During the course of your pregnancy, its vital to prepare for your labour and consider the place you wish to birth in ; be that at home, in the hospital, a free birth or a planned belly birth. Making the choice that's right for you based on your circumstances and pregnancy will help make you feel more comfortable, happy, in control and balance those hormones to help you labour and birth beautifully.
- Sometimes your birth environment can change from your wishes. Its therefore super important to know how you can influence feeling calmer and safe in your birthing space.
- You must remember your tools to build those oxytocin & endorphin hormones and keep adrenaline at bay. These hormones are the key wonders produced in your body to help labour and birth effectively.

## REMEMBER OXYTOCIN LOVES :

- Feeling safe, undisturbed & unobserved
- Being cuddled, loved up, caressed, touched, massaged, kissed.
- Feeling cosy, comfortable and at ease
- Laughing, giggling, smiling, even crying tears of joy or releasing tears of sadness.
- Melatonin - which is produced when dark, quiet and private.
- Reminiscing happy times to evoke lovely memories, scenes, places.



## LABOUR CHECKLIST :

- Low lighting - use Fairy Lights or battery candles - normal candles if in own home
- Cushions, duvets, your favourite snuggly items
- Comfy clothing, socks and a hoodie or big scarf to wrap over head to hide out for a bit.
- Aromatherapy oils- smells can really help to calm you or invigorate you if feeling defeated or exhausted. Take some time in your pregnancy to smell some different oils to see if you like them.
- Affirmation cards to put around home & or take to hospital. These can centre you & reframe your mindset if feeling out of control or in your mind.
- Your breathing techniques to recenter, focus and calm you. Big breath in, out for more.
- Build a playlist or play music you love to relax you. If you prefer - listen to your hypnobirthing downloads to calm & centre you.
- Snacks - to nourish, give you a burst of energy. a spoonful of honey, frozen jelly babies, whatever it is to satisfy your tastebuds in labour.

TO ENABLE YOUR LABOUR TO PROGRESS YOU NEED TO ENCOURAGE THE RELEASE OF YOUR BODYS NATURAL OXYTOCIN HORMONE. WHEN YOU FEEL SAFE, UNDISTURBED AND UNOBSERVED YOUR BODY WILL PRODUCE OXYTOCIN. IF YOU ARE IN A HOSPITAL SETTING OR HAVE TRANSFERRED TO HOSPITAL AND ARE FEELING LESS THAN COMFORTABLE, YOU CAN ALWAYS THINK ABOUT HIDING OUT IN THE LOO OR TAKE A SHOWER. KEEP THE LIGHTS OFF & TAKE IN YOUR BATTERY CANDLES. THIS CAN WORK TO CALM YOUR NERVOUS SYSTEM DOWN & BRING YOU BACK TO A VENTRAL PARASYMPATHETIC STATE TO FEEL CALMER AND GROUNDED TO BUILD ON YOUR LABOUR SURGES.