



OXYTOCIN – THE LOVE HORMONE



OXYTOCIN - THE LOVE HORMONE

Oxytocin is produced by your body when you feel safe, warm, happy, cosy and emotionally liberated! You produce it when falling head over heels in love, when having really good sex, when breastfeeding and one day soon you will produce it when you tiptoe into your child's bedroom and see how beautiful they look when they're sleeping.. Oxytocin is the most important hormone in your birth process. It's the driving force behind every labour surge and works so well at getting things moving along.



GREAT NEWS IS

You can make your own abundant supply of oxytocin. Oxytocin loves darkness, safety, quiet, warmth, privacy and love. It loves touch, massage, people to whisper encouraging, kind and beautiful words in the ear.

OXYTOCIN loves : gentle lighting, romance, tea lights, calming sounds, music and soothing smells in the air. Eating favourite foods, funny movies, romantic movies & snuggling.

OXYTOCIN doesn't like : interruption, bright lights, strangers, cold, fear, unfamiliarity , rough poky fingers and being observed.



USEFUL TIPS

- Oxytocin is 'shy' hormone, we produce it most when we feel safe, it's calm, quiet, dark & unobserved. Guard this space, make sure those people who do come in do so quietly, calmly and don't natter.
- Make the room dark if you can. Melatonin is secreted in darkness which aids your birthing process by boosting Oxytocin.
- Build a nest or even hide in your birth place. Use sheets or blankets, ear plugs, eye mask to block out light and sound and visual stimulation.
- Make the birthing person feel safe, loved and beautiful. Massage, touch, kiss and caress her if this is what she wants. Hold her close and love her or from a distance if this is preferred. Follow her lead.
- Stimulate your nipples or clitoris during labour to raise oxytocin levels. This is particularly effective if labour stalls & you want to get things moving.

WE ARE MAMMALS, LET GO ON YOUR ANALYTICAL MIND OR NEOCORTEX, THE THINKING PART OF OUR BRAINS. THIS IS WHAT SEPARATES US OUT FROM ANIMALS. GO BACK TO PREMATURE THINKING AND NATURE TO FEEL PROTECTED AGAINST ALL POSSIBLE STIMULANTS OF THE NEOCORTEX.

DON'T ASK QUESTIONS OR CHAT TOO MUCH. BE QUIET AND LET THE BIRTHING PERSON BE. TREAT THEM LIKE THRY ARE FALLING ASLEEP OR TRYING TO SLEEP- QUOTE FROM MICHEL ODENT