



C) Early Labour

Opening, softening, expansion. Your baby is on the move.



OXYTOCIN & ENDORPHINS

When your baby is ready to be born a protein is absorbed into the mothers bloodstream which signals the brain to increase oxytocin and start labour. The two most wonderful hormones to encourage are your oxytocin & endorphins to keep you calm and help you cope more easily as the surges increase.

It's important to keep drawing on these vital hormones as they are key to understanding and empowering you in the benefits of a physiological birth. Enhancing your belief in your ability to birth and not disturbing physiology unless it is necessary.

BENEFITS OF UPRIGHT POSITIONS

Squatting, standing and kneeling.

- Using gravity is super effective, a leaning upright and forward position tilts the uterus without resistance so surges work more efficiently with less pain.
- No weight on major blood vessels to baby & placenta & better oxygenation.
- The pelvic can also widen & adjust to the shape of baby's descending head.
- Less pressure on joints reducing pain.
- More space as internal pelvic proportions increase.



DISADVANTAGES OF RECLINING POSITIONS

- Less pressure on the cervix from the baby's weight
- Uneven pressure on the cervix results in slower dilation.
- Reclining positions oppose gravity and the resulting resistance makes contractions less efficient and more painful.
- With mothers body weight resting on the sacrum, the pelvic outlet is narrowed.
- There is more pressure on the nerves which increases the perception of pain.
- There is less space for baby as the internal proportions of the pelvis decrease.

RESTING PHASE

Come down, feel safe & re-energise. Get comfortable and supported in a position to rest deeply. Take a drink or bite of food, go to loo all with least language and disturbance. Breath and relax, feel the ground and do nothing extra. Do not disturb this space.

PARTNERS

Can actively support or be quietly present. Get into her rhythm & be instinctive with touch & words. Guard the environment so she feels safe, private & unobserved. Birth is first a hormonal process. During rest: nourish, nurture, reenergise when necessary, otherwise stay quiet and still- Being not doing.