



## B) Pre Labour Phase

### Your body is warming up



#### CALM, SLEEP & REST

As the cocktail of hormones in your body are released you may start to show signs that labour has begun. You may feel tightenings as your uterus muscles start to shorten to allow the cervix to thin and open for your baby's descent.

A 'show' or mucus plug from your cervix may come away. You may have back ache or the urge to go to the toilet to poo or your waters may break as the membranes rupture.

This is a time of deep rest and calm as your body and baby work together to build on these valuable hormones for labour.

#### UNTIMELY SURGES OR WAVES

Get ready for the oestrogen surge in this phase. Oestrogen will aid the oxytocin receptors at the top of the uterus to do their work in building good contractions in labour.

Endorphins are a natural opiate like morphine or heroin. They provide you with feelings of pleasure & euphoria transferring pain into pleasure and suppress the immune system.



#### OXYTOCIN & ENDORPHINS

Oxytocin is a shy hormone but an invaluable one in your birthing experience. Oxytocin is the hormone of love, calm and connection. We must entice her out to reduce stress, calm and relax you and bring you into a state of serenity. In the right environment Oxytocin will work her magic in stimulating powerful surges to bring your baby down the birth canal.

Prolactin is slowly increasing to ready you for milk production. This is often referred to as the mothering hormone.



#### KEEP AN EYE ON ADRENALINE HERE

Remember Adrenaline is the hormone of excitement, secreted from the adrenal glands in response to stresses. Feeling frightened, anxious, hungry or cold will work to inhibit labour and reduce oxytocin.

Get comfortable, eat something yummy, keep cosy and warm, take a stroll if you prefer. whatever makes you feel GOOD, relaxed and at ease.