



Core & Floor
restore

HOW TO HAVE AN EPIC LABOUR AND BIRTH

From a calm birth environment, to my horses breath technique to understanding how your body works in labour. Here are some fundamental ways to help you have an epic labour and birth.

1

HORSES BREATH

It's the breathing technique from my [free antenatal classes](#). It relaxes and softens your lips and jaw, which in turn softens your pelvic muscles. I like to say...

SOFT LIPS
=
SOFT LIPS



[FREE ANTENATAL CLASSES](#)

2

CALM YOUR SENSES

Vision

Think eye masks, dim or no lights, fake or real candles, affirmations or photos to look at. And gather a birth team of people that make you feel safe.

Sound

Music, [spoken affirmations](#) by your birth team (and yourself!) and the voices of those you love and trust.

Smell

[Aromatherapy](#) (we love lavender for relaxation, clary sage as a labour pain soother or peppermint oil to help with any nausea). Beautifully scented massage oils are also epic.

[YOU CAN GRAB SOME HERE](#)

Taste

[lip balm](#) and food you love. Familiarity is vital – comforting foods that nourish and energise!

Touch

warm water on your skin (in the shower or bath), your own comfortable clothes and a comb for acupressure pain management

[YOU'LL FIND THAT HERE](#)

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3

UNDERSTAND THAT YOUR PAIN IS PHYSIOLOGICAL NOT PATHOLOGICAL

Use it to your advantage. Learn more in my antenatal classes and practice feeling it in my [exercise programs](#).

TENS machine

an electrical nerve stimulation technique that does wonders for pain management and distraction. I've got a [discount code](#) just for you!

Self-massage tools

helpful to relax tense muscles

[GET YOURS HERE](#)

Comb

squeezing a comb works on your acupressure points. It's highly effective in managing painful contractions and for distraction

[GRAB YOURS HERE](#)

Have a cheerleader

get yourself a doula – you would hire a sherpa to take you up Everest, hire a doula for labour. You will not regret it.

4

MOVE HOW YOUR BODY NEEDS TO MOVE...

and understand what helps to open the pelvis up at different stages.

A

Knees open and bum tucked helps your baby to engage

[FIND OUT MORE HERE](#)

B

Pulling the thigh back will help you to open the mid pelvis

[WATCH HOW TO HERE](#)

C

KICO (knees in, calves out) is great once your babe can be seen in the vagina and isn't moving back and forward

D

Forward leaning positions help to lengthen the pelvis, stimulate the clitoris and activate the Fetal Ejection Reflex (FER)

5

WAIT FOR THE FER

IT WILL COME. As part of your birth map, ensure your care provider knows you don't want coached pushing. Remember, the urge to push is like the urge to vomit, it will just happen – and you'll know about it! It's an inbuilt reflex. Coached pushing increases pelvic floor damage, lengthens pushing time and raises fetal distress. We're designed with the ability to birth our babes without strain and force

6

EMBRACE YOUR BAD-ASS, WISE WOMAN WITHIN!

Understand your fears and where they come from. You will not fail. You don't need to please anyone else. You are the expert of your body and baby. Trust yourself. Advocate for yourself. Use your voice. Your baby, your body, your choice. You can say yes, no, stop, or please explain to ANYTHING!



Watch my 'How to Mentally Prepare For Birth Video' [here](#)



OR book a Birth Prep chat with B to discuss your needs, wants and how to for you!

7

DON'T FORGET ABOUT BRAINS...

when faced with the need to make a decision ask:

B

BENEFITS

what are the benefits of doing this

R

RISKS

what are the risks involved?

A

ALTERNATIVES

what are the alternatives available?

I

INSTINCT

What is my instinct telling me? (Remember that bad ass, wise woman within!) Make a decision based on information not fear. So often the "your baby may die" card gets played to coerce you into making a decision. Don't be fuelled by fear, make a decision based on evidence that's right for you.

N

NOW / NOTHING

what needs to be done now? What would happen if we did nothing?

S

SPACE

please give us some space and time to decide what's right for us

All we really need is to enjoy our birth, regardless of how it unfolds, and feel empowered afterwards. Being informed, given the choices you deserve and knowing that your care provider listened and respected what you wanted are the biggest factors contributors to birth satisfaction.

*Wishing you an epic birth and postpartum -
I'm here along the way should you need me*

XX Bernadette