



Core & Floor
restore

REDUCE TEARING

One in four women have an intact perinium after birth. That's not to scare you. I want you to know that you can significantly reduce your own chance of tearing during birth.

HERE'S HOW DURING PREGNANCY:

1

Perineal massage

(by you or with a partner if you have one) after 34 weeks of pregnancy helps protect your perineum. It can reduce the risk of third- and fourth-degree perineal tears.

Check out B's Instagram for free how-to tips and grab yourself some epic lube here.

2

Pelvic floor muscle training prepares your body for labour and birth. It reduces the possibility of a third- or fourth-degree perineal tear.

HOT TIP:

It's not just about Kegels at traffic lights. Pelvic floor health needs to be holistic.

Check out my pregnancy program to find out more.

3

Pelvic floor release/lengthen work

by a women's health physio, body worker or by yourself. This is covered extensively in my programs and live classes.

You can also find an epic local women's physio or care provider in the Core & Floor Directory.

HERE'S HOW DURING A VAGINAL BIRTH:

4

Applying warm compresses

to the perineum during the second stage of labour can significantly reduce the risk of a third or fourth degree perineal tear.

Chat to your care provider to make sure this is included in your birth map.

5

Wait for the Fetal Ejection Reflex (FER) – it's a thing!

Avoid coached pushing and listen to your body. Breathe your baby out during the FER – using my horses breath technique (check that out in my free antenatal classes) or Ha! Ha! Ha! Ha! A soft, relaxed mouth and jaw creates softness and length in your pelvic floor. This creates more space for your baby. Your care provide may guide you to do this to help slow the rate of baby's head and shoulders if needed.

Check out B's Instagram for free labour breathing tips.

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HERE'S HOW DURING A VAGINAL BIRTH:

6

Your position during birth can reduce the impact on your perineum. Upright forward leaning positions and KICO (knees in, calves out) will help when your baby is crowning. These positions lengthen the pelvic floor, open the bones and create more space at the pelvic outlet.

[WATCH MORE HERE](#)

7

Environments such as a birth centre or at home create less perineal trauma. In these environments there is less medical intervention. Women more often use water for pain relief and give birth in upright positions. Having two midwives in the room in the late stage of birth, instead of one, can reduce perineal trauma by up to 31%. Having a second midwife in the room provides you with more focussed care and attention.

8

Choose a respectful care provider that aligns with your philosophy.

The two biggest impacts on our labour and birth outcomes in Australia are our care providers and place of birth. Midwifery led care (no doctors involved) and homebirth is associated with the best outcomes for low risk women. Private Obstetric care is associated with the highest interventions regardless of health needs and wishes. Being informed and having a care provider that is respectful and aligns with your philosophy is key to having an epic birth.

9

Perineal massage performed by your health-care professional during the second stage of labour may reduce the risk of third- and fourth-degree perineal tears. However, some women may not feel comfortable with this option, and it is not recommended for everyone. The idea here is to help lengthen the pelvic floor. Which you can achieve with optimal birth positioning, breathing and avoiding coached pushing.

Personally as a midwife and a woman who has birthed, I couldn't think of anything worse! However, I'm a big fan of doing you and what feels right at the time. Its a good idea to discuss this with your care provider to find out if this is a part of their usual practice, especially if it is something you don't want.

10

Understand that routine episiotomies are not recommended and you can say no to them. In my opinion and from hearing from thousands of people who have birthed, in terms of recovery and future births, the body is better to tear than to be cut.

[READ MORE HERE](#)