

Sacred Spaces

Triangle Birth Support

Prenatal To-Do

- Take a birthing class
- Create your birth plan
- Chiropractor
- Pelvic rocking & posture
- Drink water (100oz/day)
- Exercise daily
- Evening Primrose Oil (38 weeks+)
- Let your Provider know that you have a doula
 - How long overdue can you go?
 - What comfort measures are available?
- Address anxiety & worries

Have you:

- Set up a place for baby to sleep
- Packed a “go bag”
- Discussed the birth with family
 - Who will be in the delivery room?
 - Social media issues
 - Staying at your house
- Made arrangements for children/pets

Sacred Spaces

Triangle Birth Support

When Labor Begins

- Call me!
- Call your provider
- Labor at home
- Follow the 5-1-1
- Longer-stronger-closer together
- Comfort measures
- Eat a meal before the hospital
- Find your rhythm
- Have a baby! Easy.

Let's Discuss the "What Ifs"

After Birth

- Skin to skin & the golden hour
- Delayed chord clamping
- Delayed bath
- Vitamin K & Eye Ointment
- Breastfeeding (if desired)
- Placenta Encapsulation
- EAT & REST

Sacred Spaces

Triangle Birth Support

Anatomy

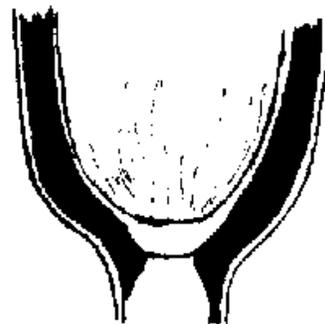
Your Cervix moves forward
Your Cervix softens
Your Cervix thins/shortens aka Effacement (in %)
Your Cervix opens aka Dilation
Baby Descends
Baby Rotates



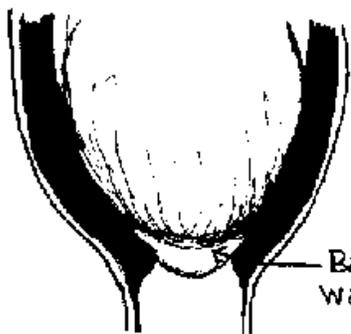
No dilation
No effacement



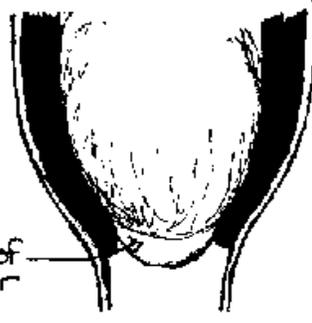
1 cm. dilation



3 cm. dilation



5 cm. dilation
100% effacement



8 cm. dilation



10 cm. - Full

Sacred Spaces

Triangle Birth Support

Hormones

Oxytocin: the “love” hormone, causes contractions

Endorphins: pain relieving hormones

Catecholamines: stress hormones “fight or flight”

Prolactin: “mothering” hormone

Oxytocin causes labor to begin. Endorphins are what give you the “breaks” between contractions. The body does not respond the same way to Pitocin and endorphins do not kick in, causing labor to be more difficult.

Catecholamines are necessary for labor, but when high, oxytocin will shut off

Hormones During Labour

Natural Mum on the Cheap - <http://siananigan.blogspot.co.nz/>

- Melatonin**
 - Released in dark quiet settings
 - Inhibited by interruption and observation
 - Works synergistically with oxytocin
 - Boosts Oxytocin
- Oxytocin**
 - Responsible for uterine contractions
 - Enables bonding with baby
 - Provides a natural euphoria
 - Helps in birthing the placenta
 - Responsible for milk ejection reflex
- Endorphins**
 - Nature's pain relief
 - Stimulated by light massage and touch
 - Cumulative effects
 - Promoted by laughter and love
 - Promoted by Oxytocin
- Adrenaline**
 - Increases heart rate
 - Increases breathing rate
 - Released with fear and stress
 - Released under bright lights
 - Slows birth
 - Blocks Oxytocin
- Prolactin**
 - Production peaks at birth
 - Supports neuroendocrine development in babies
 - Promotes milk supply
 - Complements Oxytocin

Sacred Spaces

Triangle Birth Support

Anxiety

Get a piece of paper.
List ALL of your anxieties for this labor.

Address #1

What is the anxiety? Is there a deeper root?
What steps would need to take place if this happened?