## Making a noise

Don't be afraid to make a noise, don't feel like you shouldn't. It is well known that making a noise is an effective form of pain relief. Children make a noise all the time, when they are hurt. Learn from them and go with it!

# noise

## **Further Reading**

### Books:

- Dick-Read G.: Childbirth without fear: the principles and practice of natural childbirth
- England, P. & Horowitz, R.: Birthing from Within
- Gaskin, I.M.: Ina May's Guide to Childbirth
- Gaskin, I.M.: Spiritual Midwifery
- Kitzinger, S.: The new Pregnancy & Childbirth choices and challenges
- Nolan M.: Being pregnant, Giving birth

# Hire or buy equipment

- Tens machine: MamaTens from TensCare https:// www.tenscare.co.uk; save £5 when using discount code: JC1011
- Birth Pool and accessories from Birth Pool in a box https:// www.birthpoolinabox.co.uk; save 10% when using code: ANT207

# 

### Positive Birth Movement Free Bingham group

every last Tuesday of the month, 7:30pm. For more information please contact Tina on 01949 876203 or tina@pregnancytobirth.co.uk https://www.facebook.com/groups/ PositiveBirthBingham/

This hand-out has been produced using information from the books and websites above.

# Labour may take a long time

You may be in labour for a long time. Find some distractions in the early stages, such as a book, music, tv, DVD or baking. Waiting for contractions creates tension.

# distraction

## Websites:

- AIMS: http://www.aims.org.uk/
- Active Birth Centre: http:// www.activebirthcentre.com/index.html
- MIDIRS "Informed Choice" Booklets, available at: http://www.infochoice.org/
- NCT: http://www.nct.org.uk
- NHS Choices: http://www.nhs.uk/
- NICE Guidelines: http://www.nice.org.uk/

Pregnancy to

# **Antenatal and Parenting Classes**

Private 1-2-1 sessions for you and your birth partner

- Antenatal classes
- Waterbirth & Homebirth • Workshops
- **Baby Wearing Workshops**
- **Re-usable Nappies Workshops** in Bingham at teacher's home or in the comfort of your own home.

All classes and workshops are suitable for firsttime as well as subsequent parents-to-be. Contact Tina on 01949 876203 tina@pregnancytobirth.co.uk









# Self-help skills for labour and birth

My baby knows how to be born.

I can cope with the strong sensations of labour.

I trust my body.

I will breathe in harmony with my body's rhythms.

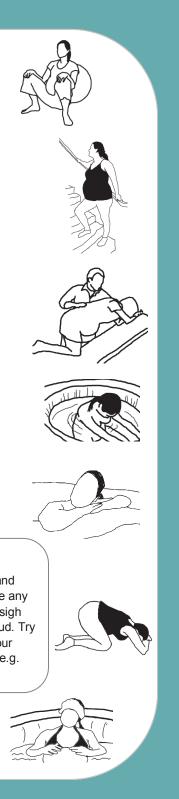
Each contraction brings me closer to meeting my baby.

I put all fear aside and welcome my baby with joy.

# Your affirmations

Copy the affirmations above or make your own and place them around the house. Whenever you see any of them, stop, breathe in through your nose and sigh out slowly. Say the affirmation three times out loud. Try to believe what you are saying. **Tip:** During labour your partner could say these affirmations to you e.g. "We trust your body."





# Labour, how does it work? KNOW NOW only reduce the pain you are feeling, they



hormone which triggers your contractions and keeps them coming. Oxytocin is also known as the hormone of love. At the same time, your body produces another hormone,

prostaglandin, which helps softening the neck of your womb (the cervix) to help it to feel more pain. Tension open up (dilate) to allow your baby to come makes labour longer through to be born. This is how your body makes labour happen. Your body does also Being relaxed and calm produce its own painkillers, endorphins, to is the key to coping help you cope with labour. Endorphins not

also reduce stress and make you feel good. Unfortunately, fear upsets the amazing and complex process of labour. Fear, makes your body release another hormone, adrenaline. Adrenaline slows down the production of oxytocin. When you are feeling tense, your contractions are less efficient and you will Knowledge and more painful. about labour

It is important to have the

right person / people with

you during labour and birth.

Birth partners can be more

important than pain relief.

When choosing your birth

partner(s) think about:

 $\Rightarrow$  Who calms you down when your

 $\Rightarrow$  Who has a calming influence and

 $\Rightarrow$  Who don't you mind seeing you

when you are in pain, upset,

 $\Rightarrow$  Who wouldn't mind seeing you

to support you during labour?

The right birth partner for you might be

your partner, mother, sister a friend, a

doula or more than one person. Even

if you do not wish to be touched during

labour, knowing that your birth partner

during labour and has the strength

makes you feel loved?

worried and naked?

with labour!

**Choosing birth partners** 

are anxious?

can reduce your fear about it.

# Break the fear – tension – pain cycle!

### **S.O.S Breathing**

You might breathe really fast or hold your breath when you are frightened. More adrenaline will be released and labour gets more painful. When you are breathing slowly it will be easier for you to be calm and relaxed. Also your baby will be supplied with more oxygen. To calm vourself during and between contractions, take a deep breath in through your nose and sigh out slowly (S.O.S.) through your mouth.

### Movement and positions

Use gravity to help you during labour and birth. Also, empty your bladder hourly. Both, being upright and an empty bladder maximises your body's ability to give birth. Movement, like walking or a good wiggle may help speed up labour.

# movement empty your bladder off your bottom

Try to work with the pain rather

than against

www.pregnancytobirth.co.uk www.facebook.com/pregnancy2birth www.twitter.com/pregnant2birth

is there might help.

love & support

# The birth space

To make your birth space your own and birth space make it as comfortable as possible vou your own! might wish to take your own pillow(s), blanket(s), music (e.g. i-pod), drinks and snacks (comfort food). It might also help to change & adjust the lighting in the room or the room temperature. You may also ask for equipment e.g. birth ball. **YOUR** space

**TENS** (Transcutaneous

A TENS machine is a

TENS

pain signals

and helps your body to

release endorphins.

When making deci-

vour

sions, remember to ask

What are the **B**enefits?

There are many types of

complementary therapies

available:

Th

What are the **A**lternatives?

What are the **R**isks?

electrical nerve stimulation)

device that transmits mild

electric impulses to pads on

your back. This blocks the

Labour is

but you can

do it!

Water (Hydrotherapy) hard work, early.

Make the

Birth pools are available at most maternity units.

# Hot / cold packs Heat or cold may help you to cope with labour. They can be applied to the lower abdomen, lower back, back and perineum.

www.pregnancytobirth.co.uk www.facebook.com/pregnancy2birth www.twitter.com/pregnant2birth

What do my Instincts tell me? What if we do **N**othing for a while? B.R.A.I.N. **Complementary therapies** relax Acupuncture, aromatherapy (available in most birth units) homeopathy, massage, self-hypnosis and yoga.

