



One to One (North West) Limited

BIRTHING PARTNER NOTES

1ST STAGE – OPEN & UP

- o Love
- o Orange bead bag
- o Walk down the stairs sideways
- o Massage / Tennis Balls
- o Squats with one leg on a chair
- o Use the Rebozo
- o Use the Ball
- o Laughter
- o Distraction
- o Eat & drink
- o Rest / Sleep
- o Music / Watch films

UPWARD BREATHING

With your body relaxed, slowly breathe-in through your nose and then release it, equally slowly, through your mouth

Each breath is slow, long, deep and relaxed.

With each surge you breathe deeply, focus upwards, and work with your body.

With each breath-in, you breathe in relaxation and comfort, peace and trust.

With each breath-out, you breathe out any tension or stress.

You may like to imagine the SUN rising as you breathe-in, and, as you breathe-out, the SUN climbs to the highest point in the SKY, so that your mind is thinking “UP” as your body is drawing up. Or you can imagine blowing bubbles as you breathe-in, and, as you breathe-out, the bubbles float lightly upwards.

“SSS” BREATHING – Breathing out making the “S” sound with your mouth.

STROKING RELAXATION

1. Allow a feeling of wellbeing and empowerment to permeate your body and fill you with confidence at the birth of your baby.
2. Appreciate the power of your maternal intuition that guides and protects you and your baby through labour and birth.
3. Grow in confidence that your body has been made to give birth efficiently and calmly.
4. Allow your body to loosen and relax, as you do during your labour and your baby’s natural birth.

5. Allow your mind and body to grow in harmony for a swift and gentle labour and birth.

POSITIVE AFFIRMATIONS

- o 3, 2, 1, RELAX
- o You look so natural.
- o What you put you mind to you can achieve.
- o My baby is in the best position for a calm and natural birth.
- o My body and my baby's body work together in unison. You trust the instinctive process of birth, which flows naturally through your body.
- o You have the confidence that a natural birth is safe and this is the best place for our baby to be born naturally and calmly.
- o You're going through your pregnancy and labour with confidence and trust that your body and your baby are healthy, relaxed and calm.
- o Your baby naturally moves into the best position for an easy birth.
- o Open up and relax all your muscles, as this relaxes the lower ones in your body.
- o Accept the powerful sensations... (They cannot overpower you because) they're part of you.
- o Let every sensation take over you, as each sensation is hugging and stimulating our baby. Like riding a wave and flowing with every little movement.
- o Every moment in your body serves a purpose.
- o Enjoy the feeling of natural calm, relaxation and softness that permeates your body.
- o Our baby is coming and he is full of love. He will find us CALM, SERENE & LOVING.
- o Our baby will move slowly into our world, and the placenta will follow, and your body will close naturally and healthily.
- o Each surge of your body reminds us that you will soon be holding our baby in your arms.

***** IMPLEMENT THOSE SILENTLY DURING 2ND STAGE *****

SHAKING THE APPLES

- o Stand behind
- o Vigorously rub back, hips, bottom, legs & thighs
- o Done between surges + when she needs a boost
- o To counteract the effect of adrenaline and get back into the zone