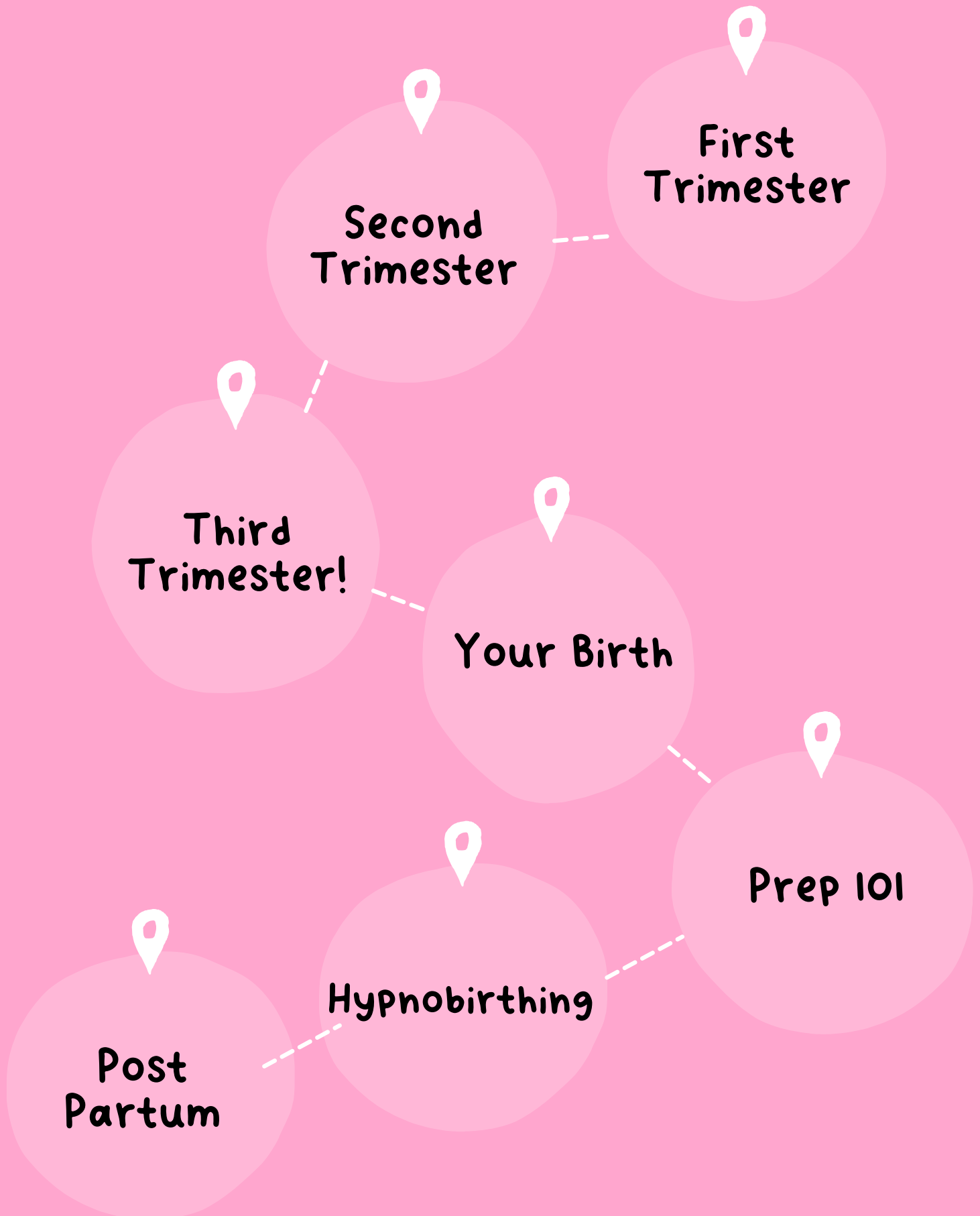




PREP LIKE A BOSS



START here





FIRST **TRIMESTER**

FIRST TRIMESTER Checklist

The First Trimester is from week 1 to the end of week 12!

- Take a pregnancy test!
- Announce your pregnancy!
- Learn about the benefits you are entitled to i.e. Statutory Maternity pay.
- Stay active, start exercising – yoga is great!
- Take pregnancy supplements – specifically Folic Acid and Vitamin D.
- If you smoke, get help to quit!
- Make an appointment to see your midwife or GP, to get your antenatal care started.
- Get your dating scan booked in – this is usually between 8-12 weeks.
- Book any antenatal classes and/or hypnobirthing classes
- Budget for your baby! They can be expensive!!
- Follow your baby's development – download a free app and keep yourself up-to-date with all the amazing weekly changes going on in baby and your body!

What to expect!

Your body!

Food cravings and aversions.

Lots of weeing!!

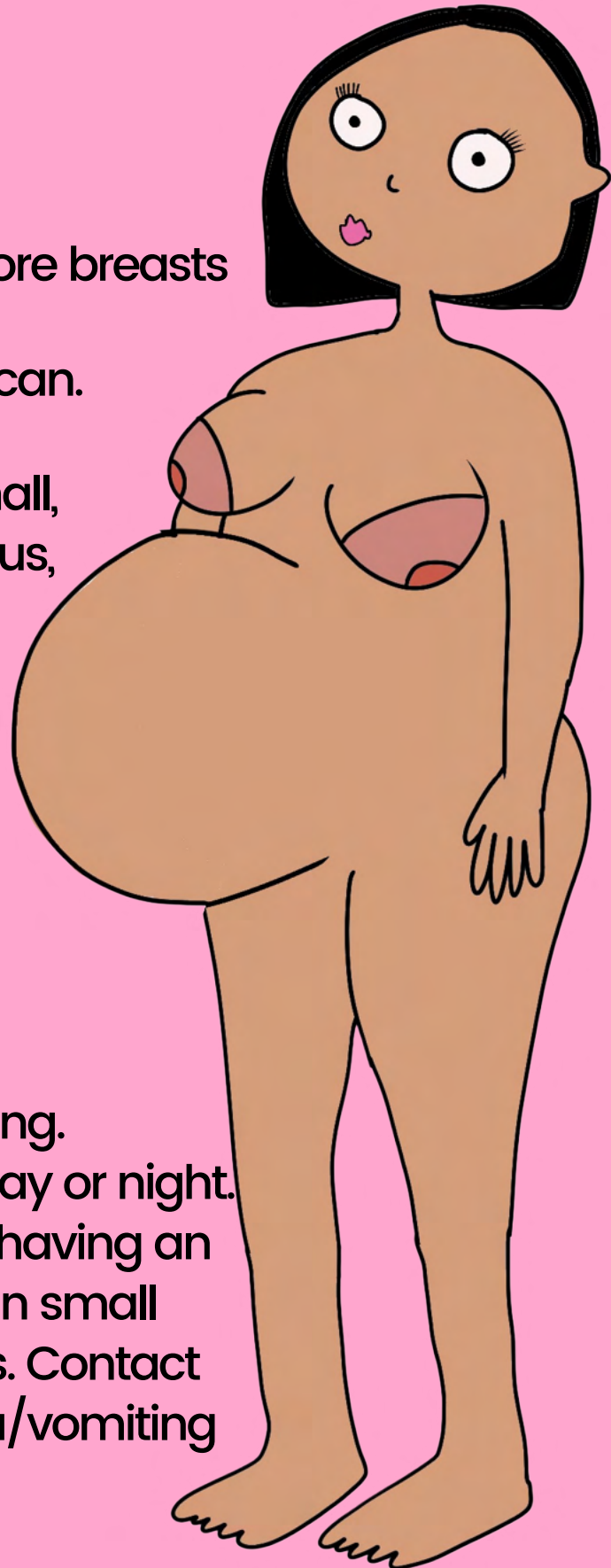
Tender, swollen, sensitive or sore breasts

Sleepy!. Rest as much as you can.

Heartburn. To prevent: eat small, frequent meals and avoid citrus, spicy or fried foods.

Constipation. To prevent: include plenty of fibre in diet and drink lots of fluids, especially water and prune juice.

Nausea with or without vomiting. Morning sickness, can strike day or night. To help relieve nausea, avoid having an empty stomach. Eat slowly & in small amounts. Drink plenty of fluids. Contact health care provider if nausea/vomiting is severe.



What to expect!

Your emotions!

Pregnancy might leave you feeling delighted, anxious, exhilarated and exhausted – sometimes all at once. Even if you're thrilled about being pregnant, a new baby adds emotional stress to your life.

It's natural to worry about your baby's health, your adjustment to parenthood and the financial demands of raising a child. If you're working, you might worry about how to balance the demands of family and career. You might also experience mood swings.

What you're feeling is normal. Take care of yourself, and look to loved ones for understanding and encouragement. If your mood changes become severe or intense, consult your health care provider.



Healthy changes!



If you smoke, it's time to quit: Smoking during pregnancy puts you at higher risk of miscarriage, ectopic pregnancy and premature labour. It can also affect how your unborn baby grows, resulting in a low birth weight. It's never too late to give up, talk to your midwife or doctor. They'll be able to help!

Cut out alcohol: There is no way to know for sure how much alcohol is safe during pregnancy. That's why experts advise you to not drink any alcohol at all while you're expecting.



Cut down on caffeine: You can still enjoy a cup of coffee during pregnancy. But you should limit yourself to 200mg of caffeine a day (two cups of instant coffee or one cup of brewed coffee) this includes teas, cola, energy drinks etc. If you regularly have more than 200mg of caffeine a day during your pregnancy, it could increase your risk of miscarriage.



Eat a healthy, balanced diet: make sure you get all the nutrients you and your baby need. You don't need extra calories in your first trimester or second trimester. But you're advised to avoid certain foods in pregnancy, because they may contain bacteria, parasites or toxins that could harm baby. This includes some cheeses and unpasteurised dairy products, raw or undercooked meat, liver and pate, and raw shellfish.

Exercise: Regular exercise can help you cope with the physical and mental demands of being pregnant. As long as you feel comfortable, there's no reason why you can't continue your usual exercise habits while pregnant.

Start doing pelvic floor exercises: this can help to protect you from leaking wee while you're pregnant and after your baby's born. Strong pelvic floor muscles can make for a more satisfying love life too, by making orgasms during sex more likely! If you haven't been shown how to do pelvic floor exercises during your antenatal appointments, ask your midwife about them at your next visit.

pregnancy

STOP OBSESSING

Over what pram or travel system you should buy.

What size of fruit your baby is.

Baby names.

Pooing in labour.

Stretch mark creams.

Your due date.

Pregnancy weight.

Maternity clothes and staying fashionable.

Loosing weight after baby.

START RESEARCHING

Who your support network will be.

Postnatal rehab options.

Pelvic floor recovery.

Breastfeeding support.

Advocating for yourself.

Breathing techniques.

Tools to use at birth.

Unmedicated vs medicated births.

Delayed cord clamping..

MYTH BUSTING

You can't dye your hair!

Research (though limited) shows it's safe to colour your hair in pregnancy. You'd need to use seriously high doses of the chemicals - far more than needed to colour your hair - to cause harm.

You can't fly!

You can fly so, revel in the freedom of holidaying without youngsters while you can. Check the FAQs on your airline's website - after week 28, you will need a letter from your midwife to confirm your pregnancy is low risk and you're in good health. Make sure that your travel insurance covers you in pregnancy and take your medical notes away with you.

Sickness only happens in the morning!

Morning sickness does not only happen in the morning. Pregnancy sickness is often at its worst when you first wake up, which is why it is called morning sickness, but it can happen at any time of day.

If you can't keep any food or drink down, or you are worried at all about pregnancy sickness, see your midwife or doctor. You may have a condition called hyperemesis gravidarum.



Second TRIMESTER

SECOND TRIMESTER

Checklist

The Second Trimester is from week 13 to the end of week 26!

- Decide whether you'll find out the sex of your baby.
- Choose a birth partner(s): This can be your partner, best friend, mum, or a doula.
- Book a holiday if you can spare the time and money.
- Narrow down your baby name choices.
- Start shopping for maternity clothes.
- Think about childcare options, as waiting lists for good childcare can be long.
- If you have a toddler, prepare them for a new sibling.
- Set up a safe place for your baby to sleep.
- Ask friends/family for any unwanted baby items, as buying for your baby can be a major expense.
- Think about maternity leave, find out how much you're entitled to. Tell your employer at least 15 weeks before your baby's due.
- Spend quality time with your partner somewhere you can appreciate each other's company.

TOP TIPS on how to beat..

PREGNANCY INSOMNIA!

ZZZ



Develop a relaxing bedtime routine: take bath before bed, have a massage from your partner.



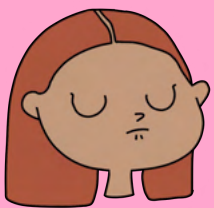
Avoid screen-time and caffeine before bed. Instead try reading a book or journaling with a hot decaf drink.



Focus on eating a healthy and balanced diet, trying to make sure evening meals are light and that you're not snacking too close to bedtime.



Exercise like yoga, stretching and meditating before bed can help relax you.



Find the BEST sleeping position for you. Try, lying on your left-hand side, place a nursing pillow under your belly and your right knee. And add lavender oil to your pillow!

MYTH BUSTING

You don't need to eat for two!

Most women will only need to have 200 extra calories (on top of the 2,000 daily recommendation), and that's only in the third trimester.

You don't have to glowing & happy all the time!

Pregnancy hormones can often be to blame for highs and lows, not to mention coping with pregnancy niggles. It can be pretty overwhelming, so if you're not feeling the glow, you're not alone - far from it!

You might not have strange cravings!

Cravings can be triggered by hormonal changes in your body affecting taste and smell. Also sharp dips and peaks in your blood sugar levels can give you cravings for sugary, comfort foods. If you ever crave "inedible" things such as dirt or clay, talk to your midwife. This is known as "Pica" and can be a sign of severe anaemia.

You can eat Sushi!

As long as it's from a source you trust and any raw fish has been previously frozen. Sushi made with cooked shellfish i.e. crab, prawns, scallops or eel should be safe. Avoid marlin, swordfish and shark.



Third TRIMESTER

THIRD TRIMESTER

Checklist

The Third Trimester is from week 27 until the end of the pregnancy!

- Be aware of baby's movements - notify midwife or maternity unit if any change to usual patterns.
- Put together your baby's furniture, pushchair and any other useful bits. Install the car seat.
- Learn as much as you can about: stages of labour, postpartum, birth, your newborn etc.
- Create a birth plan, include every possible outcome, every possible need/want and make sure to print it out.
- Pack your hospital bag.
- Stock up on household supplies, groceries and frozen meals.
- Prepare for birth - take a hypnobirthing course with your partners. [Join mine here!](#)
- Book yourself in for a treatment - massage, pedicure, manicure, wax etc.
- Prepare freezer meals - at least 2 weeks worth.
- Nest - get nursery ready, wash all of babies' clothes etc., get supplies ready.

Healthy changes!

Eat well: Eating well at this stage of pregnancy is important for your health and your baby's health. Try to eat plenty of iron-rich food, which helps you to make red blood cells. Your baby will take iron stores from your body so he won't run short, but you might. Boost your iron intake by having meals with iron sources, such as lean meat, leafy greens and fortified cereal in your diet. Have a glass of orange juice with your meals to help your body to absorb iron. See our iron slideshow for easy ways to include iron in your diet.

Do some stretches: Now is a good time to learn stretches that will loosen up your body ready for your baby's birth. These third trimester stretches will give you some ideas and help to ease any pregnancy aches and pains. Even the occasional stretch and wiggle can help you avoid pregnancy niggles such as leg cramps. Just get moving and stretching!

Get more sleep: If you're finding it hard to drift off at night, try investing in some good-quality pillows to support you. Tucking one between your knees and a couple under your tummy before you go to sleep may help you to get comfy. Remember to sleep on your side, as this reduces the risk of stillbirth. Have a look at BabyCentre's parents' tips for getting more sleep during pregnancy

EVERYTHING YOU NEED TO KNOW ABOUT **PERINEAL MASSAGE**

GENTLY MASSAGE THE LOWER HALF OF YOUR VAGINA USING A U SHAPED MOVEMENT FOR 2-3 MINUTES. REPEAT THIS 2-3 TIMES

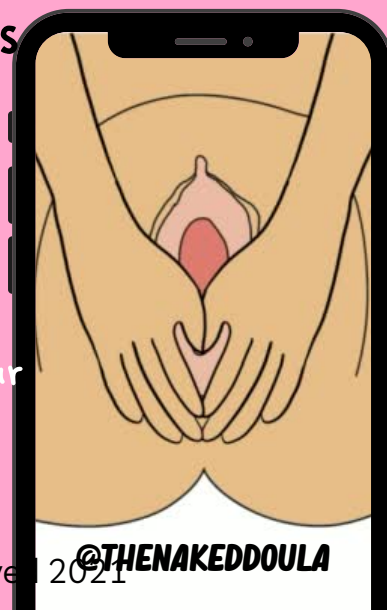
From **34** weeks

Lowers rates of episiotomy



Helps with scar tissue

Reduces chances of tearing



@THENAKEDDOULA

Warm bath before



Reduces chances of stitches



Gentle massage



Lubricant



Thumbs



Small

10 STEPS TO BOOST BIRTH Confidence

Guarantee

Easily

01 Learn about your body

02 Watch Positive & REAL vids

03 Write BIRTH affirmations

04 Hypnobirthing

05 Mute or unfollow shite

06 Learn about OXYTOCIN

07 Practise Breath work

08 Prep and Plan - Birth GUIDE

09 Create a VISION board

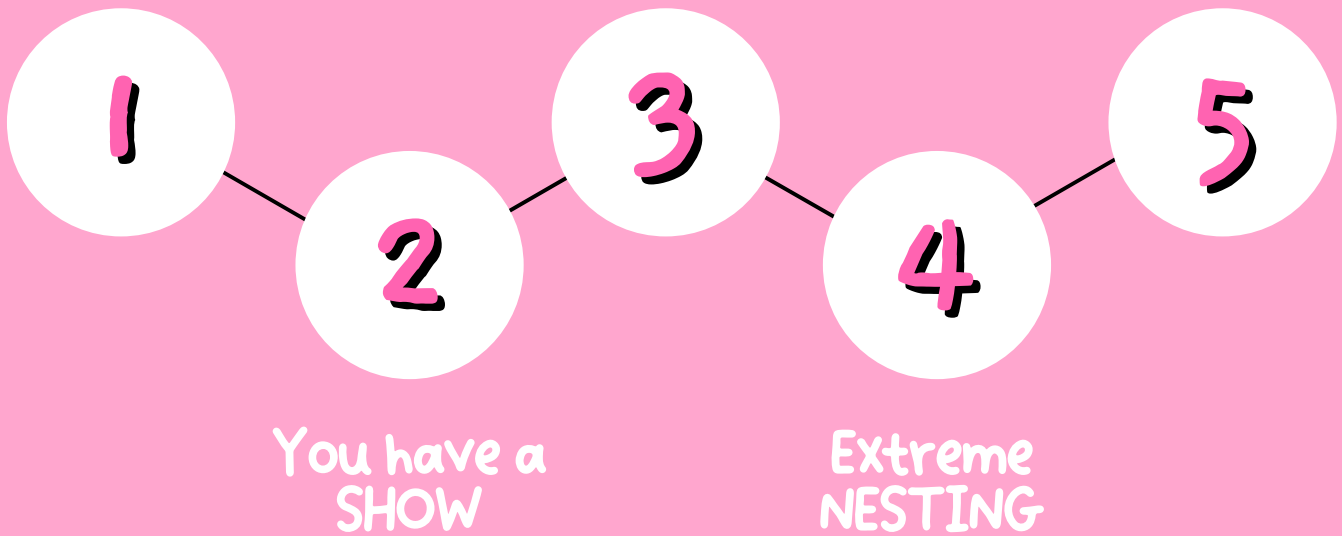
10 Know your RIGHTS!

Labour Practise, Labour Ready!

You have a
CLEAR OUT

Lower back
Pain

Belly
Tightenings



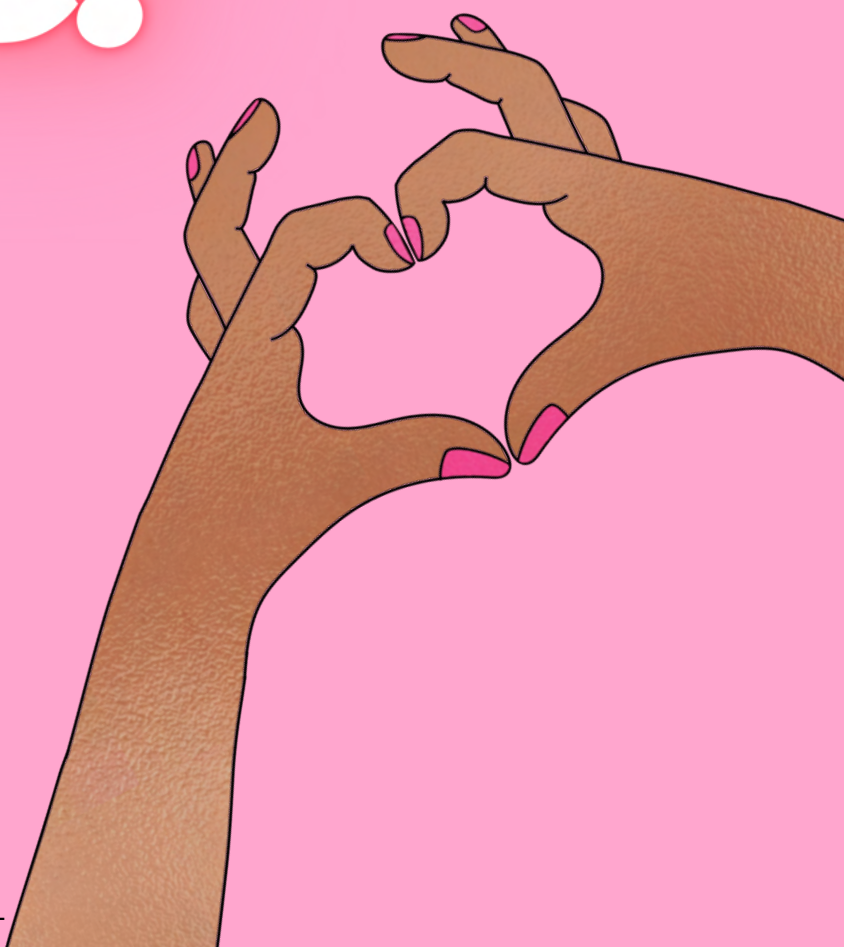
Signs labour is imminent!

- Increased Braxton hicks.
- Regular and Rhythmic contractions.
- Contractions increasing in intensity and frequency over time.
- Increasing pressure in pelvis and rectum.
- Baby dropping down into pelvis.



YOUR BIRTH

BIRTH is the
ULTIMATE
act of
Love!



Are you CLUED up?

Having good knowledge and understanding on all things labour, birth, postpartum, newborns etc., is crucial to achieving a positive birth experience.

- Pain relief and pain management options: the pro's and con's and how to's.

- All about Caesarean sections and what to expect.

- Stages of labour (Latent Stage, Active Stage, Late First Stage, Transition, Second Stage, Third Stage)

- Contractions: the facts and figures, how to manage them.

- Breastfeeding: how to get a good latch, positions, all about your milk.

- Postpartum realities and what to expect.

- First/Second/Third Trimester.

- Your birth rights.

- B.R.A.I.N (Benefits, risks, alternatives, intuition, nothing)

- Optimal cord clamping and the pro's and con's.

- Golden hour - what is it all about?

- Breathing techniques for all labour stages.

Prep!

101

The importance of Preparation



Giving birth with foundations gives you the confidence, trust and ability to have a better experience.



Mindset is a key element to a positive experience.



Planning and prep are the "most important parts" of your birth experience.

Without **Prep** and **Plans** you have:

NO control

NO understanding

NO known rights

A longer labour

More chances of intervention

More chances of FEAR and TRAUMA

PREP AND PLANNING MAP...

Planning IS important for your experience. Follow this for success!

Where

Where are your birth place options, how can you make it a comfortable environment.

What

What do you want! You hold all the cards. This is your birth. Do your research and choose how you'd like your experience to be.

When

When to start planning. As soon as you like. The sooner you learn and prep your body, the sooner you'll be able to understand what YOU want and what WORKS for you.

How

How to labour...super important. Learn about your body. Take an antenatal class, hypnobirthing and/or additional classes. Be confident in your body and techniques.

Who

Who should know! Make sure your partner, birth partner and care professionals KNOW your wishes, Print some copies to take.

Why

Ask why. If things need to change on the day use the B.R.A.I.N acronym. What are the BENEFITS, RISKS, ALTERNATIVES, what does your INSTINCT say and what if you do NOTHING.

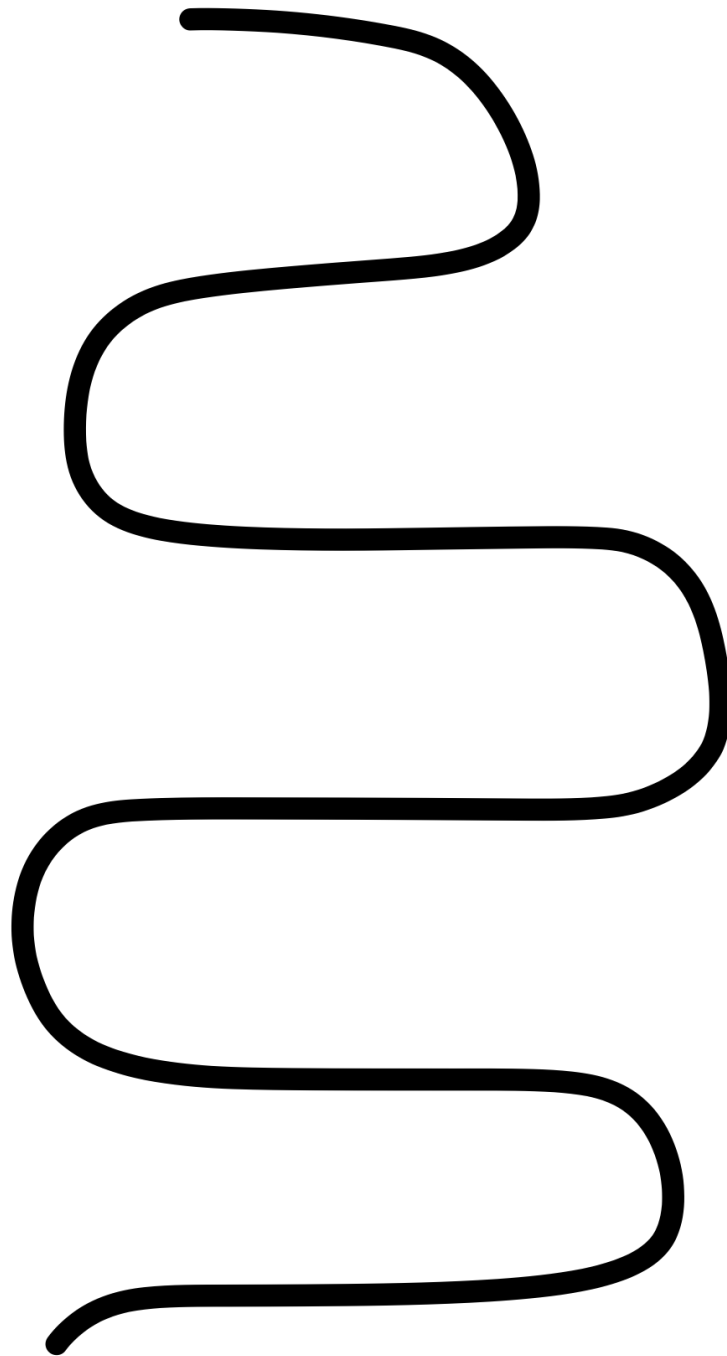
PREP AND PLANNING MAP...

Start your planning map

Where

When

Who



What

How

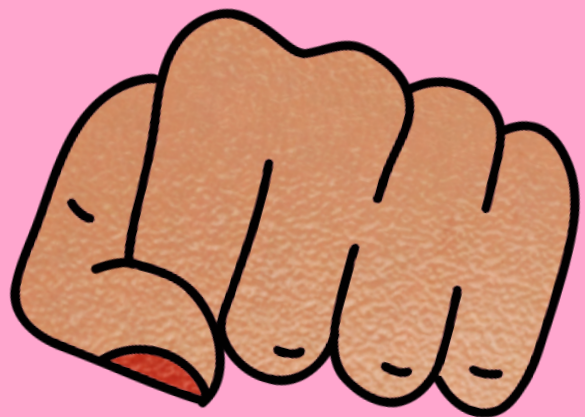
Why

Birth

and

YOUR

Body!

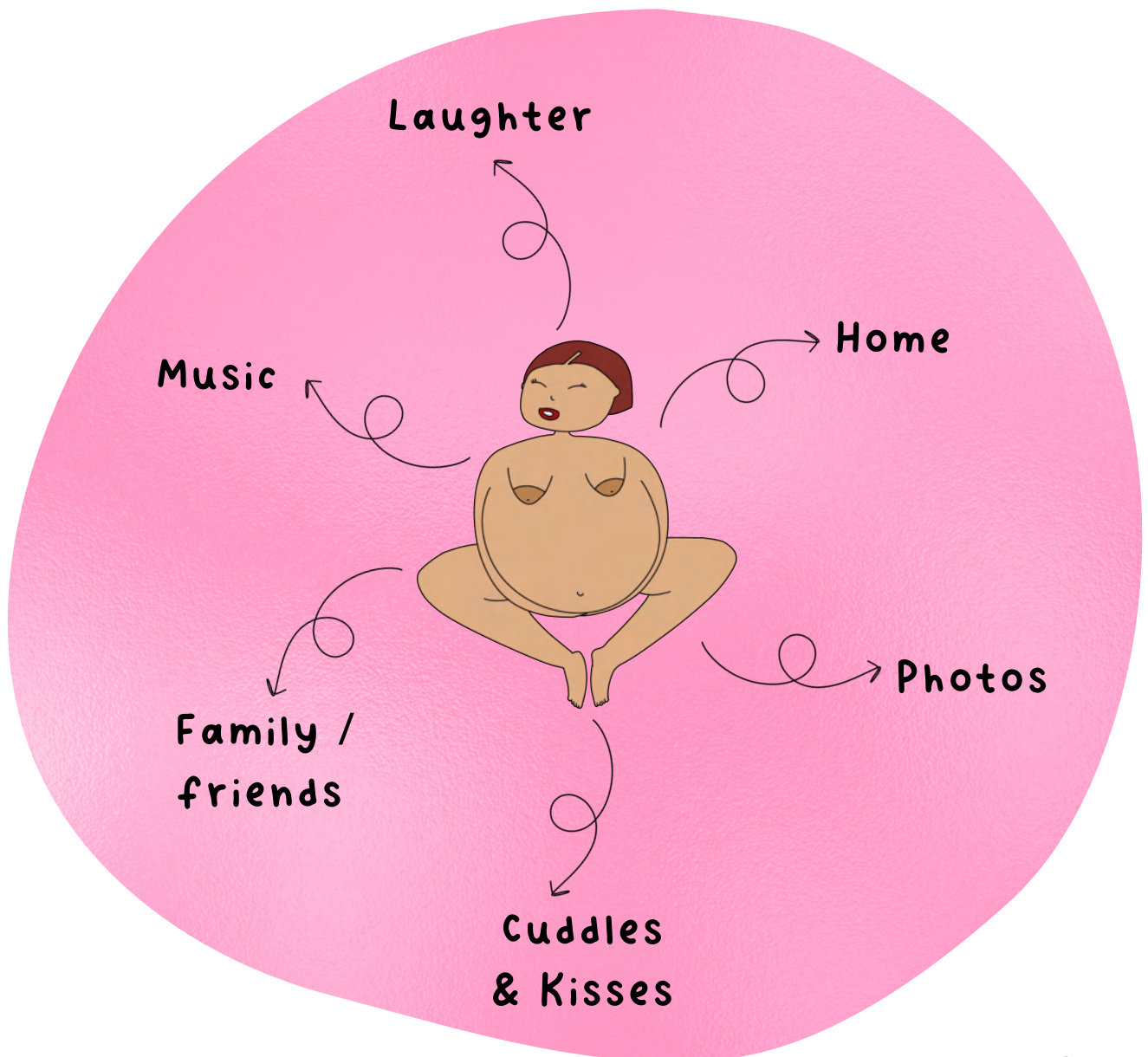


Oxytocin

The secret to birth is

Keeping your Oxytocin levels high will allow your body to work efficiently. If you allow FEAR to creep in, adrenaline will chase away Oxytocin and leave you feeling tense, afraid and could halt labour completely.

♡ Oxytocin is the hormone of love and bonding.



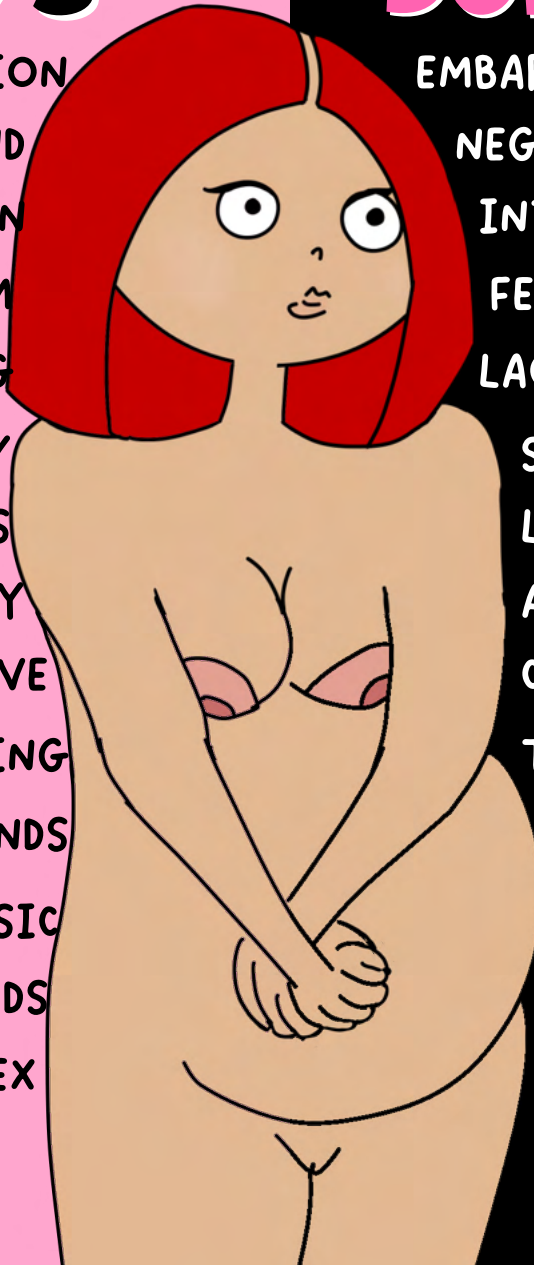
Oxytocin

DO'S

YOGA/MEDITATION
BEING KIND
COMPASSION
COLOSTRUM
LAUGHING
INTIMACY
CUDDLES
POSITIVITY
LOVE
BREASTFEEDING
FRIENDS
MUSIC
KIND WORDS
SEX

DON'TS

EMBARRASSMENT
NEGATIVE COMMENTS
INTERRUPTIONS
FEAR
LACK OF SUPPORT
SELF DOUBT
LACK OF PRIVACY
ANXIETY
CRITICISM
TENSION
PAIN
FEELING UNLOVED
FEELING NERVOUS
STRESS



Can you think of any more oxytocin do's and don'ts to add? Think of things you can do during the early, active and hardest parts of labour!

HORMONES during birth

Oxytocin

The hormone driving your labour. The love hormone.

Beta Endorphins

The hormone reducing pain and suppressing immune system. The pleasure hormone.

Relaxin

The hormone relaxing the ligaments in the body. Especially the pelvis to allow movement.

Adrenaline

The hormone that should only make an appearance at transition stage of labour.



Birth and
your body

ENVIRONMENT

Environment is one of the most important things during our labour yet we tend to forget, we can choose and have exactly what we want!

The environment you're in, can be the thing that drives or halts your labour, so let's start talking about what f*** we want!

What are your plans to create the perfect environment?

Prepare and plan, to make the perfect environment for you and your baby, whether that's at:

- Home
- Birth Centre
- Maternity Lead Unit
- Labour ward
- Wherever the f*** you like

- Lighting
- Items from home
- Music
- Smells/oils
- Pictures

How do you want your birthing environment to look?

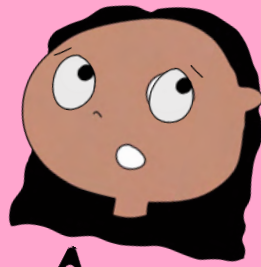
Dark
Quiet
Warm
Safe
Private





Your knowledge is BASIC or non existent

You are not prepared "Winging it"



You have no clue about OXYTOCIN



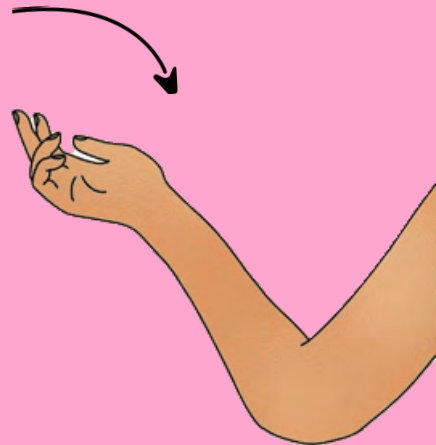
Shit That could be fucking with YOUR LABOUR



Your environment is making you feel shitty

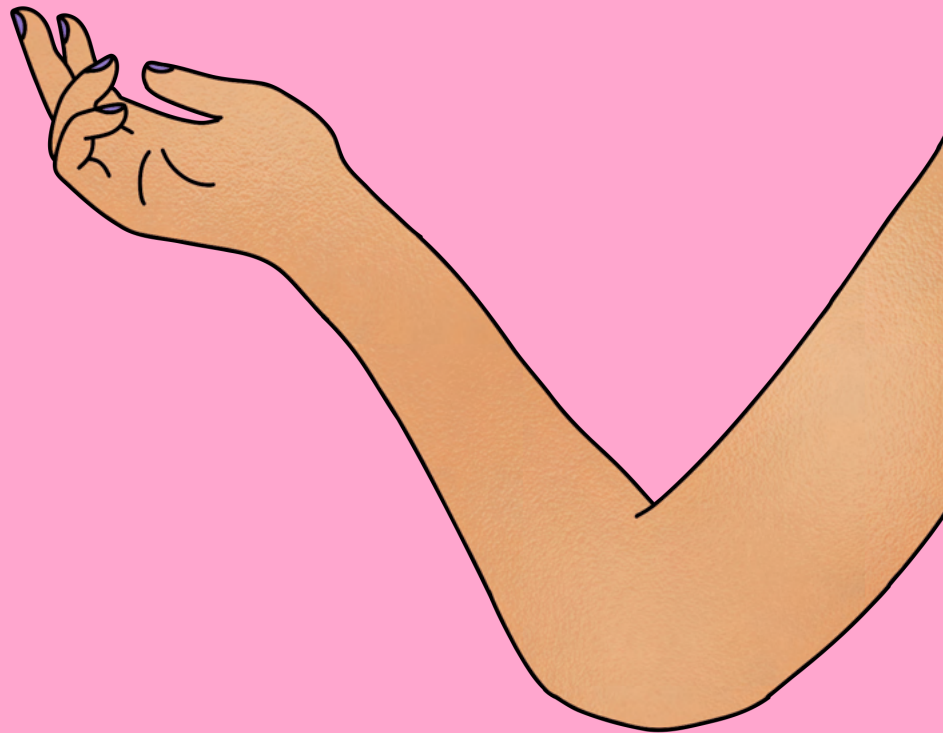


You have NO CONTROL! & this comes from "not knowing"



You are NOT relaxing your body!

**Hypno
what?!**



What is it? What makes this different?

WTF is hypnobirthing because it sounds a little woo woo right?! Well actually it's all about science! And accessing a part of your brain that can help eliminate pain and keep you calm and focused on your labour and birth!

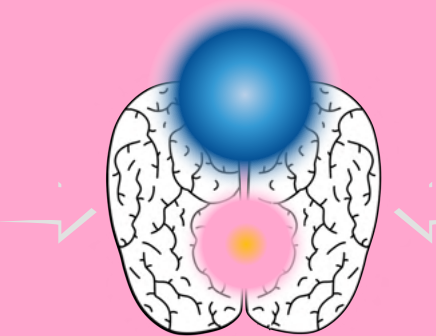
Hypnobirthing has actually been around for years but only more recently become a growing talked about model for care which will soon become the norm!!

Hypnosis

Positive change

Reframing

Accessing
mammalian
brain



Mindfulness

Being in the
moment

Taking a breath

Using all the senses

Natural Occuring "State of Mind"

Hypobirthing is not a superpower. Nor is it something that you learn. The "theory" surrounding hypnobirthing is just allowing us to access a part of the brain that was already there. I give you the tools and techniques to find and connect with something that was already there allowing you to boss birth.

Ways to reduce

PERINEAL TRAUMA!

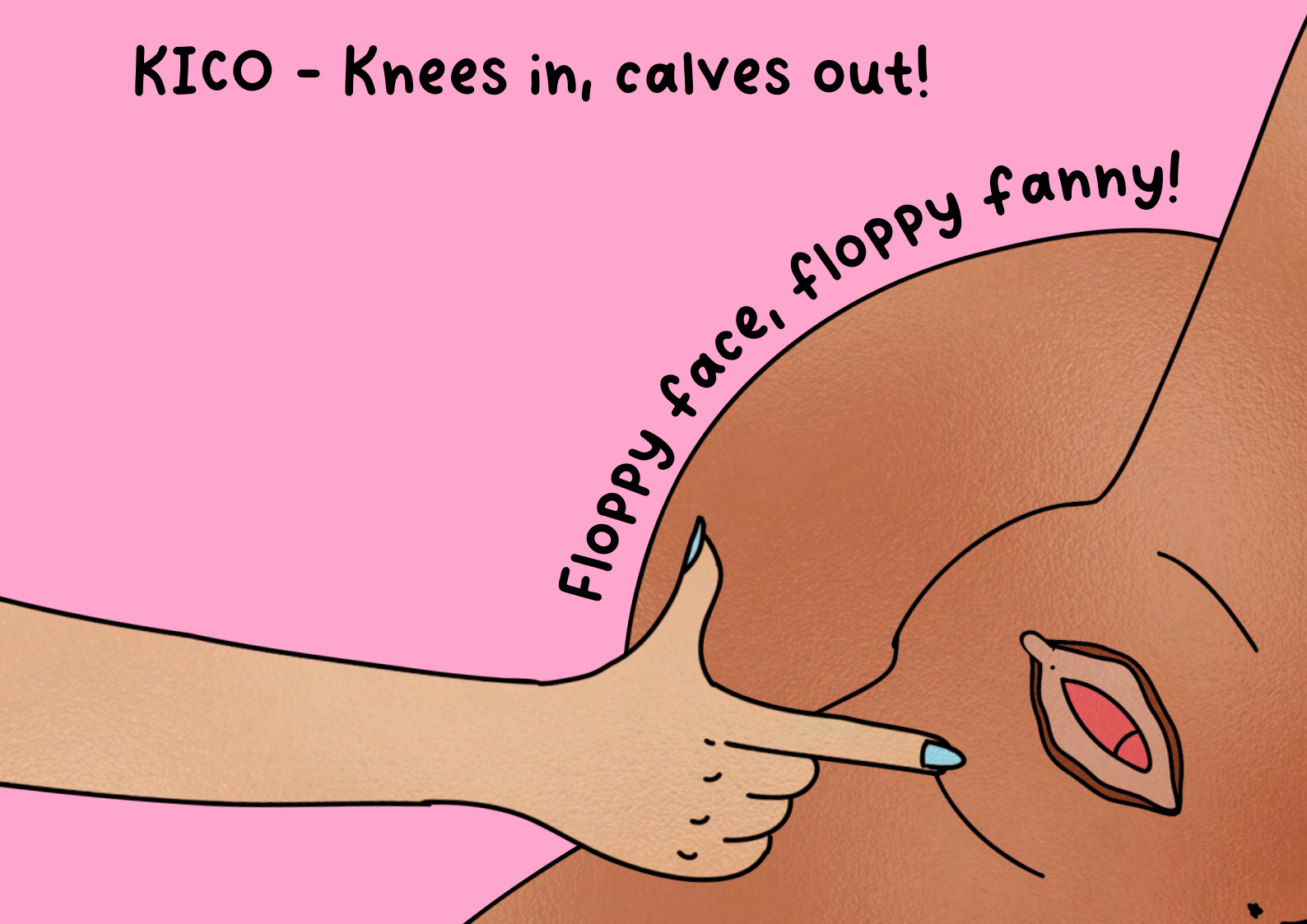
Avoid laying on your back

Perineal massages from 34 weeks

Breathe! Learn all the BEST techniques in my hypnobirthing course.

KICO - Knees in, calves out!

Floppy face, floppy fanny!

A cartoon illustration of a hand with a blue nail pointing to a perineal area. The background is a light pink color with a darker pink splatter effect at the top. The text 'Floppy face, floppy fanny!' is written in a curved path above the hand.

Hypnobirth **BRAIN TRAIN**



GETTING INTO THAT STATE OF MIND!

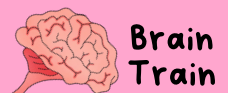
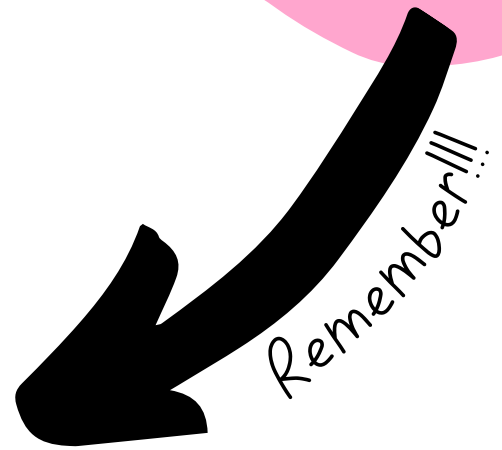
01 Environment

02 Oxytocin

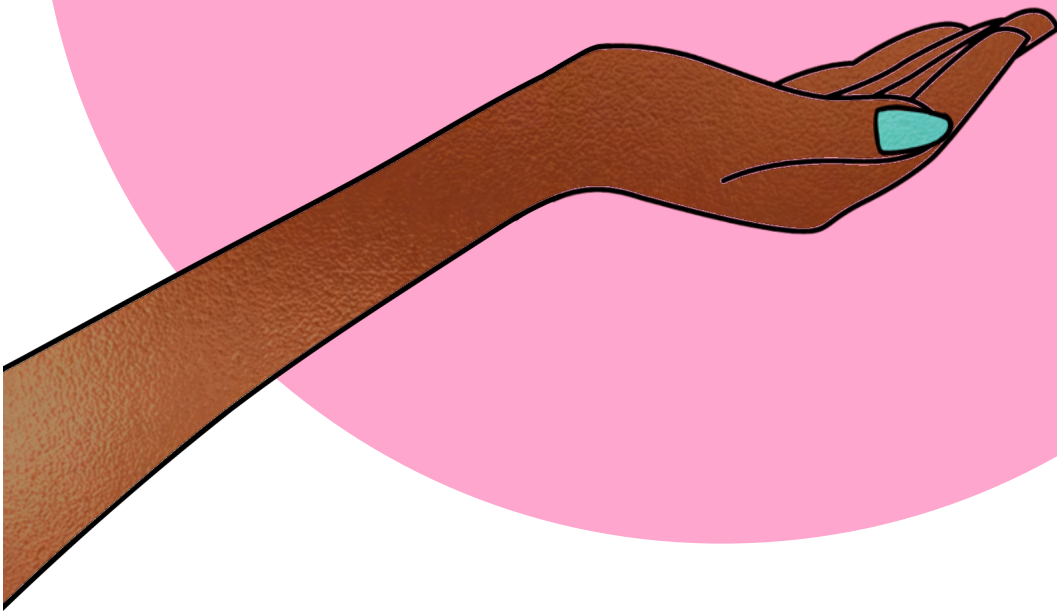
03 Practice

04 Knowledge

05 Preparation



BREATHING



BREATHING



1,2,3 Face shoulders hands

Breeee

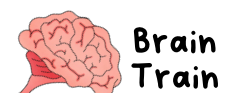
**Breathe in
and relax!**

**Breathe out
and let go!**

01
Allowing a comforting, relaxing feeling to drift down through all the muscles in your head, down through your eyes. Every tiny muscle softening, relaxing, letting go, down through your cheeks, mouth and jaw. Your jaw loose and soft.

02
As your jaw softens, your neck and shoulders sink into your body, letting go of any tension, that comforting feeling drifting down through your chest, each breath taking you deeper into relaxation.

03
Your breath carries that relaxation deeper into your body, down through your tummy to your baby, nudging your baby gently down, letting go deeply comfortably, soft, open, strong.



How to

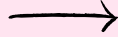
BREATHE your baby out

Without
having to
push!

I'm telling you that you don't have to push or pop a few veins while squeezing that baby out... for real! This technique is really simple and you can practise it whilst you poo.



Take a deep
breath in
through your
nose



When you
exhale push the
breath down
your body

As you breathe down through the body your mouth & hands should be relaxed...



Lips pursed & soft

Avoid clenched hands



It shouldn't feel like forced pushing. You are just using your breath to aid the muscles.

REMEMBER!!

Deep breath in and out down through the body - pushing on the uterus.

- Floppy Face = Floppy Fanny
- Soft relaxed jaw on out breath
- Take the pauses when needed
- Listen to your body
- Avoid gritted teeth
- REMEMBER - The softer your jaw the softer your pelvic floor

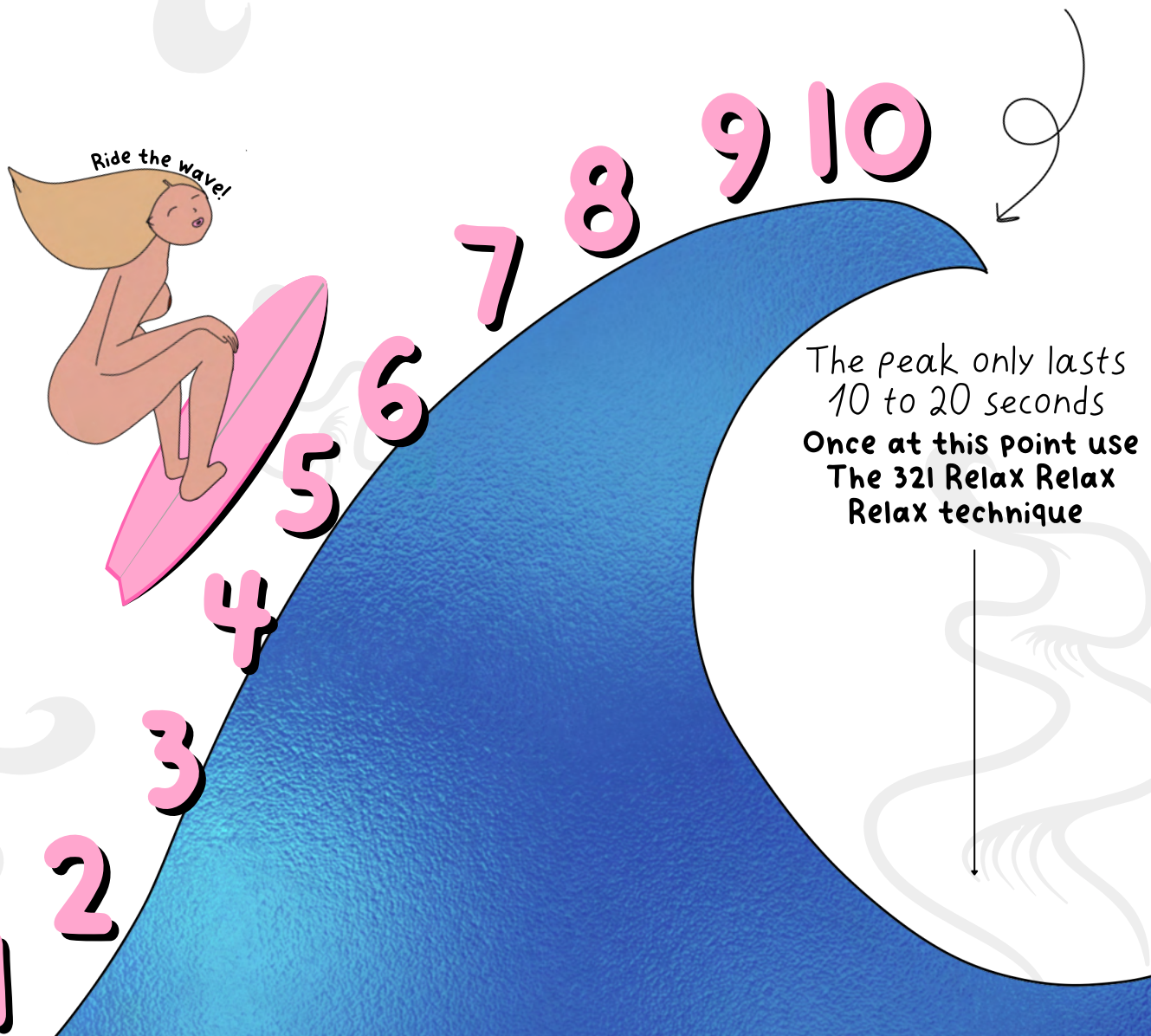


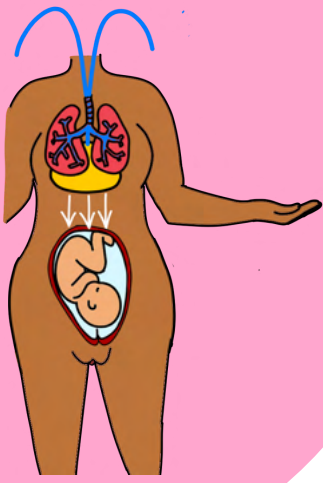
BREATHING

through contractions!

Contractions are like waves – they rise in intensity!

Taking deep belly breaths in and controlled breaths out – the space between each one should be enough to say FLOPPY FACE FLOPPY FANNY. Doing this 10 times should bring you to the peak of your surge.





Work with your uterus - not against it

As the contraction starts to rise take a nice big breath in...

and on your out breath push it down the body in a controlled way.

Keeping your face and jaw relaxed and soft.

BREATHE BABY OUT! DON'T PUSH!

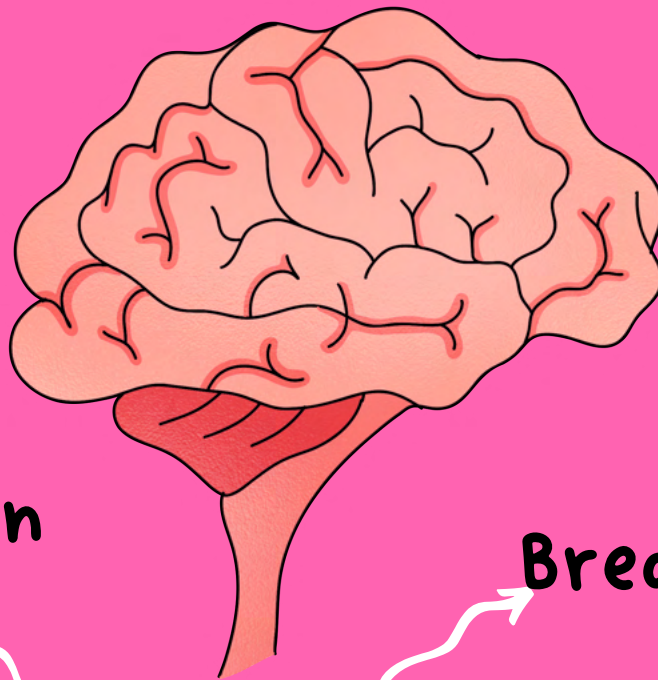
Breeeeeatheeee



Managing

PAIN

with your brain



Visualisation

Breathing

Mind & body

Affirmations

Relaxation

VISUALISATIONS

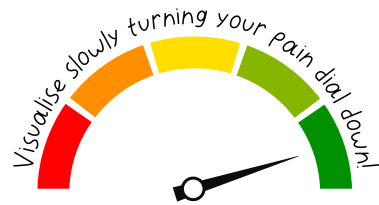
My top techniques!

We have the ability to change the way something feels just by using our brain!

The Dial

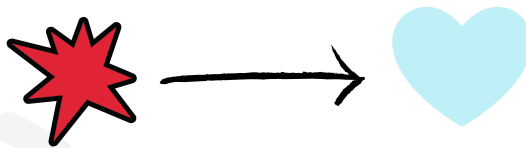
↪ Practice with an ice cube!

Take a deep breath. Focus on the pain point. Imagine your dial. Maybe it's colours like below, or maybe it's numbers. Slowly turn down your dial! Focusing on controlling the pain as you do.



Shape Changer

Take a deep breath. Focus on the pain point. Give the pain a shape and colour, focus on it for a few minutes. Then focus on changing the shape and colour to something that looks and feels more positive...Once you feel the sensation changing continue and open your eyes once it has subsided.



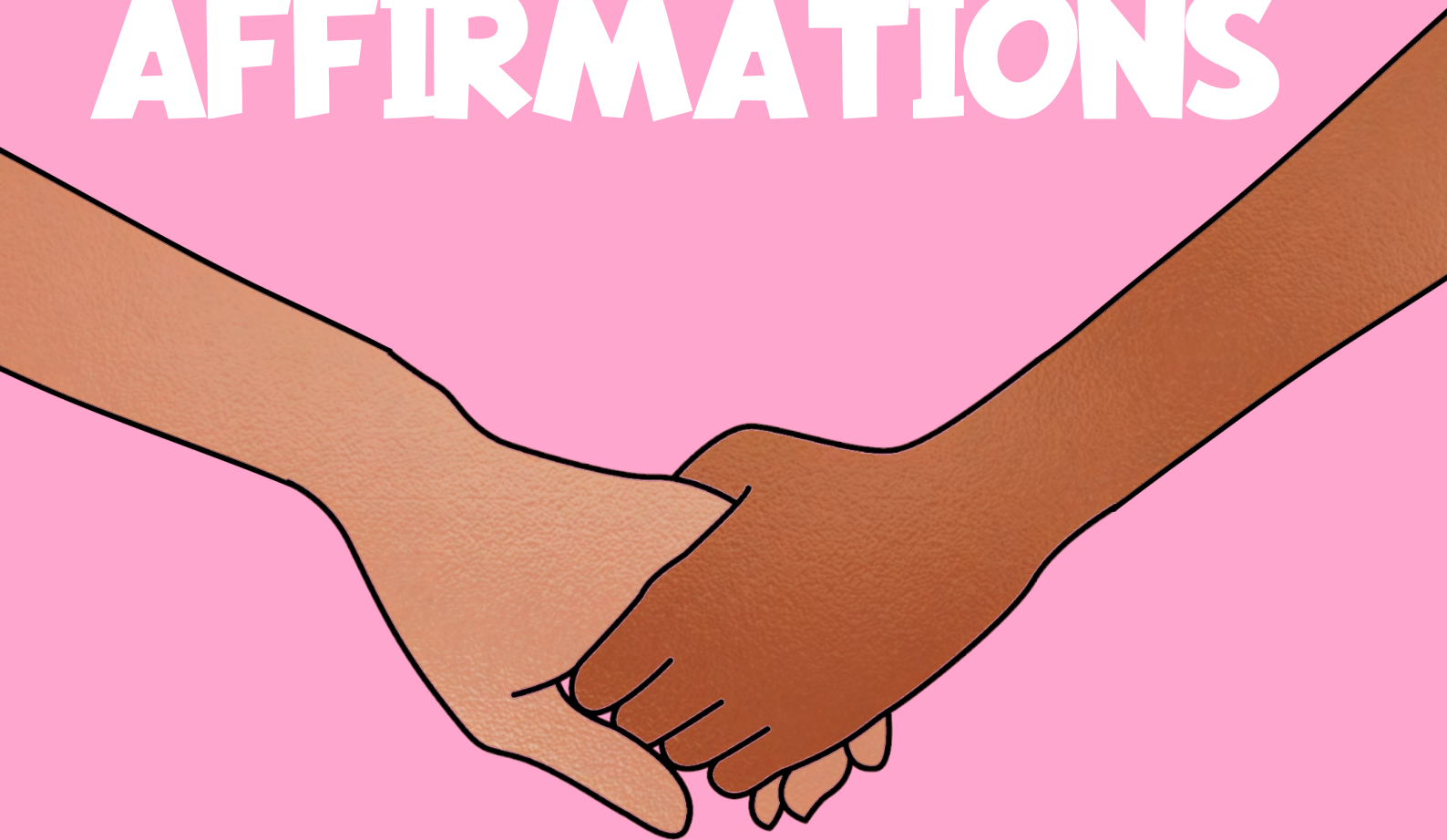
Flashcards

↪ Have you got yours yet?

The Naked Birth Flashcards, practical tips for your birth using proven techniques and hypnobirthing tools. Easy to understand info, birth proof, wipeable and great for bossing labour!



AFFIRMATIONS



AFFIRMATIONS

I trust and tune into my body

Breathing in I feel strong, breathing out I let go!

The more I relax the more my body softens and expands.

I allow the energy of birth to move through me.

I am centred and strong, breathing in and breathing out.

I take strength!

I am filled with love for my baby!

Each wave is bringing my baby closer to me.

My body relaxes in between contractions and expands during them.

I am in tune with the rhythm of my body.

I imagine the sensations as a pressure nudging my baby down.

My baby is surfing the waves, enjoying the rhythm of labour.

As I breathe in I relax, as I breathe out I let go

Relax, let go, relax let, go, trust, love and centered.



Affirmations

Things you should say to yourself

My body is a
fucking temple
growing a little
life

I am a fucking
goddess

I am
strong
and
capable

I am
confident
and ready
for birth

It's important to be
patient with myself while I
adjust & adapt to new
things

Now it's your turn!





Reframe YOUR brain



What is reframing?

Reframing is an extremely powerful technique used in therapy, mindfulness, hypnosis and hypnobirthing

The Science

When we reappraise or reframe a situation, image or memory the brain is able to turn that negative experience into something more neutral.



But How?

Studies show when we reframe the left prefrontal cortex increases in activity... ok big words. But basically this is the super happy part of the brain that gives you positive feelings and thoughts.

How can you use reframing to change...

- Fears around birth
- previous trauma
- mental health
- being scared
- complications



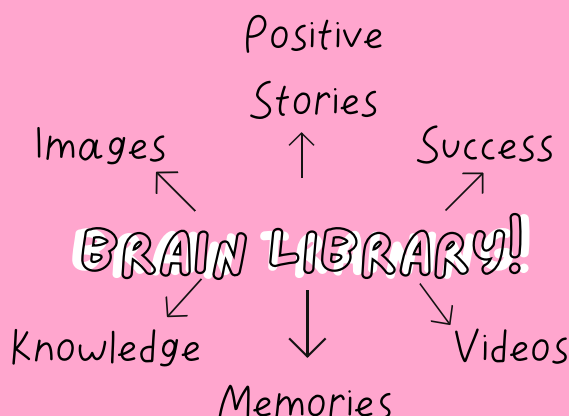
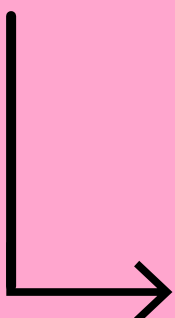
CALM



POSITIVE



CONFIDENCE

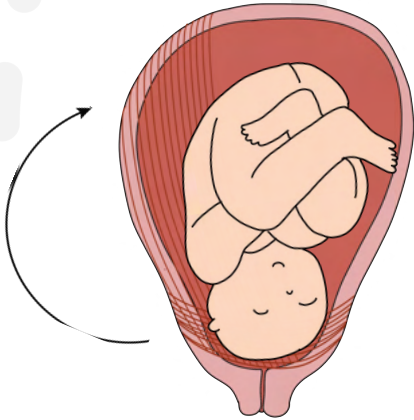


CONTRACTIONS



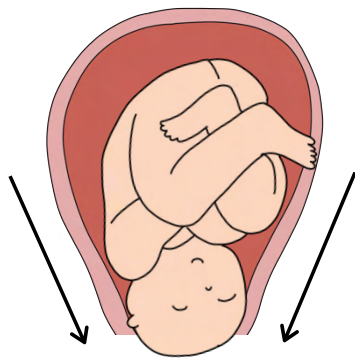
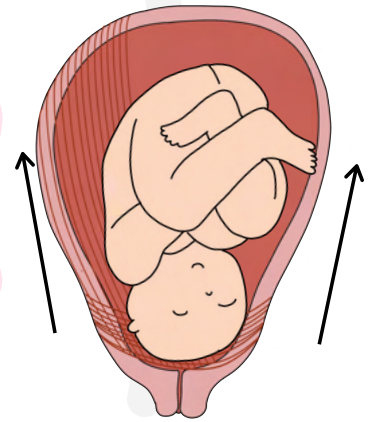
CONTRACTIONS

Breathing through them!



Baby's head rubs on the cervix creating a chain reaction. This starts the release of oxytocin which aids your contractions.

This then causes baby to turn clockwise rubbing the cervix more and in turn sending signals to release more oxytocin meaning stronger sensations!

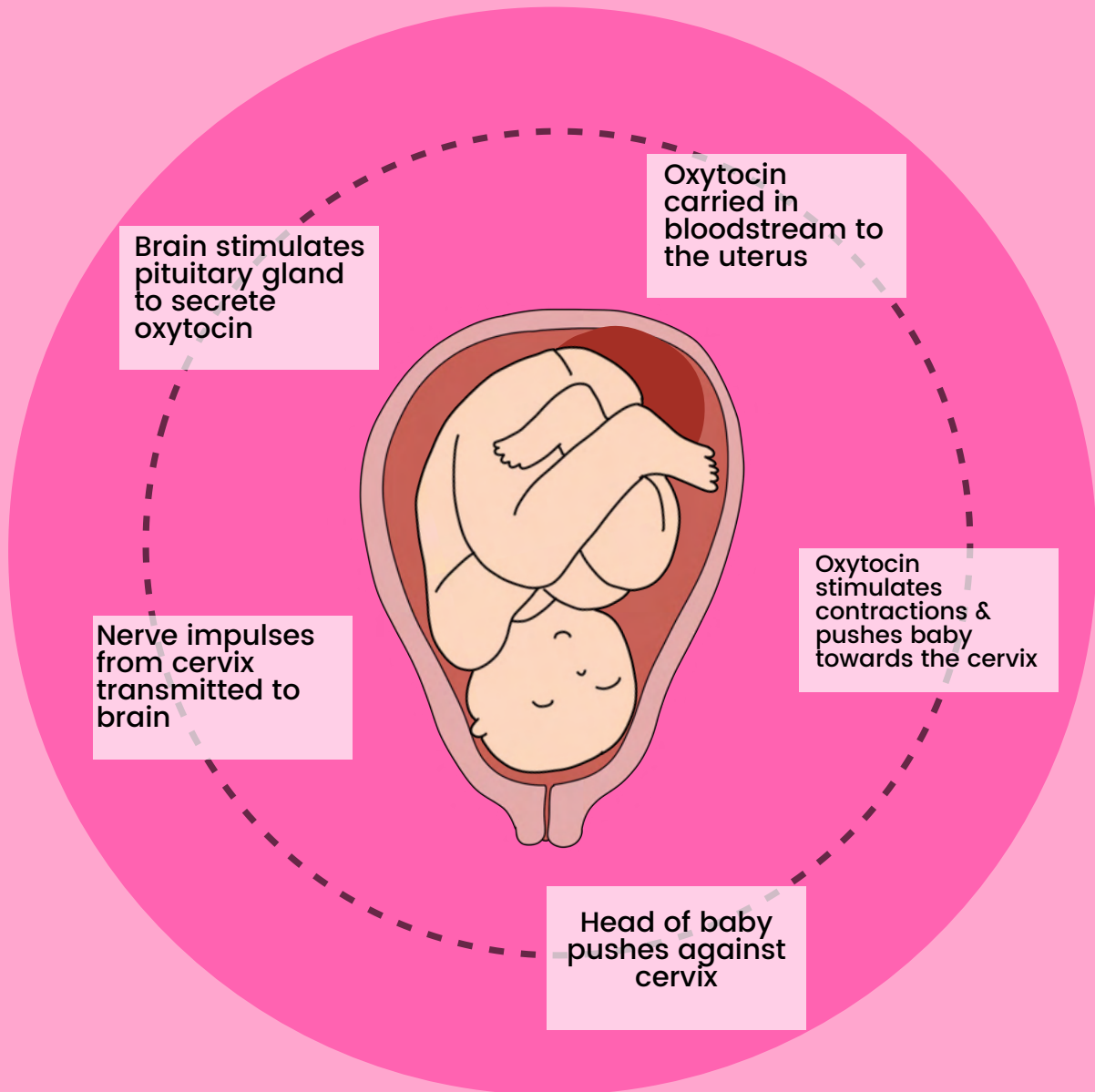


Once your cervix is fully dilated, you'll feel a rush of adrenaline! Your uterus muscles are now ready to push your baby through the birth canal and into the world!

1 Floppy Face ... Floppy Fanny ... 2,3,4,5,6,7,8,9,10 ... breathe!



CONTRACTION Cycle



Remember

In an 8 hour first stage your time having contractions, is only 23%. The other 77% is pain free.

Most find the 'peak' of the contraction really hard work, this equates to only 7.7% of labour time being really painful.

The peak only lasts 10-20 seconds.




CONTRACTION FRACTIONS

Quick maths! How many Contractions / Minutes lasting how many seconds! Don't forget, the peak of the contraction is only 10-20 seconds, so YOU'VE GOT THIS BABE!!

Get into a
routine, breathe

Get ready to
rock & roll



30-60 secs
1/20

1/10
30-60 secs

45-60 secs
1/3

1/2
60-90 secs

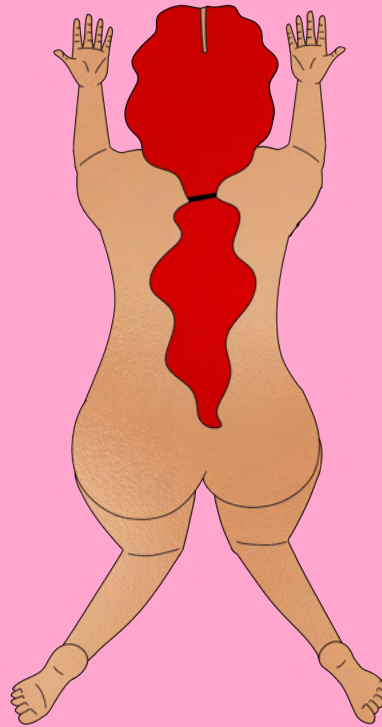
Its all good
babe - carry
on as norm

Contact your
midwife

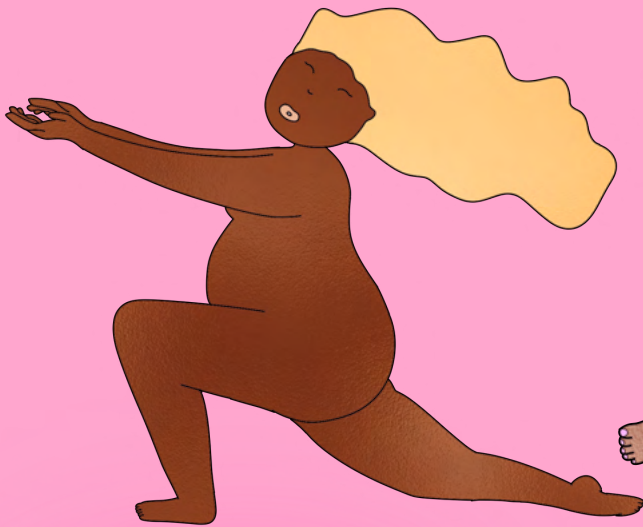


Water

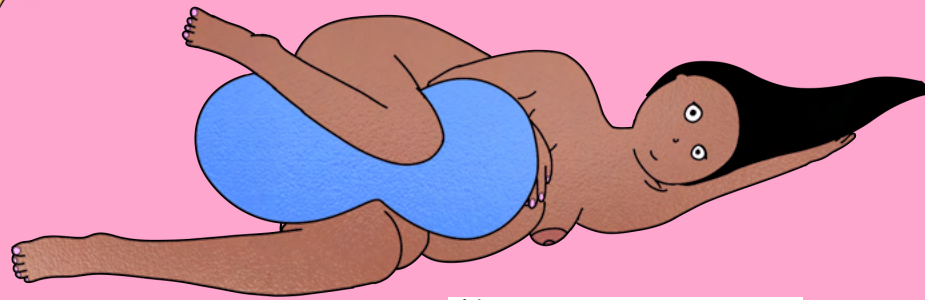
KICO



Upright & Active



One knee, one foot

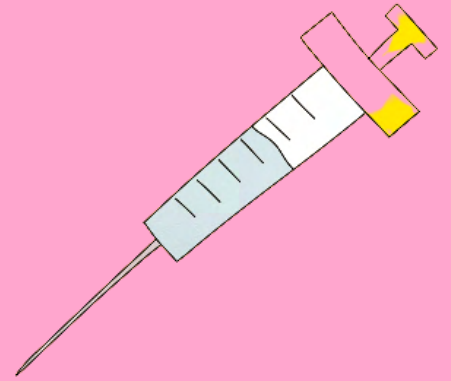


KICO on your side

5 POSITIONS TO SAVE YOUR VAGINA

And help with pain relief!

PAIN RELIEF & MANAGEMENT



PAIN RELIEF

What are your options?

Pain feels different for everyone! And although you are learning about how to manage those sensations you may feel like you need something extra and that's completely cool! So, here are your options...



Nitrous oxide
("laughing gas")
and oxygen!

Gas & Air

Gas & Air (aka Entonox) is a popular option during labour! It is used, by breathing through a mask or mouthpiece. It alters your sense of the pain, making it easier to manage. But as fast as it works, it wears off!

Pro's

- Very effective pain relief
- Very quick acting
- Few known risk to you or your baby
- Provides extra oxygen, which may help your muscles to work effectively and help your baby's well-being through labour.

Con's

- It makes some women feel drowsy or nauseous
- It can make a woman feel disorientated or detached from the birth experience if she has too much
- If used for a long period of time, e.g. over 24hrs it can deplete the body's stores of vitamin B12,
- especially in women already prone
- to B12 problems

7/10

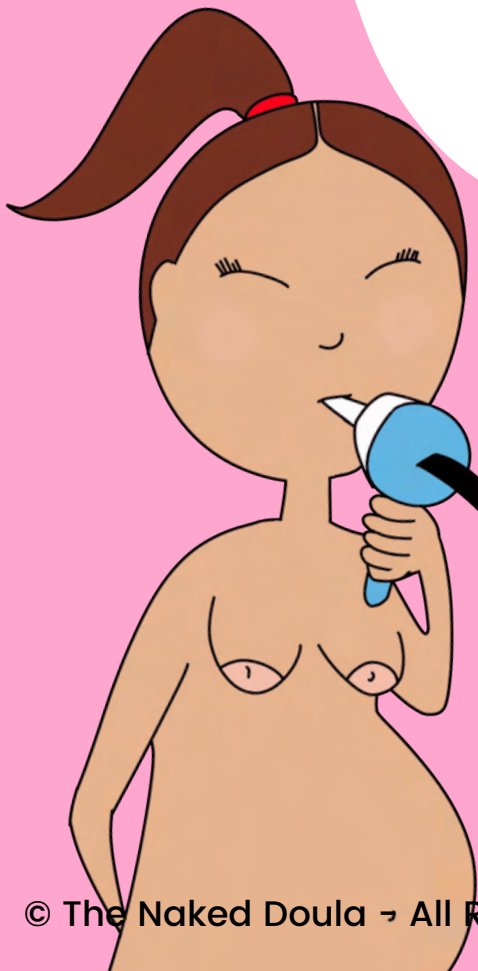
Effectiveness

80%

% Usage

15-20
secs

Speed



Epidural

9/10

Effectiveness

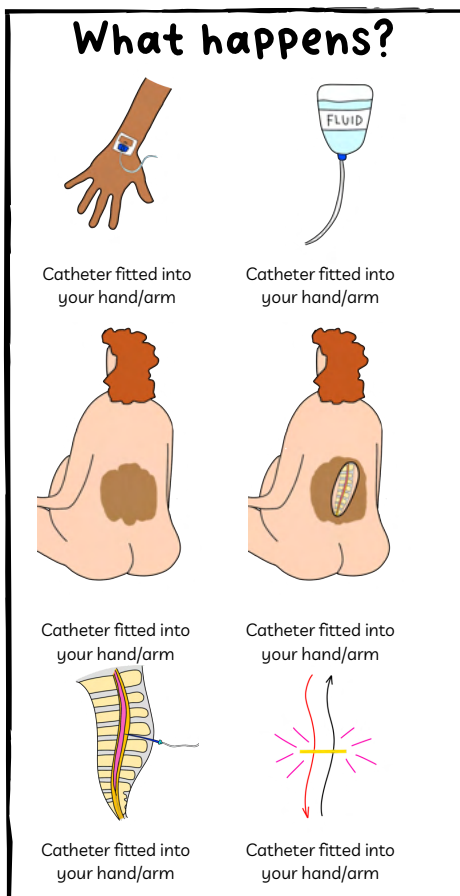
30%

% Epidurals

10-15
MINS

Speed

It involves injecting a small amount of anaesthetic into the epidural space* of the spine. The epidural space is filled with fluid and surrounds the spinal cord*. It is topped up when needed and numbs the nerves that carry the pain impulses from the birth canal to the brain.

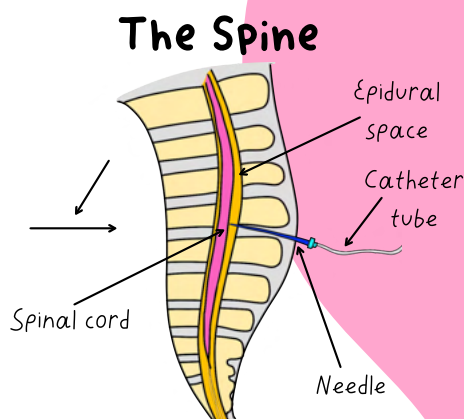


Pro's

- Can have epidural at any point
- Better at relieving pain than opioids
- Not linked to a longer first stage of labour or an increased chance of having a caesarean section

Con's

- Won't be able to move around as much after a few top-ups
- Epidurals are linked to longer second stage of labour and an increased chance of assisted birth
- Only available in hospital, as it needs to be given by an anaesthetist. You'll be monitored more closely in labour
- Side effects, can include low blood pressure, loss of bladder control, itchy skin, feeling sick, headaches, infection and nerve damage.



WATER BIRTH

A water birth means at least part of your labour, delivery or both happen while you're in water. Many women find having a bath or shower very comfortable in pregnancy and especially in labour.

7/10

Effectiveness

20%

% Usage

**30-60
secs**

Speed

Pro's

- Provides significant pain relief & reduces need for drugs, anaesthesia or intervention (can use gas & air though)
- Can decrease the duration of labour
- Reduce perineal trauma & likelihood of episiotomy
- Relaxes & soothes - giving mother feeling of control
- Lower caesarean rate
- More hands off delivery & a higher birth satisfaction
- Reduces blood pressure
- Encourages easier birth for mother & gentler welcome for baby
- Possible lower rates of severe tears (3rd/4th degree)
- Possible lower rates of postpartum hemorrhage
- Can birth placenta in pool too

Con's

- Unpredictable availability of birthing pools in hospitals
- You cannot have epidural or opiate pain-relief drugs if having a water birth
- Can potentially slow down your contractions
- You may have to leave the pool if a complication at delivery develops
- Cost of pool hire if having a home birth

No restriction on time spent in pool

Water should be 37.5°C

Opioids

The most common options...

Pethidine

This is a drug similar to morphine which is given by injection. It can help you relax and be less bothered by the pain of contractions, although some women also feel drowsy, disoriented or out of control. Your baby's breathing can be affected by pethidine, particularly if the birth happens soon after the injection was given. For this reason, it's best not to have pethidine too close to the baby's birth.

Diamorphine

Diamorphine is a purified version of heroin that can be safely used in the right doses. It can be a more powerful pain killer than pethidine, but it can also have a negative effect your baby's breathing.

Meptid

This is a similar drug to diamorphine which is less likely to have side effects for the baby, but it can cause more nausea and vomiting for you.

Oramorph

This is a liquid solution or tablets of morphine sulphate which can be used in early labour to help you rest and preserve your energy. Some women go home to rest after taking it rather than staying in the maternity unit.

Remifentanil

Remifentanil is a strong opioid drug that can be used instead of an epidural. It is given via a drip in your hand or arm, which is connected to a pump that you control yourself. Unlike pethidine, remifentanil starts working very quickly, and also the effects wear off quickly.



TENS Machine

TENS is a popular and safe pain relief option that you can use wherever you plan to give birth.

TENS stands for transcutaneous electrical nerve stimulation. The machine sends mild, painless electrical pulses to your body when you're having contractions, via sticky electrode pads attached to your back.

Many women find this helps reduce the pain experienced during labour. While it's not known exactly how a TENS machine helps to relieve pain, it's thought that the pulses 'distract' the nerves that are transmitting pain. Using one may also boost your endorphin levels – your body's natural form of pain defence.

5/10

Effectiveness

22%

% TENS

5-10
MINS

Speed

Pro's

- TENS machines are proven to be most effective during
- the early stages of labour, when lower back pain is
- common.
- TENS machines can be used wherever you're planning to give birth. It's also a pain relief option you can use while travelling to the maternity unit in labour, or if you need to be transferred to the hospital unexpectedly.
- There are no documented side effects of using a TENS machine, for either you or your baby.
- There is no time limit on how long you can use it for during birth, and because it doesn't contain any drugs, as soon as you turn the machine off, the effect of the electrical pulses go away.

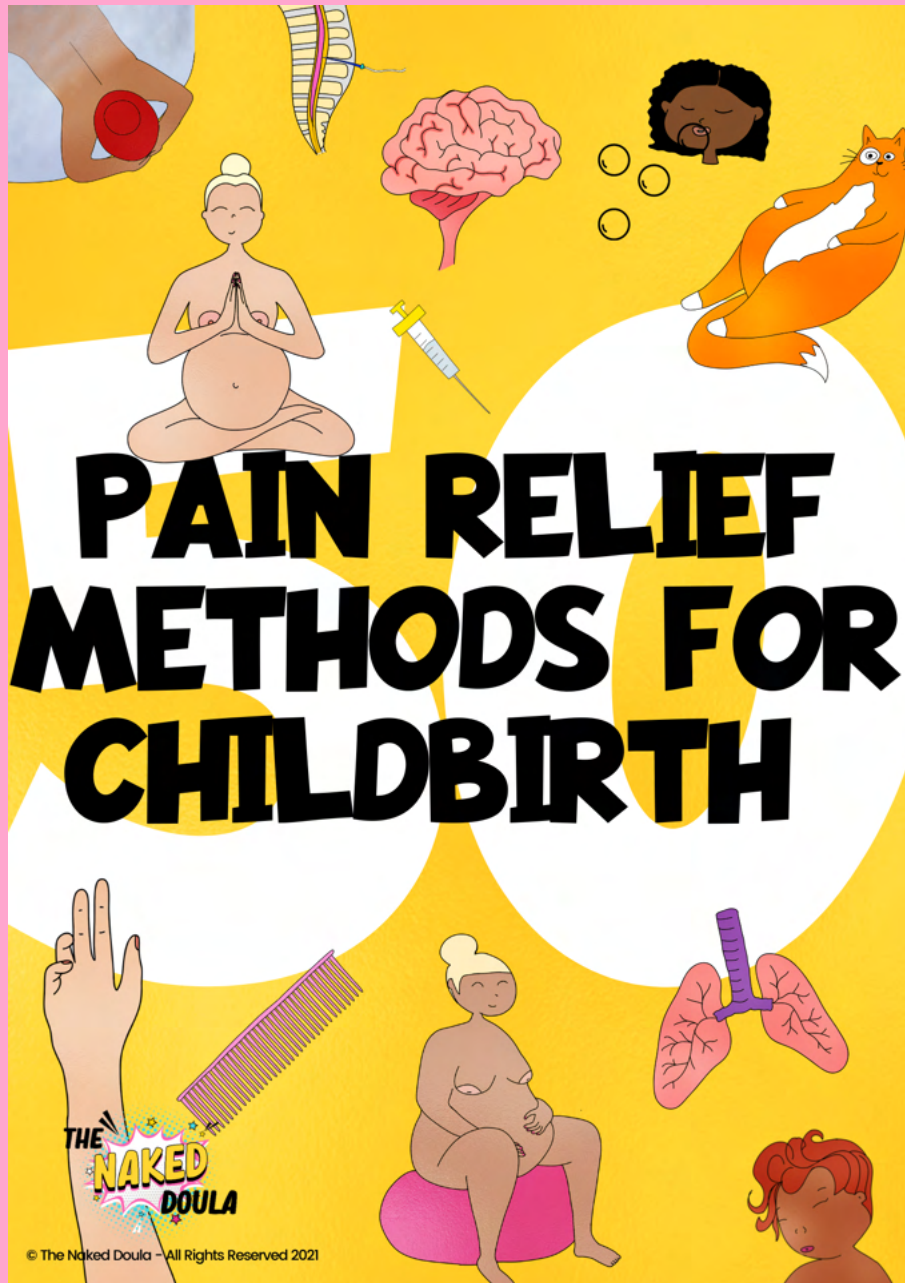
Con's

- If you want to have a water birth, you'll have to remove the TENS machine before getting in the birth pool, but you can use it up until that point.
- If your baby needs to be monitored with CTG, you may need to remove the TENS machine if it interferes with the equipment.



Birth and
your body

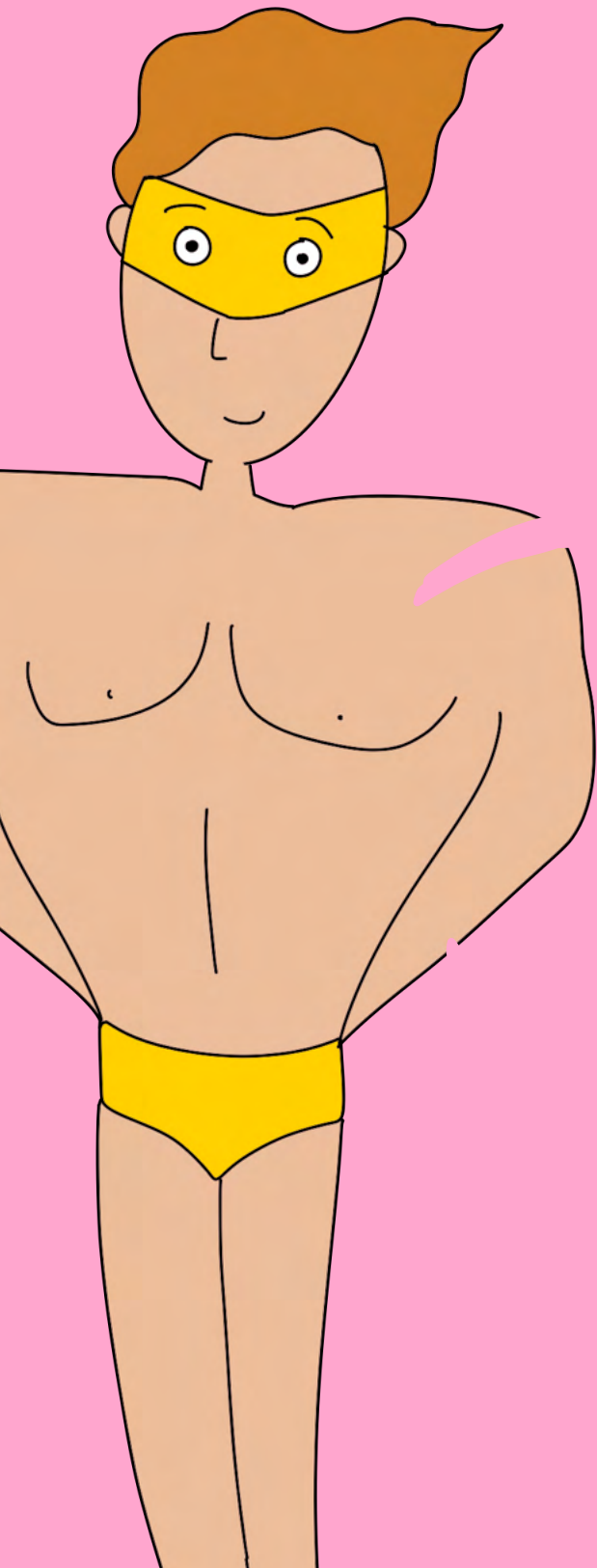
Get my ebook



TheNakeddoula.com

BIRTH PARTNER 101

"You are the missing puzzle piece to your partners birthing experience. Show up and slot into place"



Protect their Oxytocin!
Ensuring you follow their lead, sticking to the plans and being their advocate! - Calm, happy & left the fuck alone unless they say so!

If something changes or labour slows...get to work. Find the problem and save the oxytocin! - is the environment right? Are there distractions? Is something upsetting your partner.

Don't say a fucking word...this is sacred! If there is silence and your partner is birthing with focus and IS NOT talking to you... do not speak a word. Sit back out of view and guard.

YOUR BIRTH PLAN

What to add?

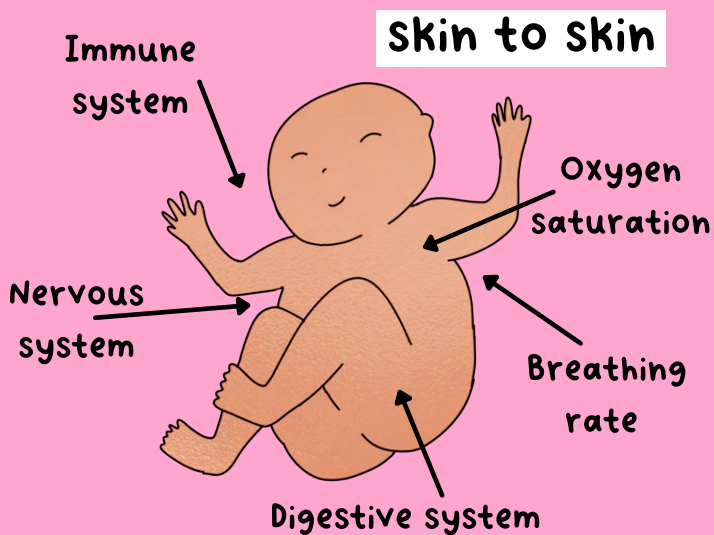
- Your details: any health issues/concerns, medication, due date etc.
- Midwife name and contact number.
- Environment: most importantly where? But also factors like: lighting, items you want from home, music, privacy etc.
- Oxytocin boosters: what one's do you want and not want i.e. do want laughter, cuddles, kind words and don't want to feel stressed or nervous, and negative talk.
- Where? What? Who? and how?
- Birth partner, who are you going to have by your side and what do you want their role to entail. Also their contact details.
- What you do and don't want in regards to monitoring and intervention.
- Comfort measures: blankets, pillows, snacks etc.
- Plans during your second stage of labour: labouring positions, pain relief/management etc.
- Plans during golden hour: cord clamping, breastfeeding, skin-to-skin etc.

GOLDEN HOUR

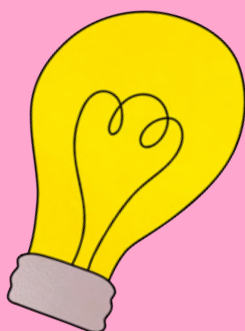
The Golden hour is the first hour after birth. This hour is incredibly important for mother and baby and here's why...



Raised Oxytocin

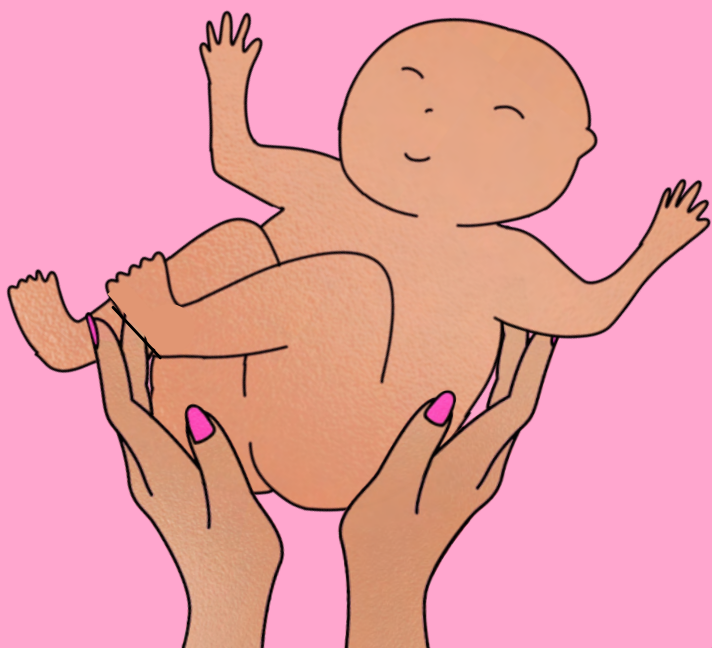
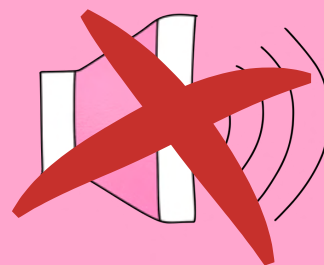


skin to skin



Dimmed Lighting

Quiet / Uninterrupted



Cord Clamping

wait for white

BIRTH RIGHTS AND AUTONOMY



YOUR BIRTH, YOUR CHOICE!

You have rights! Yes, you heard me! And guess what, you'd be surprised irised to know that you can actually say no to a lot of things! It's important to know your rights for your birth so that you can make informed decisions for you and your baby.

Your Rights (UK)

- ✔ Every woman is free to make choices about her own pregnancy and childbirth, even if her caregivers do not agree with her.
- ✔ If you are told that a midwife is unavailable to attend you at home, you (or your birth partner) can ask to speak to the Head of Midwifery and request that a midwife is provided. You cannot be forced to attend hospital.
- ✔ It is against the law to give medical treatment to a pregnant woman unless she agrees to it. This is known legally as giving consent.
- ✔ Freebirth: Women are not obliged to accept any medical or midwifery care or treatment during childbirth and cannot be compelled to accept care unless they lack mental capacity to make decisions for themselves.
- ✔ The right to autonomy means that a woman's consent must always be sought before performing any medical procedures.



The European Court of Human Rights has held that the right to private life includes a right for women to make choices about the circumstances in which they give birth, including whether to give birth at home.

Why am I so

scared of Birth?

Are you shitting yourself about birth? Why?

- 1 You've only seen birth on TV and films.
- 2 You've heard all the horror stories!
- 3 You don't know wtf actually happens?!
- 4 You haven't done your prep or planning.
- 5 You've had a previous traumatic experience.

USE THIS CHECKLIST TO OVERCOME YOUR FEAR!
FEELING SCARED WILL ONLY HALT & HINDER YOUR LABOUR & BIRTH!

Fear overcomer checklist

Dramatic TV	TV birth is dramatised. Search and watch real birth videos. Stop watching shit!
Horror Stories	We all experience things differently and there are MANY reasons why trauma occurs. This is your experience. Mould it!
No idea	Start learning. Now! Whether you're 4 weeks or 40 weeks. Take a birth class. Practice techniques. Become informed.
No plan or prep	Prep and plan like you are organising a wedding! Think about the details. Think about what YOU want and what preferences you'd like to follow.
Previous trauma	Talk to someone. Speak to your GP or brithtrauma.org take some time to acknowledge and process your emotions. Cry. Scream. Release. Use hypnobirthing as an outlet.



Birth and
your body

Decision Making...

Benefits

of BOTH accepting and declining intervention.

Risks

of BOTH accepting and declining intervention.

Alternatives

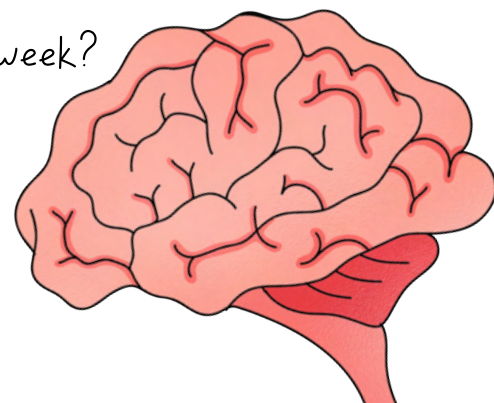
What are they?

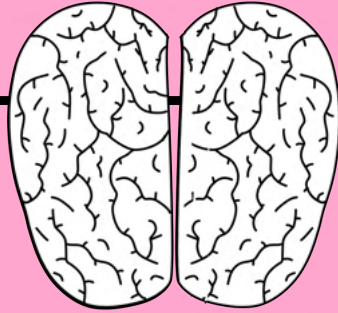
Intuition

What does your gut say?

Nothing

What if you were to wait 1 hour? 1 day? 1 week?





**“ONLY 4% of
people give birth
ON THEIR due date”**

TOP TIP



Try talking about your estimated “week” of arrival rather than a day. This way you’ll be helping your subconscious to feel more at ease and in turn creating a perfect emotional environment for labour to begin.

DUE DATES

There's a reason due dates are called "estimates". They've been pissing about back and fourth, playing guessing games since 1744!

Full-term is 40 weeks in the UK and 41 weeks in France. No one actually can make up their minds.

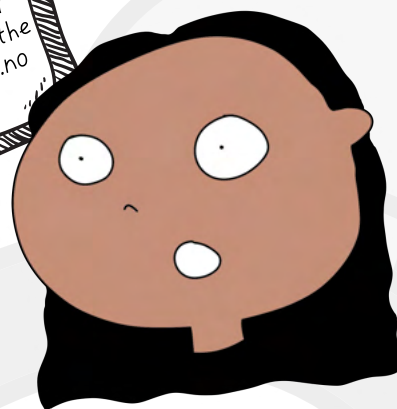
Leading to us feel like shit. Scared about induction and giving our body a shit load of adrenaline to scare off the oxytocin.

This in turn, causes the body to say you can f*** right off if you think I'm birthing in this adrenaline filled scary state!

So take a chill pill, block out the scary Mary's of the world and know that no one can make their mind up...

Except for your body!!

It's +7 days then 9 months from the start of your period...no hang on, it's +7 days and 9 months from the last day of your period...no hang on...



**37-42 weeks is a
GREAT WAY TO
LOOK AT IT!!**



Birth and your body

birth bag checklist

For labour & birth!

- Maternity notes.
- Birth plan, if you've made one.
- A comfy, loose outfit for labour that you can move around in and that won't make you too hot. A cosy nighty or a big t-shirt is perfect.
- Chill-out kit including books, magazines, music or podcasts (more for the early stages...).
- A fan or water spray to cool you down.
- A phone and charger – with good storage.
- Healthy snacks and drinks.
- Your own pillow, possibly a giant pregnancy one.
- A TENS machine and batteries if you want to use one and if your hospital doesn't provide one.
- Any medication you're taking.
- Your wash bag with your toothbrush, toothpaste, hairbrush, soap, hair ties and other toiletries.
- Aromatherapy oils, especially if you have been using them during pregnancy, e.g. for hypnobirthing.

birth bag checklist

For after birth!

- Large sanitary or maternity pads.
- Large comfy knickers (or disposable ones)
- Towels
- Dressing gown
- Slippers or flip-flops
- Comfy, maternity-sized outfit to wear home.
- Cash- you might need it for parking or to grab a magazine or emergency chocolate bar.
- iPad or tablet.
- And if you're planning to breastfeed add:
 - Nursing bras
 - Breast pads
 - Front-opening nighties or pyjama tops.

birth bag checklist

For baby & partner!

- Bodysuits or vests
- Sleep suits (including one you want them to go home in)
- A hat
- Scratch mittens
- Socks or booties
- Nappies
- Cotton wool balls/pads or water wipes
- Blankets
- Muslin squares
- A snowsuit if cold.
- Snacks
- Cash
- A change of clothes
- A wash bag
- FLASHCARDS for birth
- Copy of the birth plan

Stages of Labour

Latent Stage

1

Late first Stage

2

Active Stage

3

4

Transition

5

Second Stage

6

Third Stage



STAGES OF LABOUR

Latent Stage

- You may be feeling apprehensive, excited or even omfg its happening!
- Physical sign posts may be the loss of your mucus plug, loose bowels or breaking of your waters.
- You may feel tightenings or even regular contractions maybe 20 mins apart lasting 30-60 secs
- You may start Nesting, maybe a bit restless. Able to talk through contractions. May be hungry or thirsty. You may also seem a bit spaced out or even sleepy.
- Carry on with your day to day life. Perhaps go for a walk, get some last minute shopping in, tidy the house, make sure your bags are packed. Have breakfast/lunch/dinner. Rest if tired, listen to body.

Active Stage

You may start feeling more spaced out, looking for ways to be comfortable and using movement. You may also be thinking about listening to some music. ←

You may need your partner at home if not already there. Activities to keep mind occupied, movement, fresh air. Warm wheat bag at base of spine, massage, encouragement, breathing. ←

You may be getting into a routine now and using your oxytocin boosters. ←

Physical sign posts are perhaps feeling and talking in-between contractions. ←

Contractions are now 5 mins apart, with pressure and possible lower back pressure too. ←



STAGES OF LABOUR

Late First Stage

- You instinctively know you're in deep labour, you may find yourself making guttural noise.
- Physical signs are less interaction, inner focus and possible breaking of waters.
- You may find your movements are slower, more focused and deep breathing. Clothes may be coming off, you may be warm.
- Contractions are now 2-3 mins apart, lasting around 60-90 seconds. Use your flashcards and breathing.
- The room needs to be quiet, dim, and relaxed. You must feel protected, supported and listened to. Now is the time to think about moving to the hospital or to call the midwife but follow your instinct not other's suggestions!

Transition

You may feel a mix of emotions from calm and focused to fearful and tearful as adrenaline sets in. ←

Contractions now become irregular or even on top of each other. They might be back to back. baby is close! ←

The burst of adrenaline and change of contractions may cause panic or temporary confusion however remember to use your flashcards, focus on that breath. Keep disturbances to a minimum. ←

You may want to give up at this stage, saying you can't do it anymore or asking for drugs. Some even say that they've had enough and they're going home! Sure signs baby on way. ←

You may find your body starts shaking uncontrollably. You might feel sick and have a lot of pressure on your bum! ←



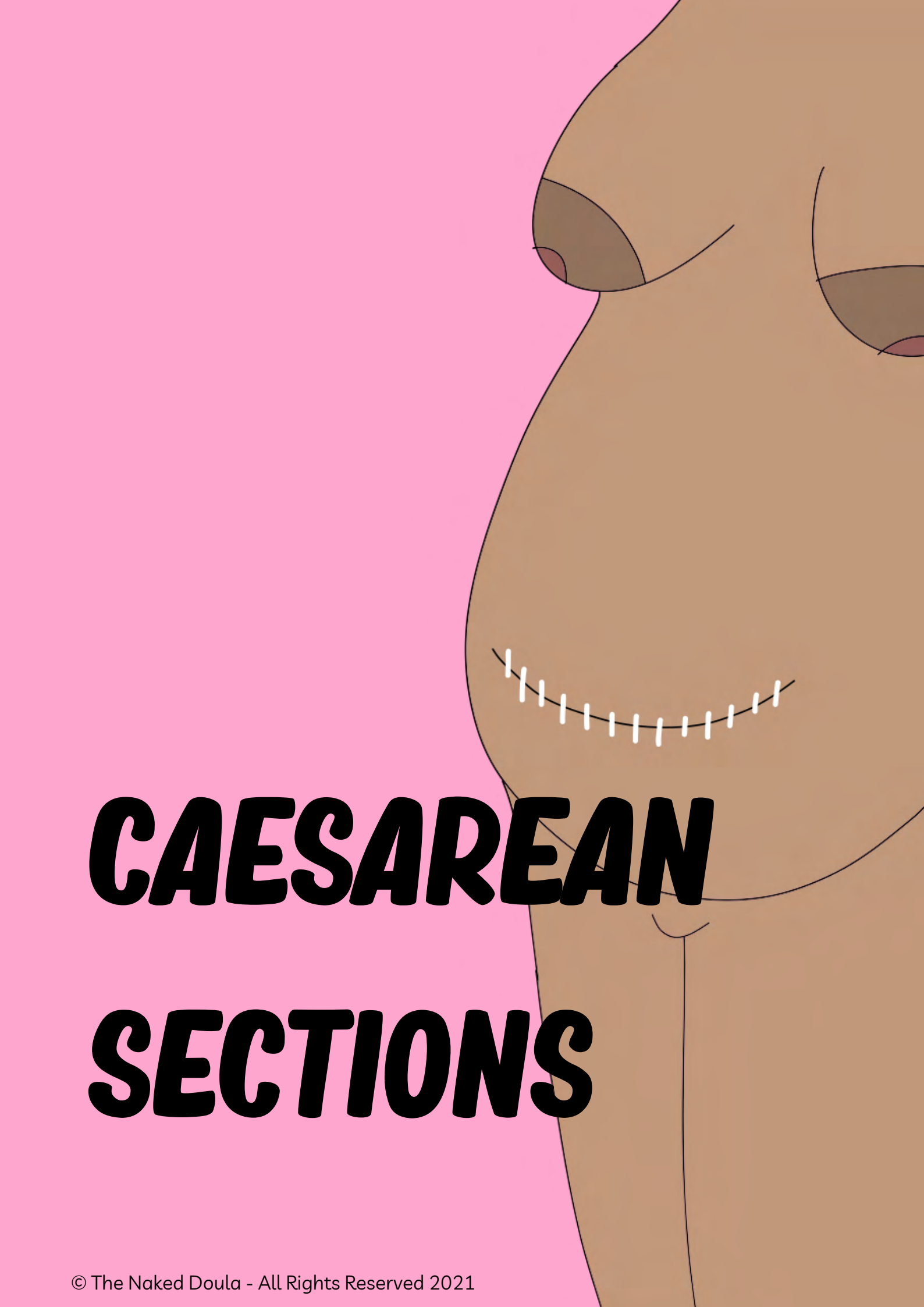
STAGES OF LABOUR

Second Stage

- ➔ Second wind, feeling more focused and calm and ready to meet your baby.
- ➔ May feel baby slip back as they descend, then stretching as baby crowns, baby is born and put onto your skin.
- ➔ You may feel like you need to poo and are possibly making grunting sounds or louder deep guttural noises.
- ➔ Contractions become more downward pushing like feelings, work with this doing your breathing baby out techniques.
- ➔ Get yourself comfortable into a position avoiding laying on your back if possible. Use KICO at this point for optimal pelvic outlet space for baby to descend.

Third Stage

- An important and often forgotten stage, of placenta being born. ➔
- Contractions may continue however you may not notice them! ➔
- You and baby need a dimmed calm undisturbed environment with skin to skin to enjoy the bond and heightened oxytocin levels. You can have delayed clamping of the cord, delayed exams etc. enjoy this time. ➔
- You may feel slight contractions as the uterus helps to birth the placenta - oxytocin helps with this! ➔
- You may have some more bleeding or need some help to birth placenta. ➔

A stylized illustration of a pregnant woman's torso in a light brown color, set against a solid pink background. The woman's face is partially visible at the top right, with closed eyes and a serene expression. A prominent white dashed line on her abdomen represents a C-section scar. The text 'CAESAREAN SECTIONS' is overlaid on the lower half of the image in a large, bold, black, sans-serif font.

CAESAREAN SECTIONS

What are your **Options** When having a Caesarean?

Environment

You can still have control over your environment whilst in theatre. Whether that's having dimmed lights, music playing, access to pictures, certain smells/oils to help with your "anchor" etc, the more you can do to increase your oxytocin levels and reduce fear and adrenaline - the better!!

Skin-to-skin

Baby can be passed to you straight away for skin-to-skin, by having ECG's placed on your back instead of your front, and baby does not have to be taken away from you, as all checks on baby can be delayed. Also all examinations of baby can be done right by your side!

Delayed cord clamping

A Lotus birth, is where the baby gets delivered with the placenta so that the cord remains attached and can then be left until it is white. It is always worth asking your care provider, to see if this is an option for you. The more you have a delay, the better even if it is 30 - 60 secs, the longer the better!



ALL ABOUT BELLY BIRTHS

What to expect?

- No food/ drink 2 hours before but you can sip water!
- You'll be given a gown & compression socks, & partner will change into scrubs.
- Anaesthetic given, usually by spinal or epidural (general anaesthetic used in some cases). Catheter will be inserted into bladder.
- Given Oxytocin injection, to encourage womb contractions & reduce blood loss. Womb is closed with dissolvable stitches & tummy is closed with either dissolvable stitches, stitches or staples that'll need to be removed a few days after.
- You'll be moved to a room to recover, offered painkillers, food/water & help with breastfeeding if wanted.
- The catheter will usually be removed 12-18hrs post op.
- You'll be encouraged to move within the first 24hrs! But take it easy for 6 weeks or so!
- Clean wound every day. Wear loose, comfortable clothes & cotton underwear. Watch out for signs of infection.
- Average hospital stay post op is 3-4 days.

ASK FOR HELP!
Contact Midwife or GP if any issues and make sure to rest.

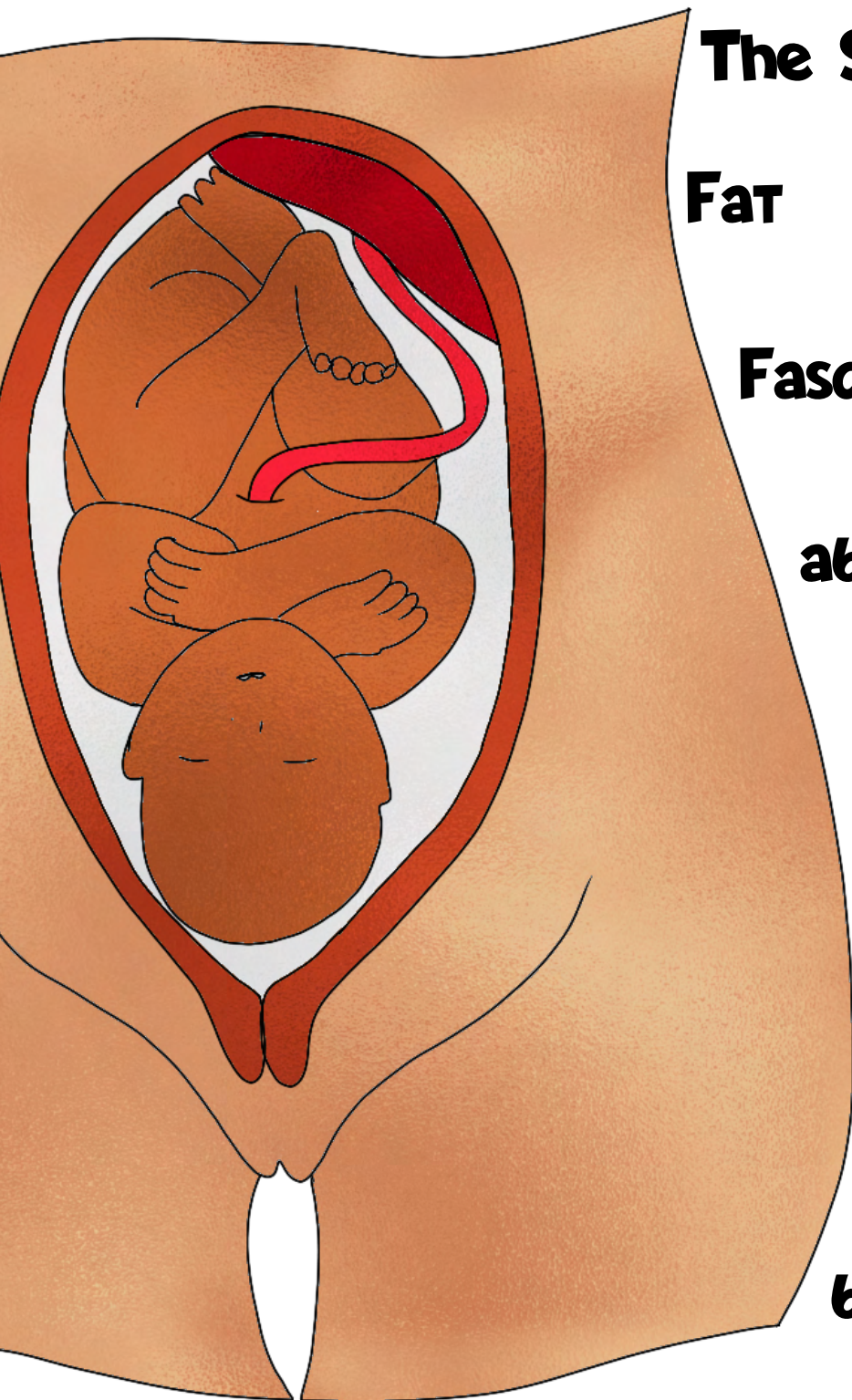
10-20cm cut made in tummy & womb. Baby usually delivered within 5-10 mins. Procedure usually takes 45-50 mins.

Caesarean Sections



7 Layers

of a C-Section



The Skin

Fat

Fascia

abdominal muscle

peritoneum

UTERUS

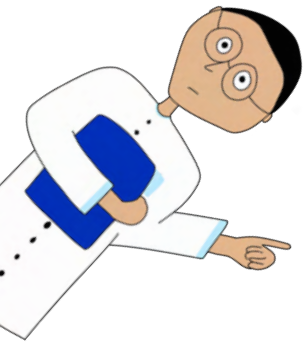
AMNIOTIC sac

baby



What to expect

IN theatre?



People

Be prepared to have a few different faces around you in theatre!.

- Anaesthetist
- Anaesthetic nurse
- Obstetrician
- Obstetrician assistant
- Midwife
- Student
- Scrub nurse
- 1-2 theatre nurses
- Paediatrician plus team

Lights

These lights are pretty standard in a surgical setting. But remember you can ask for dimmed lighting. The team will use a bright spotlight to birth your baby!

What can you see?

Your partner and the anaesthetist. The screen usually hides everyone else! You may see people walking by you, but you don't tend to notice. You'll see a blue screen, until baby arrives!

What does it look like?

For a lot of people they have no clue what an operating theatre may look like. So, here is a breakdown of what you need to know!



C-section babies

Are different, why?

Babies born by Caesarean section could be missing vital bacteria, so are at more risk of some non-communicable diseases... but what does this mean and why should you care?

Babies born vaginally pass through the birth canal. On their way down they are coated and swallow bacteria which has built up throughout pregnancy as their first package to life and immunity.

When being born via Caesarean section they DON'T get this special group of perfectly formed bacteria!



! PANIC!
DON'T

Baby's bacteria (Microbiome) is made up of these other IMPORTANT factors also...

- Skin-to-skin
- The air / environment
- Breastfeeding
- Touch
- Food and drink

What can you do?

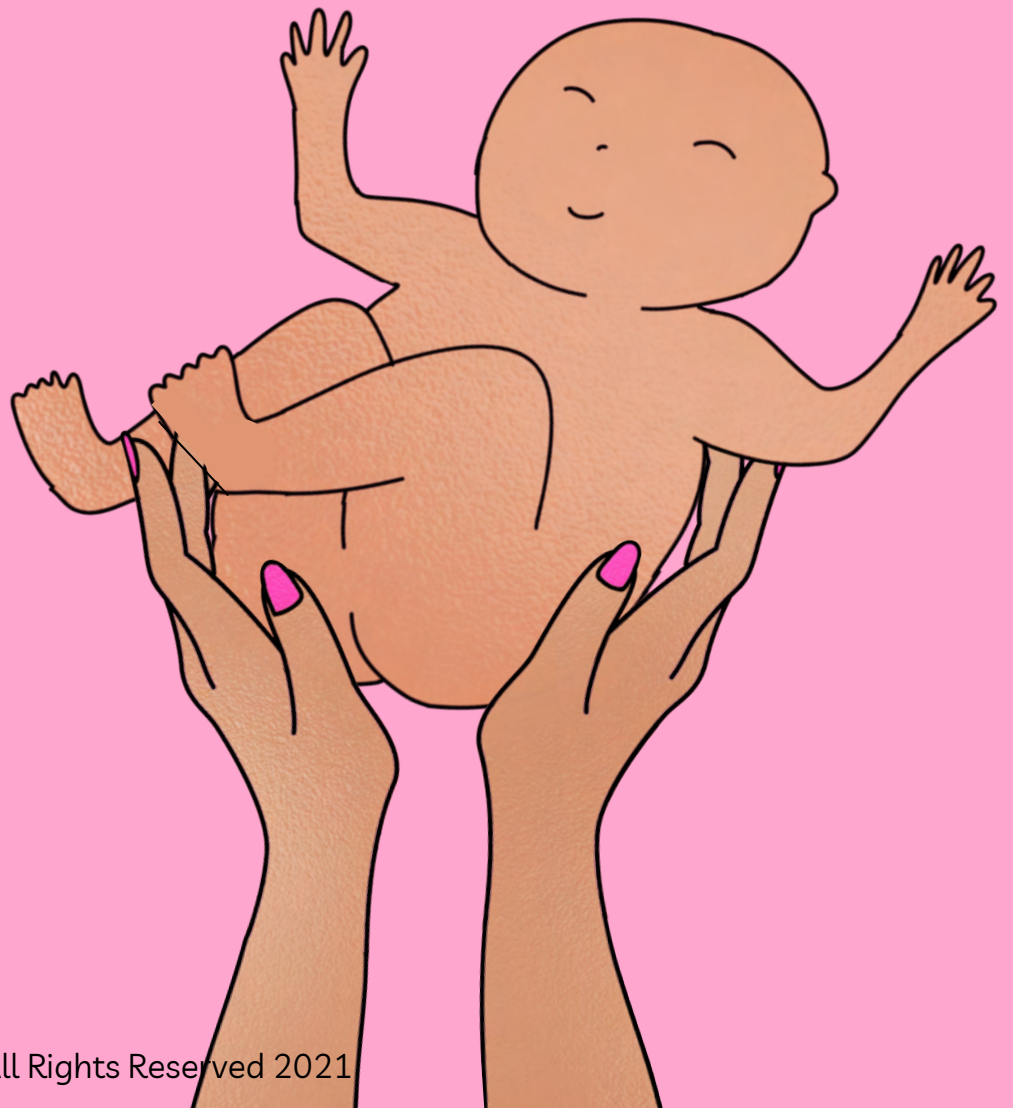
Ask yourself do you REALLY need an elective caesarean.

Ask to have a vaginal swab. This is where the obstetrician will put a gauze inside your vagina to allow it to soak up the bacteria. This is then removed and placed in a sterile tub. As soon as the baby is born, the gauze is rubbed over the baby and mouth. Research shows within a few weeks the similarities between vaginal and caesarean is almost identical.

Caesarean
Sections



The GOLDEN Hour



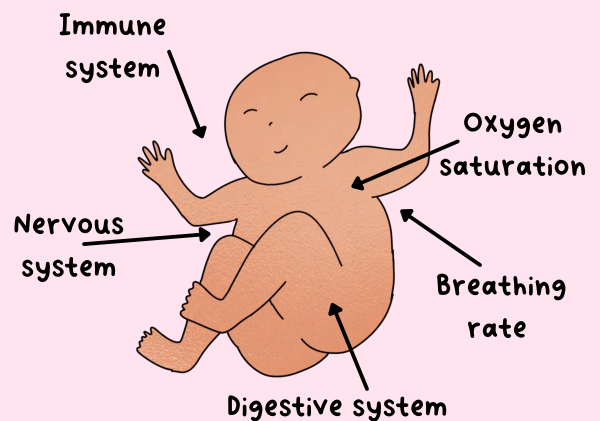
GOLDEN HOUR

The masterplan!

The Golden hour is the first hour after birth. This hour is incredibly important for mother and baby and here's why...

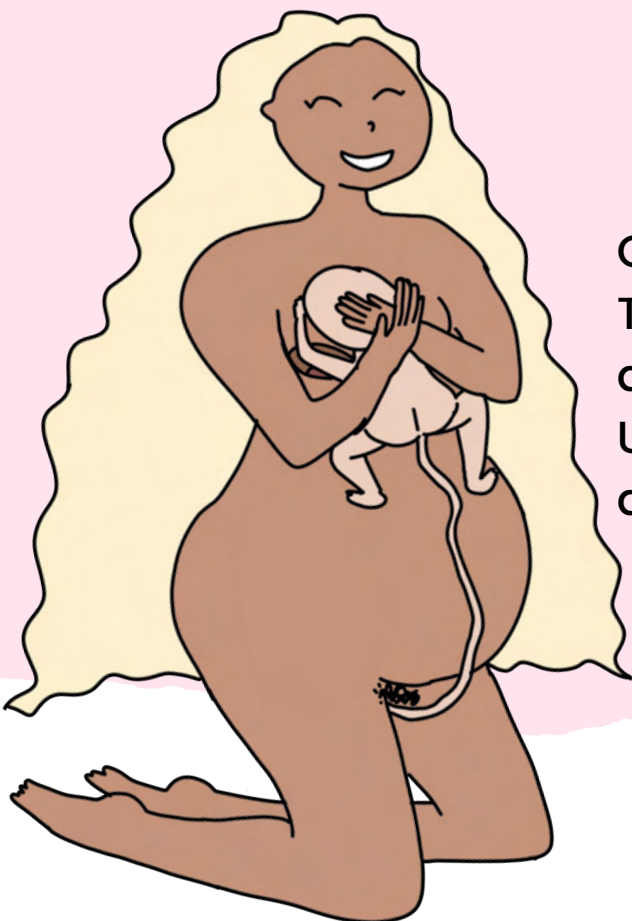
Skin to skin

Uninterrupted skin to skin time on the mothers bare chest is the place that most resembles life in the womb that babies have been used to, this is beneficial for baby and stimulates...



Raised Oxytocin

Oxytocin levels will be sky high. This is important for bonding and for birthing your placenta. Ultimate focus is to reduce adrenaline.



OPTIMAL CORD CLAMPING

The optimal time to clamp your baby's cord is when it has stopped pulsating, this can be anything from 3 minutes to 30 minutes.

Increases

- Blood volume +30%
- Haemoglobin
- Blood pressure
- Cerebral oxygenation
- Red blood cell flow
- Breast feeding duration
- Stem Cell volume
- Immune system

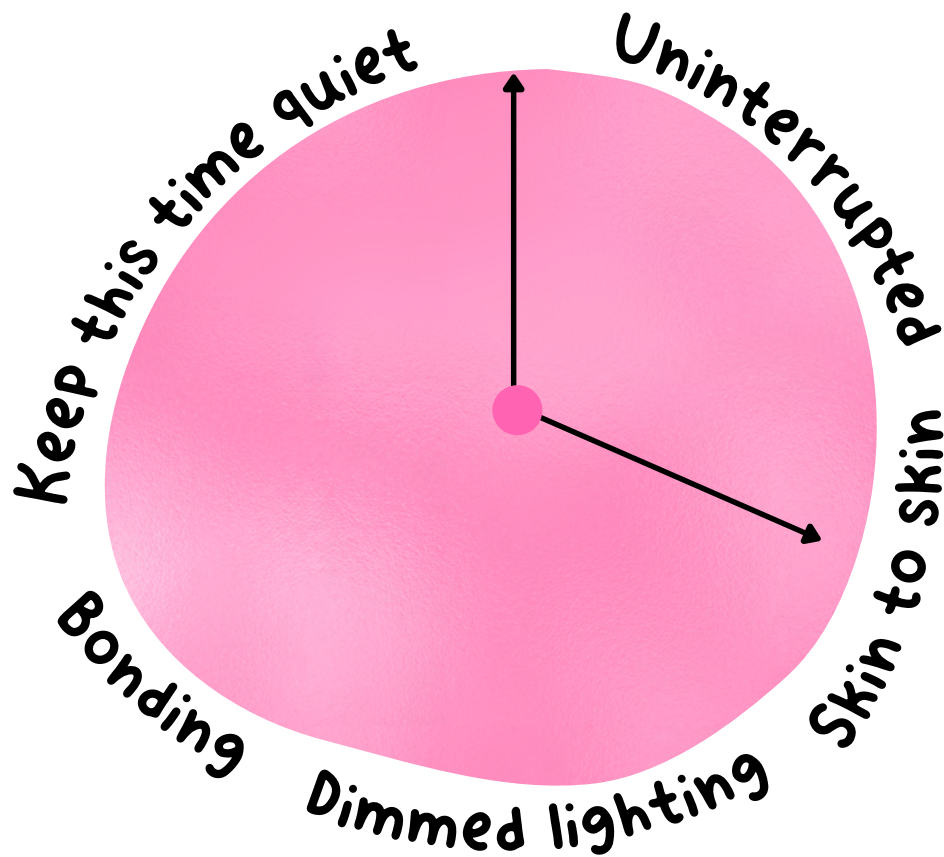
wait for white



Decreases the risk of

- Brain haemorrhage ←
- Enterocolitis ←
- Late-onset sepsis ←
- Need for blood transfusions or anaemia ←
- Need for mechanical ventilation ←
- Umbilical infections ←

Enhance the hour

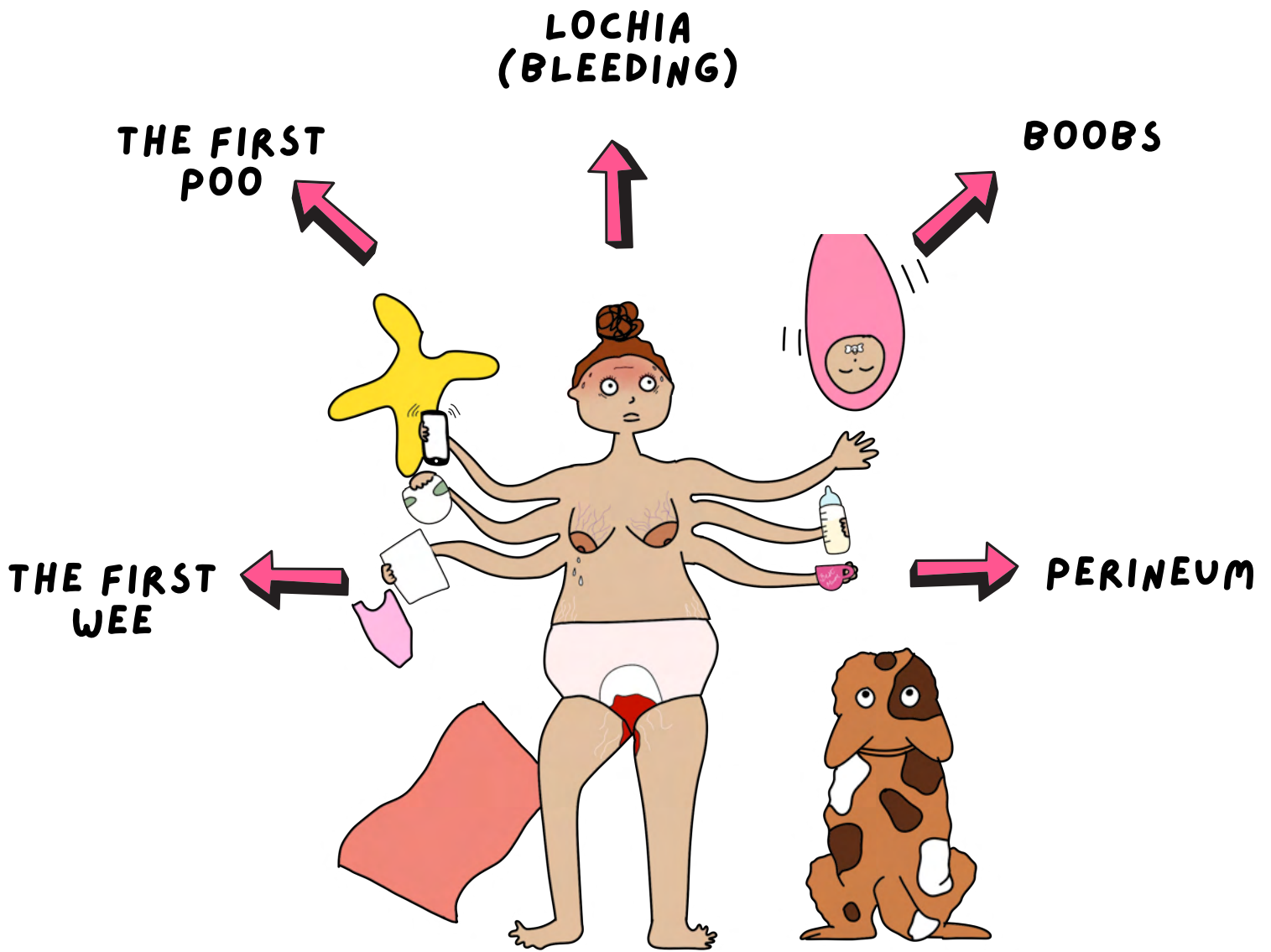


Aiding the rising levels of oxytocin

POSTPARTUM



Realness



OMFG, IM A MOM

YOU'VE DONE IT! ↗

POSTPARTUM

Realness

The First Wee



Stings like a bitch!

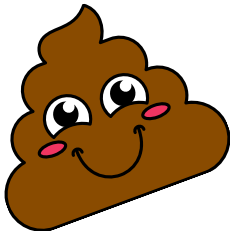
- ★ Pour warm water on your perineum as you wee.
- ★ Wee in the shower.
- ★ Standing up (playing a game of don't let the wee touch me)
- ★ Prepare for possible leakage.
- ★ Don't hold onto a wee for too long - go regularly.

Might be a little hard work!



The First Poo

- Think floppy faces means floppy anus! ★
- Softly does it with the wiping! ★
- Constipation relief! Fibre rich foods. ★
- Warm compress! ★
- Piles, be gentle. ★
- Stay hydrated. ★
- Breathe that poo out! ★



Boobs



The day the milk comes in!

- ★ Cabbage leaves for the nips!
- ★ Nipple pads!
- ★ Comfy maternity bras - you'll live in them.
- ★ Warm baths and showers.
- ★ Lanolin free nipple cream.
- ★ Watch out for infection.
- ★ Gentle hand compressing!
- ★ Microwaveable heat compress.



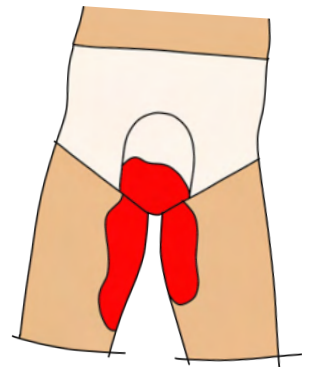
POSTPARTUM

Realness

Bleeding After Birth

→ Also known as Lochia!

- ★ Look out for lots of large blood clots or more than a pint of blood in 24hrs. If so, tell your midwife straight away.
- ★ Stock up on BIG FAT maternity pads!
- ★ Big comfy pants!
- ★ Completely normal for up to 6 weeks or more after - just think of it as a big period!
- ★ When you breastfeed your uterus will contract (so watch out for extra blood).
- ★ Don't worry too much about this! You'll most likely be wrapped up in motherland you will hardly notice!



It's gonna feel pretty tender!



The Perineum

- Witch Hazel! Mix with water spray on a pad and freeze! Boom! ★
- Warm compress. ★
- Keep it clean. Spray water as you wee. ★
- Cotton pants! Loose clothing! ★
- Numbing cream (speak to the doc) ★
- Ice it - to help with the swelling! A surgical glove with ice or a pad with built in ice pack! ★
- The less pressure the better! Try using a pregnancy pillow made into a semi circle and sit on it. ★

POSTPARTUM

What to expect?

Here's what's going on:

- Progesterone and estrogen decrease as soon as baby and placenta are delivered.
- Oxytocin surges immediately following birth to compensate for the initial drops in progesterone and estrogen. This hormone is responsible for that strong mothering instinct you'll feel, but you'll probably still experience some "baby blues" in the first few days postpartum as the oxytocin works itself out of your system.
- Prolactin increases to encourage breast milk production.



MONTH
1-3 →

The first three months are a bit of a whirlwind of sleep loss and emotions as your system runs mostly on adrenaline to move you through the day.

LOOK
OUT →
FOR...

Around 6wks, symptoms of postpartum depression may begin to show as those positive post-birth hormones fade. "The changes you should look for closely are not wanting to shower or focus on hygiene, being afraid of leaving your baby with someone else, not being able to sleep fully due to continually checking on baby, and lack of desire for common tasks like eating, drinking, being around people, and leaving the house"


FROM
6 →
MONTHS

The biggest change that occurs to your hormones after six months postpartum is the decrease of the hormone prolactin, which is the milk-making hormone. This hormone stays high while you're breastfeeding, but as you introduce your baby to solids and begin weaning, it will come down. Even if you continue to breastfeed past the six-month mark, your baby's demand for milk will still most likely be pretty regulated by this point which means there's no excess demand for milk production like there was during all those early growth spurts.

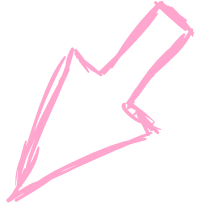
BREASTfeeding

The Stages of Breastmilk



Breast milk has 200 different substances, including protein, fat, carbohydrates, vitamins, minerals, other nutrients, enzymes, and hormones. This composition isn't constant. It's different from mother to mother. It even varies within the same mother, depending on the baby's needs.



Colostrum is the first breast milk. It's present at the end of pregnancy and during the first few days after a baby is born. It's usually thick, yellow and sticky, but it can also be thin and white or orange in color.



Transitional breast milk is a combination of colostrum and mature milk. When your breast milk begins to come in (3-5 days after birth), it mixes with colostrum and gradually transitions to mature milk over the course of a few days or a week.

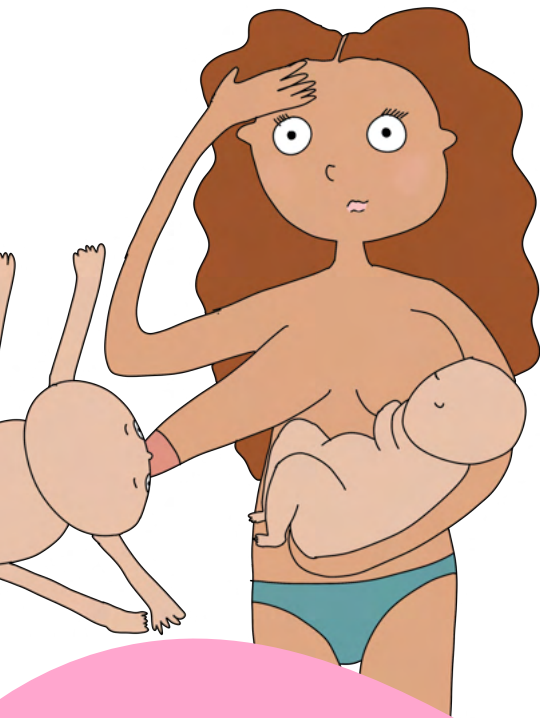


Mature breast milk by the time a baby is about 2 weeks old. Mature breast milk is a combination of foremilk and hindmilk. When your child latches on to nurse, the first milk to flow out of your breast is foremilk. Foremilk is thin, watery, and lower in fat and calories. As you continue to breastfeed, hindmilk will follow. Hindmilk is thicker, creamier, and higher in fat and calories.

Breastfeeding

Top Tips

- ✓ Getting your baby latched on well to the breast is key.
- ✓ Get yourself comfortable and well supported.
- ✓ Keep your breast at its natural level.
- ✓ Hold your baby so his whole front is close against yours, wrapped around or along your body.
- ✓ Align him 'nose to nipple' to encourage him to extend his neck. That will help him open his mouth wide and get a deep, comfortable latch.
- ✓ Seek skilled help early on if you are finding breastfeeding difficult or uncomfortable,



Must Haves

- ✓ Nursing Pads - disposable or reusable.
- ✓ Breast pump - handheld or electronic.
- ✓ Storage containers/bags.
- ✓ Nipple shields.
- ✓ Breastfeeding friendly clothes.
- ✓ Nursing bra.
- ✓ Breastfeeding pillow.
- ✓ Nipple cream/lotion.
- ✓ Breast shells/collection cups.
- ✓ Muslins and/or nursing cover.
- ✓ Water bottle and snacks.

**You're
READY!**

