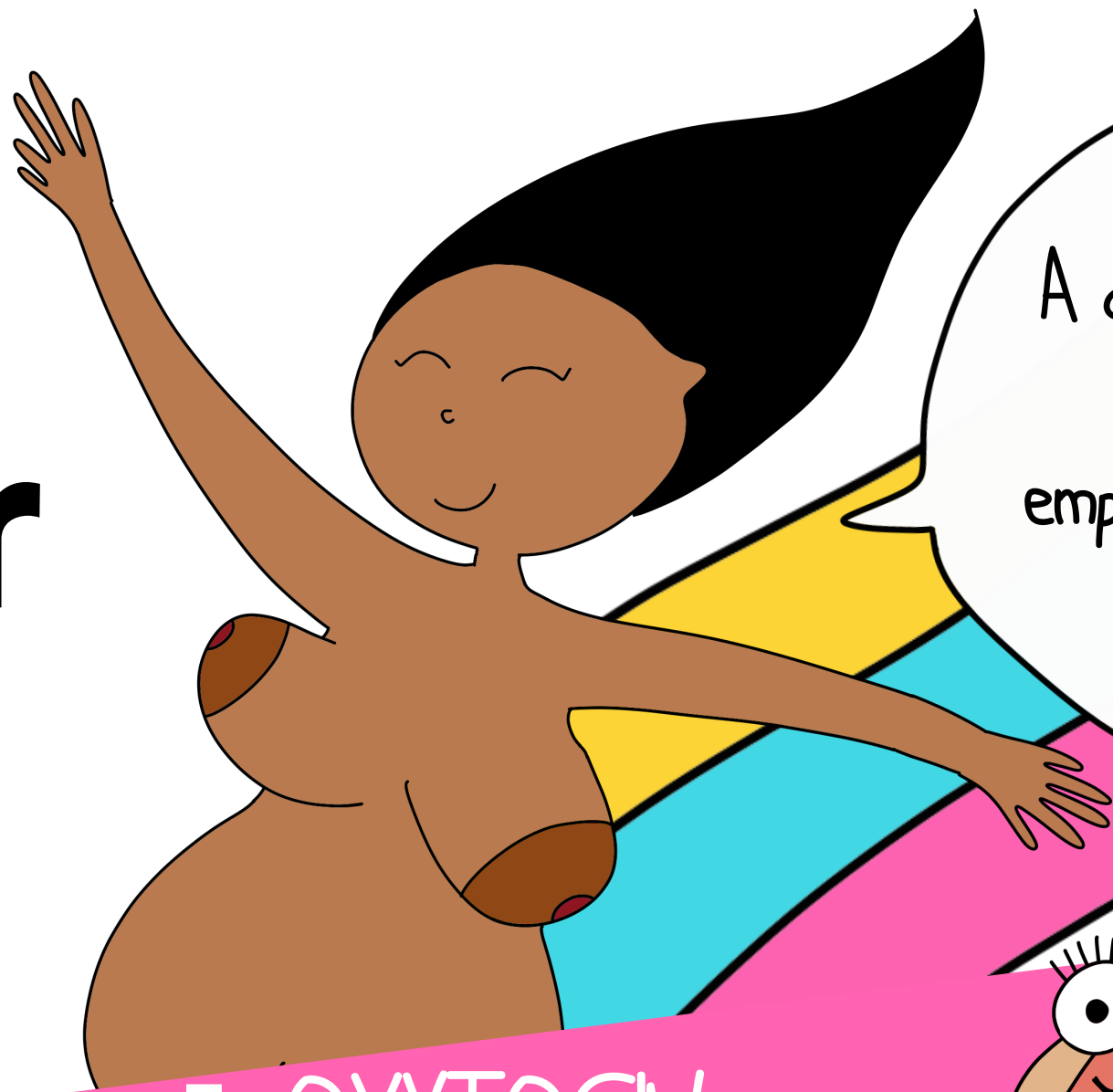


The Naked Labour Cheat Sheet



A quick and easy guide to an empowered labour experience

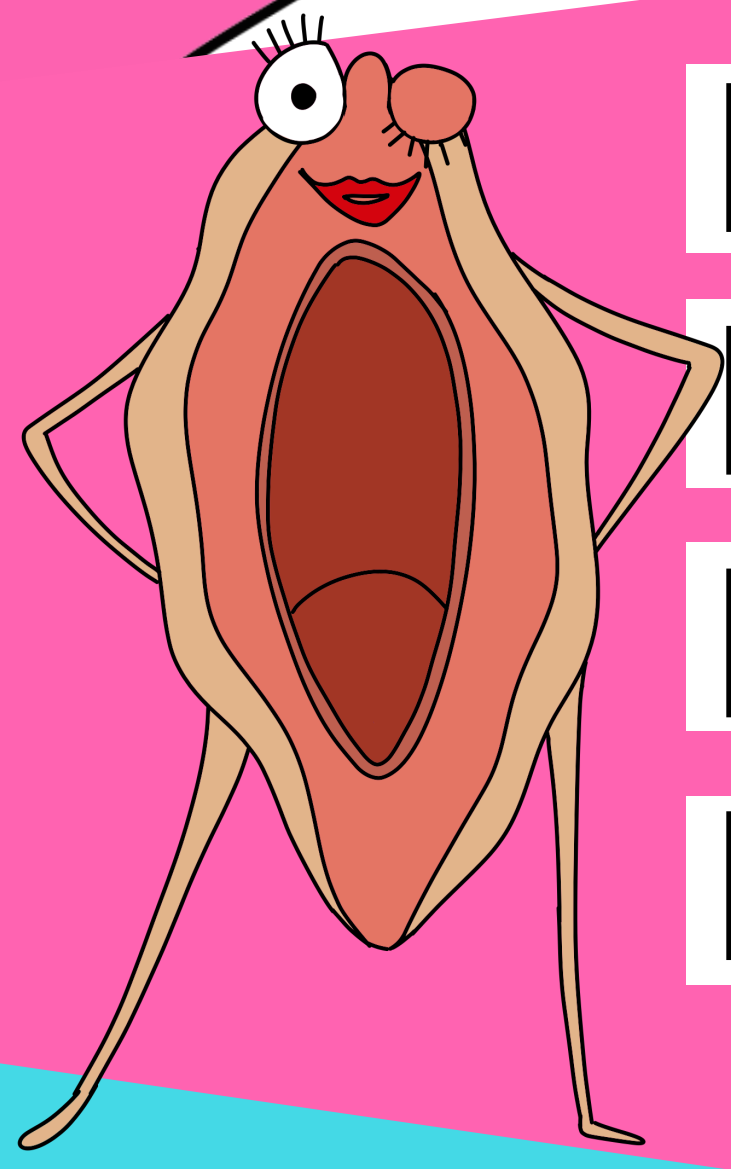
Knowledge is POWER. Learn. Know. Plan.



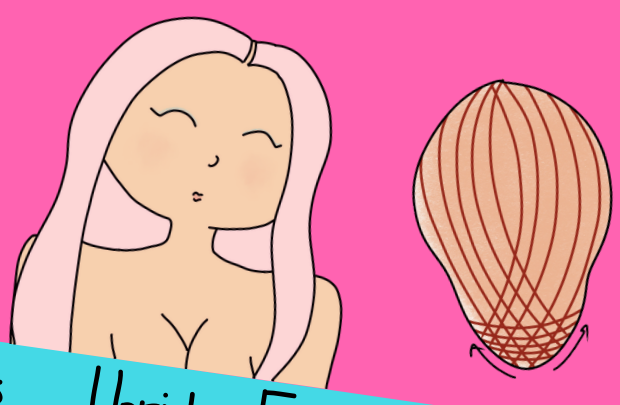
Safe
Warm
Quiet
Dark
Private

Environment

+ OXYTOCIN
The MOST important thing during labour
= DILATION
Smoother & sooner labour experience



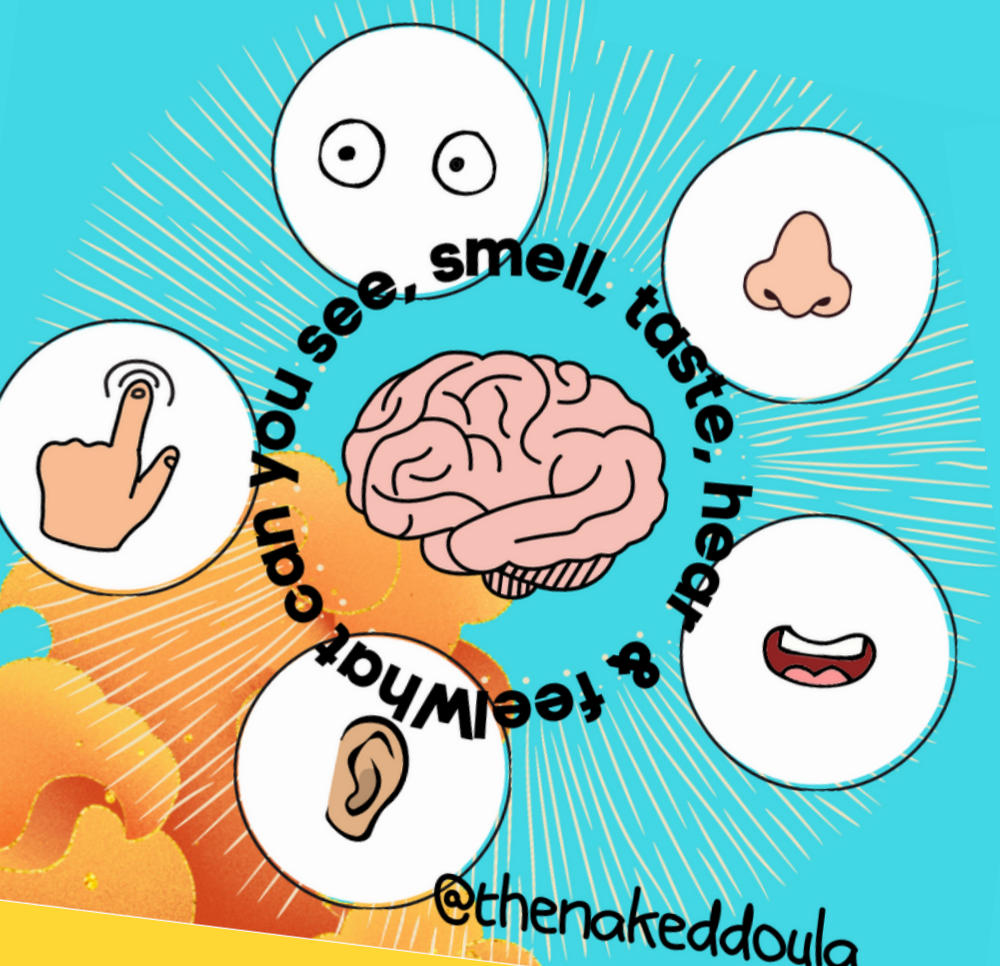
Floppy Face
Floppy Fanny



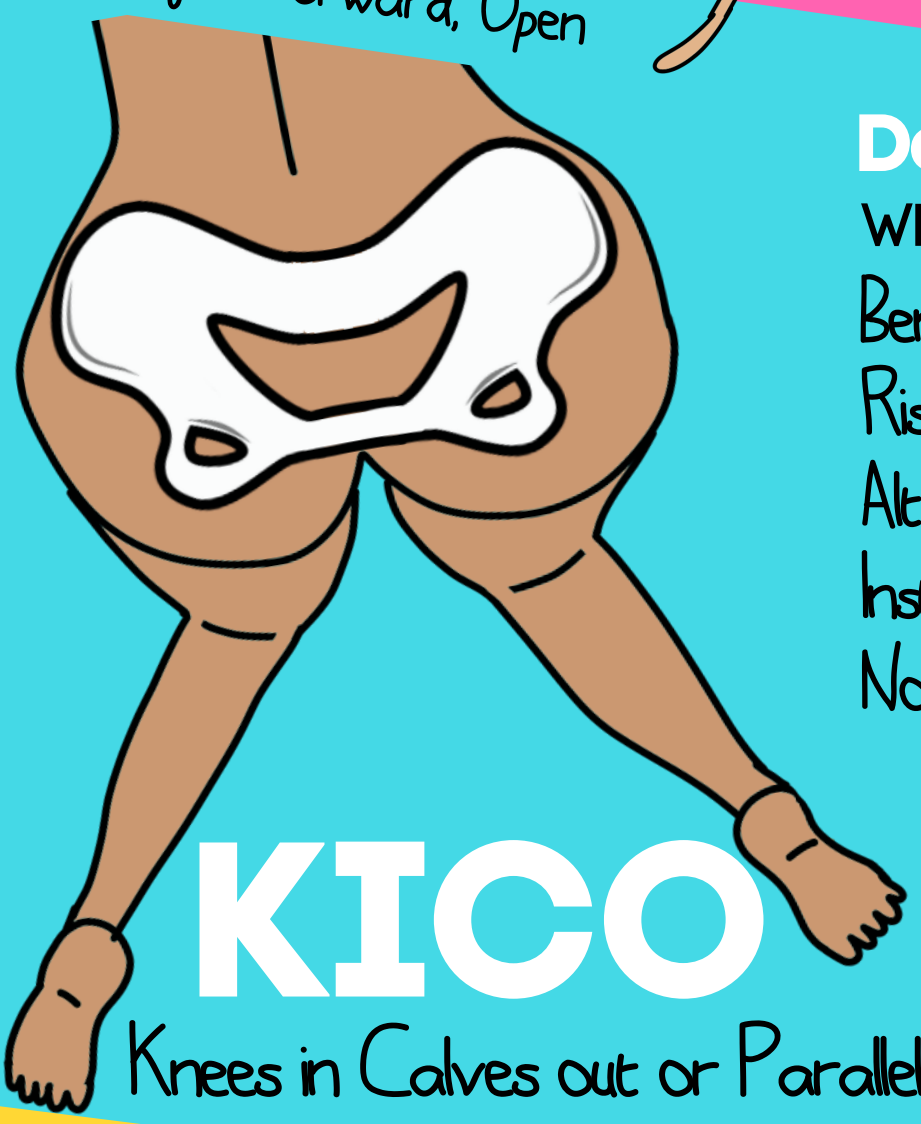
Upright, Forward, Open

Anchors

Pick your memory & your anchors. Use your senses and take your memory vacation during labour



@thenakeddoula



KICO

Knees in Calves out or Parallel

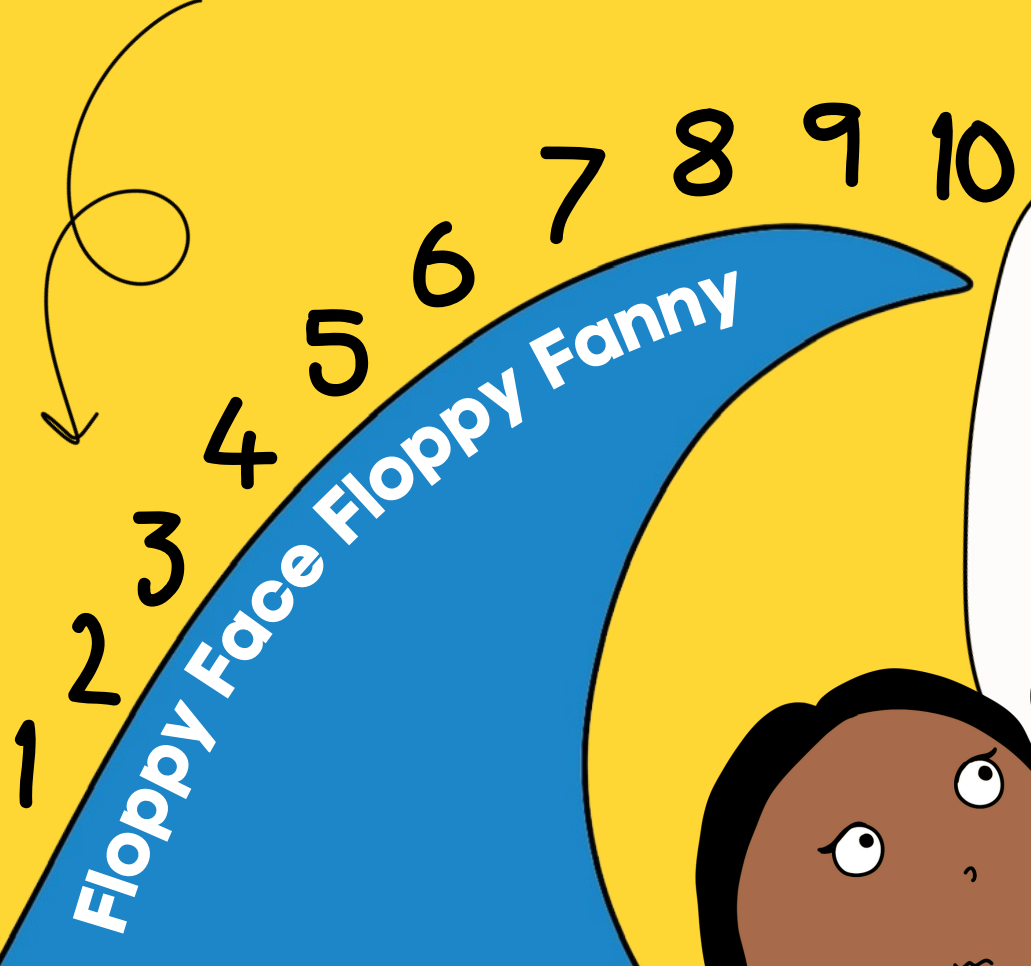
Decision Making

- What are the
- Benefits -
- Risks -
- Alternatives -
- Instinct -
- Nothing -



BRAIN

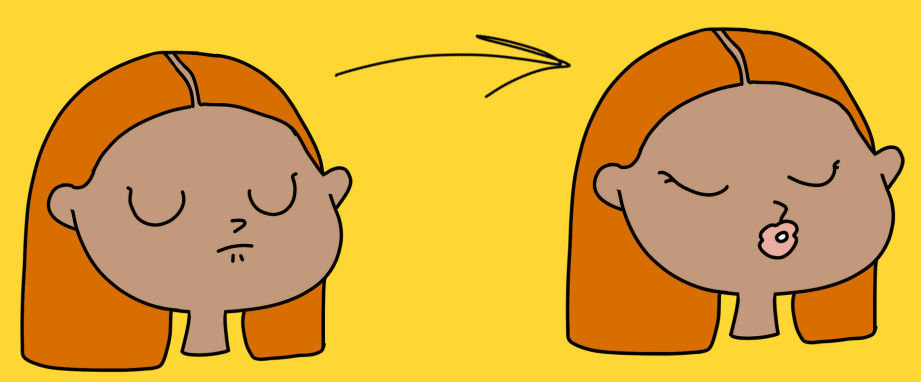
Contractions



Breathe through contractions. 1 Floppy Face Floppy Fanny, 2 Floppy Face Floppy Fanny. Focus on that breath. Allow your body to surrender. At the peak of the wave take a deep breathe in and a controlled long breath out relaxing your face and body for **OPTIMAL DILATION**

Breathing baby out

Deep breath in through your nose then down through the body on your out breath



Avoid clenching your jaw