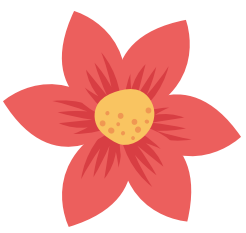


# Childbirth Secrets from a Doula



## **cervix dilation is just a number**

We all want to know how far we are dilated...but this does NOT tell us when we will go into labor or how fast the labor will progress.



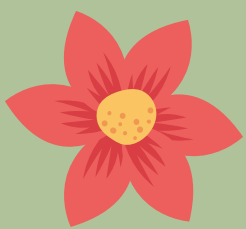
## **reducing fear reduces pain**

Our brain interprets how much danger we think we are in and raises our pain level accordingly.



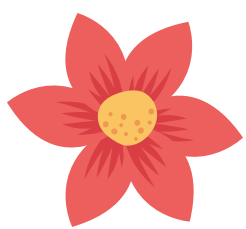
## **women need to feel safe**

Your laboring environment needs to be one that promotes the production of labor hormones. When we feel stressed or not safe we produce adrenaline which can slow or stop labor.



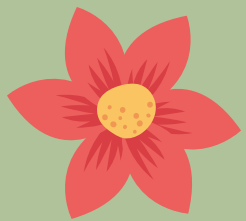
## **move those hips**

Your baby needs to make its way through your pelvis and you can assist by changing the shape of your pelvis with a variety of positions and movements.



## **change pushing positions**

Many labor in various positions but then we start pushing and we don't change. Just the simple act of shifting positions can open the pelvis differently and drastically change how effective our pushing is!!



## **wait for the urge to push**

So often women start pushing when they are 10cm. If you wait till the urge to push is overwhelming your pushes will be more effective usually resulting in a shortened pushing phase.

