



# 7 WAYS TO AVOID UNNECESSARY PAIN WHILST GIVING BIRTH TO YOUR BABY.

The fear of giving birth is real for many women. It can often feel overwhelming. By understanding your body and what it needs to labour effectively you can significantly improve your experience and reduce unnecessary pain and discomfort.

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# THANK YOU FOR DOWNLOADING OUR FABULOUS FREEBIE!

## 7 WAYS TO AVOID UNNECESSARY PAIN WHILST GIVING BIRTH TO YOUR BABY

We'll be guiding you through seven practical techniques so that you feel calm and confident about your upcoming birth.



LEARN HOW TO GIVE BIRTH TO YOUR BABY WITHOUT UNNECESSARY PAIN OR DISCOMFORT

These techniques are proven to be beneficial during labour, so grab a cuppa, a snack, find a relaxing spot and enjoy learning how to give birth comfortably.

7 PRACTICAL TECHNIQUES THAT YOU CAN USE DURING LABOUR

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# 1. MEET YOUR PHYSIOLOGICAL NEEDS

Yep, it's basic we know, BUT the number of times we talk to women who have struggled during labour because their physiological needs have been overlooked. During labour, food and drink are still required. If these basic needs are not satisfied, the human body cannot function optimally.

Thirst can be the silent enemy of labour! When your body is dehydrated, your muscle output is decreased by up to 30%... imagine us telling you that your uterine contractions were 30% less effective than they could be! We're guessing you'd want to rectify that immediately!



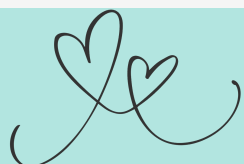


## 2. CHOOSE THE RIGHT ENVIRONMENT

Your surroundings during labour impact your birth experience; be sure to create a peaceful, calm environment. Obvious right? But do you know the science behind it? It's all to do with hormones. The correct balance of hormones is essential for making sure birth is as comfortable as possible.

Hormones play a major role in regulating labour. Learning about them helps you understand how the decisions you make about your birth environment can support or disrupt your birth.

A hormone called Oxytocin plays a key role. Often called the 'love hormone', it is released during sex, orgasm, birth, breastfeeding and during other activities that make you feel happy and content.

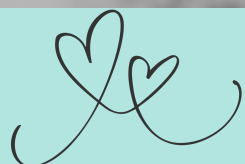




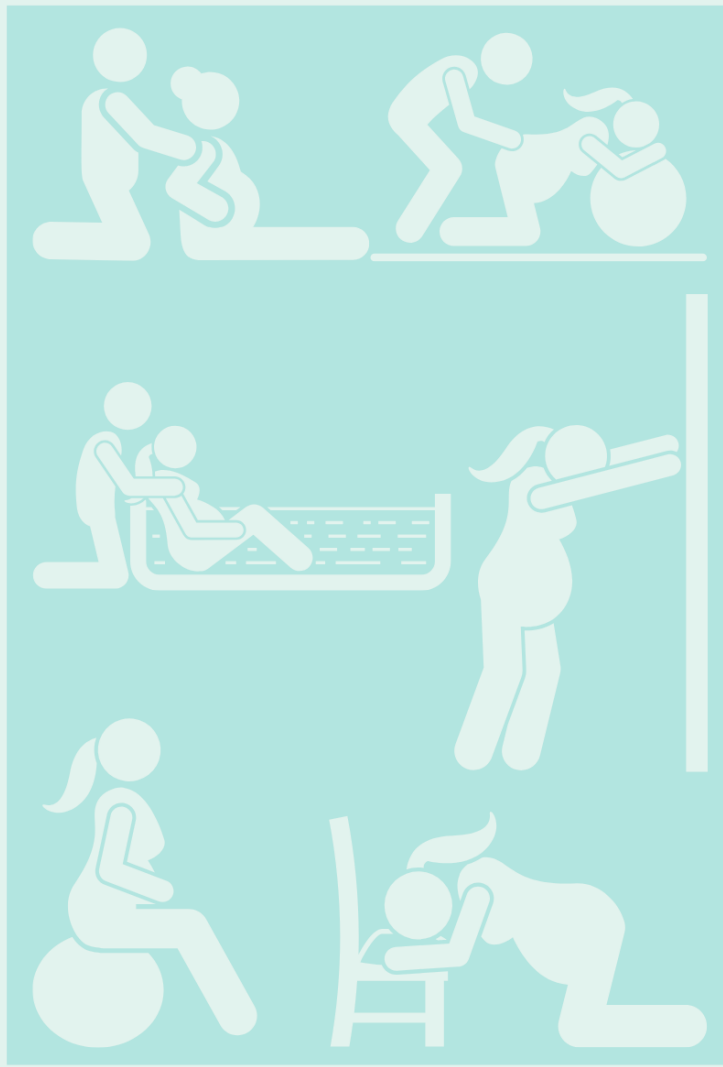
Oxytocin, along with other hormones, stimulate uterine muscles to contract and the cervix to dilate. Your body cannot produce oxytocin and adrenaline at the same time; if you feel anxious, scared or out of control you will produce adrenaline, which prevents your body producing the hormones it needs for labour to progress.

By creating the right environment, somewhere you feel safe, relaxed and unobserved, you can keep your oxytocin levels high and your adrenaline levels low.

The other hormone, vital for a pain-free birth, are Endorphins. These are your body's natural painkillers. You create them by staying calm, avoiding disturbances and delaying or avoiding pharmaceutical pain relief.







## 4. FIND THE RIGHT POSITION FOR YOU

Whether it's your favourite soap, a birth documentary, or a Hollywood movie, most birth scenes depict a woman lying on a bed to give birth.

Anatomically this doesn't make sense; your baby moves down towards the coccyx, which has a natural curve up. Gravity works against you, meaning you are essentially trying to push your baby uphill! Laying on your back makes a back-to-back birth more likely and it decreases the natural pressure that occurs from the baby's head on your cervix.

Evidence shows that being upright and using gravity has much better outcomes for the woman, not only physically but women report feeling more confident and in control when using upright positions.





## 5. DON'T HOLD YOUR BREATH

"Have you practised your breathing today?" is the question us doulas are always asking clients in their 3rd trimester. Why? Because breath is the most powerful tool they have during labour.

It ensures that enough oxygen gets to your muscles so that they can work efficiently; remember your uterus is the muscle of the moment and the more efficiently it works the easier your contractions will be.

*breathe*

Well-controlled breath creates feelings of calmness that will help you to remain calm and in control. Your exhale produces oxytocin (if you've been paying attention, you'll know that's a good thing!).





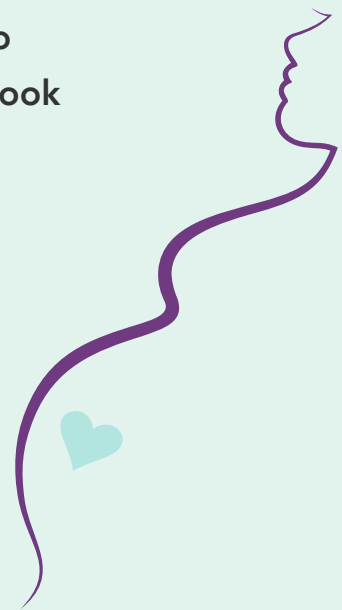


## 6. MANAGE YOUR MINDSET

Practice being aware of your thoughts. Rework your negative thoughts in to positive ones. You can't overdo this or underestimate the importance of a positive outlook on birth.

Pay attention to the soundbites you are listening to; if someone tries to share their traumatic birth story with you, tell them to stop. Actively seek out positive birth stories that resonate with your perfect birth, we promise, there are plenty if you look for them.

Where the mind goes the body will follow, so keeping a positive mindset is a must. There's science to back it up too; a positive mindset creates feelings of being loved, being relaxed, being safe and being happy; these feelings release oxytocin!



## 7. GET A DOULA!

Understanding your choices during pregnancy and labour is the best way to remove stress and anxiety, which will undoubtedly support you to do all the other things we've discussed up to this point. Take responsibility for the birth of your own baby.

A doula can help you seek out evidence-based information, this means you will be using the best research available to help you make decisions about your maternity care.

Healthcare providers should strive to provide care that reflects the best available research, in reality new practice takes time to come in to effect, and even then, it can be hard to change established beliefs and routines. It becomes easier with a birth doula on your team.



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Bear in mind, NHS staff may give you advice based the guidelines of their Trust, rather than what is impartially best for you. You may want to take time to understand what evidence a suggested course of action is based on and how it has been shown to be beneficial (or harmful).

Making informed decisions about your maternity care isn't always comfortable or easy. Sometimes it means having the courage and confidence to ask tough questions of your care providers.

Work with your doula to consider your preferences before labour begins. This will ensure that your own values and choices are the basis of your care.

If you hear anyone tell you 'you are not allowed' or 'you have to', they are overstepping their authority by a country mile! They are not allowed to not allow you!

**GIRLS JUST  
WANNA HAVE  
FUNDAMENTAL  
HUMAN RIGHTS**

**A COMMON DOULA MANTRA: "YOUR BODY,  
YOUR BABY, YOUR CHOICE. NO EXCEPTIONS."**



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# WE ARE HERE TO HELP YOU FIND YOUR PERFECT DOULA.



[Start your search](#)

Come and check out our Doula Near Me directory of doulas. We have doulas that support :

- VBAC (vaginal birth after caesarean)
- breech births
- twin and multiples birth
- caesarean birth
- water birth
- hospital birth
- home birth
- supporting you through/after loss
- fertility journeys
- surrogacy
- birth trauma
- perinatal mental health support, including postnatal depression and postpartum psychosis

Scientific studies show the continuous support for women during childbirth have statistically better outcomes.

- 25% decrease in the chance of a caesarean birth; if the birth partner was a doula it was a 39% decrease
- 8% increase in the likelihood of a spontaneous vaginal birth; if the birth partner was a doula 15% increase
- 10% decrease in the use of any pain medication
- Shorter labours, on average by 41 minutes
- 38% decrease in the baby's risk of a low five minute Apgar score
- 31% decrease in the risk of being dissatisfied with the birth experience; mothers' risk of being dissatisfied with the birth experience was reduced with continuous support provided by a doula or someone in their social network (family or friend), but not hospital staff

[doulanearme.co](http://doulanearme.co)