



Do This, Not That...

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Do This, Not That

To avoid unnecessary interventions and have a peaceful, natural birth:



Anything you do that increases pain or slows labour down, can ultimately increase your likelihood for needing interventions, such as pain medication, or drugs to get your labour going. These things can lead to further interventions like vacuum extraction, forceps, or C-sections.

Doing certain things will help you avoid unnecessary interventions, while other things can innocently cause you complications, so here is my list of things to do and things not to do:

1

Do This

Eat and drink light, healthy foods during labour. If you eat and drink during labour, then you don't need an IV. Labour is work, calories are needed for your body to work effectively, and in order to have the energy you need to give birth.



Not That

Starving yourself and becoming dehydrated during childbirth can lead to complications. IVs keep you from moving freely during labour, but it is exactly movement that helps moms give birth faster and easier. The use of IVs can cause other complications, such as fluid overload and hyperglycemia for both mother and baby. And you can find yourself in the "cascade of interventions", where one intervention leads to more interventions.



2

Do This

Use water and other natural comfort measures to reduce pain. The tub or shower can provide a great deal of comfort during labour. Immersion in a tub can relieve pressure on mom's back and allow for relaxation. The shower stream can be directed onto mom's back to provide comfort during back labour.



Not That

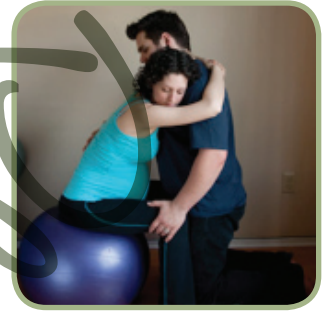
Epidurals can cause a lot of different complications for mom and baby, as well as can make it more difficult during the pushing stage. Epidurals increase your risk of needing forceps, vacuum and c-section to deliver your baby.



3

Do This

Find different positions that work for YOU. Using gravity can make your contractions more effective, as well as changing labour positions, which is one of the most important things you can do to decrease pain, help the baby get in a good position and speed up labour.



Not That

Do not lay in bed on your back during labour. It will increase pain, slow labour, and all of this can cause fetal distress, making you more likely to need interventions.



4

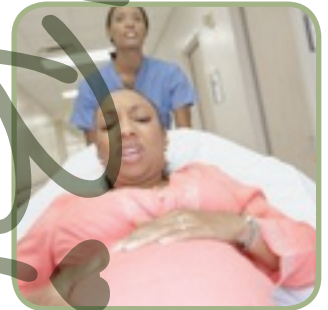
Do This

Plan to have continuous support. When a woman in labour feels loved and supported and relaxed, her body releases a hormone called endorphins, which allow mom to deal with the pain and feel powerful and in control. These hormones help labour progress and are only possible when mom feels relaxed.



Not That

Don't depend on the hospital staff to be your only support and don't let anyone come to the birth who isn't supportive of your wish to have a natural birth. If you are feeling lonely or scared then adrenaline is released, which slows labour by closing the cervix and causing unnecessary pain. This can lead to requests for pain medication, which you may not have needed otherwise.



5

Do This

Remember to do your rhythmic breathing during contractions. Breathing techniques will help you stay calm and focused. Breathing, rituals and visualization help distract you from pain or negative thinking. Most importantly, breathing helps you get enough oxygen to the uterus, which is good for baby and helps the uterus do its job.



Not That

When you are in fear, you are fighting against your labour. This will increase your pain and can slow labour, which can lead to unnecessary interventions.



6

Do This

Educate yourself about labour and delivery. A good natural childbirth course will help you work through fears and give you easy, practical coping skills and relaxation tools. The most important thing to do is practice, and learn what works for you to deal with stress and discomfort. As well as being a complete prenatal course for having natural childbirths at home or in the hospital, the Peaceful Birth Complete Course guides you in this education, self-discovery and practice, so you can overcome fears and create practical action plans for coping with pain and stressful situations during labour.



Not That

Don't just show up at the hospital and hope for the best. Know what your choices are, and make a plan for the kind of birth you want. Even if everything doesn't go as you planned, you will know that you were able to make good choices in labour, because you were well informed. If you'd like more information about how to be optimally prepared for childbirth, so that you can have a natural childbirth at home or in the hospital, then see www.Peacefulbirth.ca



7

Do This

Have your baby monitored intermittently, so you can still move around. Like we said above, moving around helps mom give birth faster and easier.



Not That

Avoid continuous Electronic Fetal Monitoring. This can seem harmless enough, but it can start you on the "cascade of interventions." This means that one small intervention can lead to another, because each intervention has an effect on mom and baby. The restricted movement associated with EFM can slow down labour and cause increased pain, and increased chances that you will need pain medication to cope. Those medications can slow labour as well, eventually leading to fetal distress and more interventions.



For Your Complete Step-by-Step Guide to Having a Natural and Joyful Childbirth at Hospital or Home visit www.peacefulbirth.ca

