

8 ESSENTIAL PRACTICES FOR THE POWER OF THE PUSH

③ Choose the right Provider (The OB or midwife)

The right provider is crucial for birth and optimal pushing. They will be more available and provide consistent reassurance and guidance, helping you to push effectively and keep you focused. The right provider will help direct you to slow down and breathe or pant/blow through the birth of the baby's head and reduce the chances of tearing.

③ Choose a supportive birth team (Partner and/or experienced doula)

Encouragement, reassurance and cheering is important during pushing. Intimacy with your partner can help relax your pelvic floor. Your birth team will help you feel safe, supported and protected so that you can let go and let your baby out.

③ Get to know your Pelvis

Find the bony landmarks in your pelvis. Discover how your lifestyle, posture and movement matter and how to create more space for your baby to move into, through and out of your pelvis.

③ The Position of the Baby

Practice certain movements and positions towards the end of your pregnancy and during early labor to help your baby into an ideal birth ready position.

☉ The Position of the Birthing Person

Consider your posture, alignment and movement patterns towards the end of your pregnancy and during early labor for a more easeful birth. The positions you choose during early labor can affect baby's position in the pushing stage. Push in any position you feel comfortable in. Use gravity as long as you don't tighten your muscles to hold position. If you want to move the baby, move the birthing person.

☉ A Safe Place

Create a safe, calm space to birth so that you can open and release.

☉ Pushing Technique

The power of the push in the first part of pushing helps drive the baby down. Pushing effort at the peak of the contraction. (about 4-7 seconds) Follow your own impulse when to push and listen to your own body.



☉ Slow birth of the baby's head

The perineum needs time to release, stretch, thin and open around the baby's head. As baby crowns, slow down, breathe, pant or blow to ease your baby out

If you have questions or want to learn more, go to www.chantaltraub.com
Book a free 15-minute discovery call. I offer 1:1 virtual birth coaching, consultations and workshops to help you prepare your body, mind, breath and baby for a more efficient labor, effective and safe pushing to minimize damage and a full recovery post-birth.

I wish you a healthy and easeful delivery!

