

# 8 ESSENTIALS TO BIRTHING STRONG

## ③ Connection, Trust and Feeling Safe

Nurture self-trust and inner wisdom. The birthing person needs to feel safe, supported and protected to let go and let the baby out. Keep connected to loved ones. Face to face interactions regulate you. It's not just the words, it's the intentionality and feelings that we are communicating with each other. A safe space promotes mind - body connection.

## ③ Choice

Find out what your choices are right now at your place of birth. Set expectations ahead of time by talking to care providers. Don't assume, ask.

## ③ The Breath is the portal through the contractions.

Breathing techniques emphasizing slow exhalations relative to short inhalations and also feeling connected with others during the exhale. If you lose yourself, come back to the breath. Make sound: Low hum, chant, sing or sigh.

## ③ Movement

The shape of the pelvis changes. Different positions can help the baby rotate. Upright or forward leaning positions. Hands and knees. Lunging. Side lying. Find ways to move your body. If you want the baby to move, open the pelvis.

## ③ Ritual and Rhythm

Ritual is so important at a time like this, it creates a semblance of normalcy. The more internal chaos there is, the more external structure is needed. Focus on the power of your body to do what is needed to do in birth.

Rhythm - Sit on a ball; stand up for contractions & then sit back down on the ball & rest, repeat. Focus on the rhythm of your breath.



## ☉ Talk or sing to your baby

Team effort: Baby and birthing person work together.  
Connect to your baby - Before, During and After

## ☉ Prepare for Postpartum

Build a team of support. Pediatrician visits in place. Online moms groups. Make bone broth soups & freeze. Resources for breastfeeding support and talk therapy with licensed professionals.

You are resilient.  
You are adaptable.  
You are resourceful.  
You will find your way.

Have a safe, healthy and  
positive birth experience.



some birth positions

For more info about 1:1 virtual **BIRTHING STRONG** coaching sessions please contact me. I also offer private consultations and online workshops to help you enter your birth empowered with confidence and calm.

