

WHAT TO EXPECT DURING

# *Child Birth*



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## I TRULY BELIEVE THE KNOWLEDGE OF BIRTHING IS WITHIN EVERY CELLS OF A WOMANS BODY

***Its such a an awe inspiring process of opening to be able to birth powerfully and with satisfaction.***

I believe that every woman knows how to birth and that she need to find her own authority, courage and inspiration, trust, love and knowing. I also find visualization techniques work wonders and to see yourself as a birthing goddess and as divine feminine creating life...

Over the past few millions of years, humans and mammals have been giving birth without the hospitals, doctors or epidurals, for the most part, very effectively. The female body is designed to give birth very successfully and efficiently without the need for conscious control. In fact, the more you try to control the functions and experiences within your body as you go through labour and childbirth, the more uncomfortable, stressful and prolonged your experience will be. Here's why....

The thinking part of your brain, called the neocortex, is responsible for your intellect. This part of the brain, when stimulated, will try and rationalize, control and generally act very 'human' towards a situation. Language, bright lights, feeling cold, feeling observed and certain forms of touch stimulate the neocortex. If this part of the brain is stimulated during childbirth, it will prevent the 'animal' side of the brain from functioning effectivel

During childbirth, if a woman's neocortex is stimulated the whole birthing process will slow down. Being asked to think (for example asking what's your phone number, national security or postcode etc), being a room with bright lights or

being watched or touched in an irritating rather than relaxing way, a laboring woman will be taken out of her ideal state and become self-conscious, fearful and her muscles will tighten and create pain.

During the first stage of labour, your uterus will be stimulated by the hormone Oxytocin to allow the muscles to pull upwards. This allows your cervix to become thinner and move out of the way to allow your baby to pass through your vagina. This means your cervix is dilating. Your cervix can dilate very quickly, so even if you've been having contractions for a while and you're 5cm dilated, you may become fully dilated within an hour if you've allowed the conditions to be right (relaxed, unobserved, dim lighting and possibly contact with water).

With each contraction, remember that your getting closer and closer to holding your baby in your arms. This is a joyful process and your baby is looking forward to seeing you just as much as you are him/her. Having negative thoughts and feelings about your contractions will make them feel even more negative. Feeling positive in your thoughts and emotions will allow the experience to be easier and faster.

Once your cervix is fully dilated (around 10cm) your uterus will respond by squeezing your baby's bottom (if they are head down) helping to push your baby downwards and out through your vagina. Make sure you're still focusing on relaxing your breathing at this stage as your pelvic floor muscles around the opening of your vagina will need to be relaxed to allow a more comfortable birth.

Just before the second stage of labour starts, you're likely to feel a mix of emotions - just remember to breath, stayed focused and find your rhythm. By using painkilling drugs, you are likely to disrupt this cocktail of hormones and your experience of childbirth will be hampered.

During the labour and the 'crowning' of your baby, you're likely to feel the whole region as being warm and expansive. Your bones, your joints and muscles in and around your pelvis are making way for your baby.



***It's all about trust and surrendering...***

***Your body has had 9 months to prepare and knows what to do - remember the hardest part has already been done by your baby by being formed and so giving birth should be the easiest.***



***It's so important to find your inner core, your inner strength and to really trust and surrender. Your body knows exactly what to do!***

***Once your baby has been born***, both of you will have a huge cocktail of hormones running through you, one of them being an endorphin that will make you feel fantastic and help with the bonding between you and baby. It's very important that you both are not disturbed during this time. Not only will it help with breastfeeding, but also with your memory of childbirth.

These hormones will make you feel full of life and love even if you've just come through a long labour. It's important to stay warm at this time to allow the hormones to release.

When delivering the placenta the only thing that's important is to allow the placenta to release itself from the uterus walls naturally. Using a synthetic drug rather than the natural release of oxytocin increases the risk of bleeding compared to being left alone with your baby to increase your own natural oxytocin release. Synthetic oxytocin may also inhibit the natural release of oxytocin needed for breastfeeding shortly after.

Remember to stay relaxed, trust your body is doing what it needs to do, breathe and find your rhythm and feel safe with the people you are with and the place you are in, the birth of your child can be a beautiful and empowering experience.

*Pamela Rogers*



Pamela Rogers has been a recognised Birth and Postnatal doula since 2009. She is also a pregnancy massage therapist and a Breathe To A Better Birth teacher. In 2013 she founded Inspirational Pregnancy Retreats where her vision was to bring back the sacredness, to honour and celebrate women and for them feel inspired and empowered whilst stepping into their power.



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