



The Confident Birth Work Book

WWW.BIRTHINHOLLAND.COM



When you change the way you view birth, the way you birth will change.

Marie Mongan

Welcome to The Confident Birth course

Our hope is:

Your **understanding** in the birth process will increase.

That **your confidence** in your body, your baby and the birth process will grow.

You will find **your best way** to give birth.

As birthing partner you will feel equipped to be **the best** birth support you can be.

Your baby will have the **warmest welcome possible** into this world and into your family

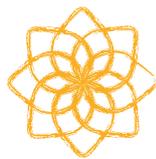
WWW.BIRTHINHOLLAND.COM



Task - Fun excersises to do



Tips & tricks



Affirmations



Notes



Before you start!



Take some time to write down what you hope to get out of this course.

What are the three words that describe how you hope to feel after completing the course.

Module 1

How should birth really be?



What have been the main influences in forming the way you think about birth?

Describe how you would like your birth to be.
Maybe you have never visualised it before but give it a try. What is important to you?



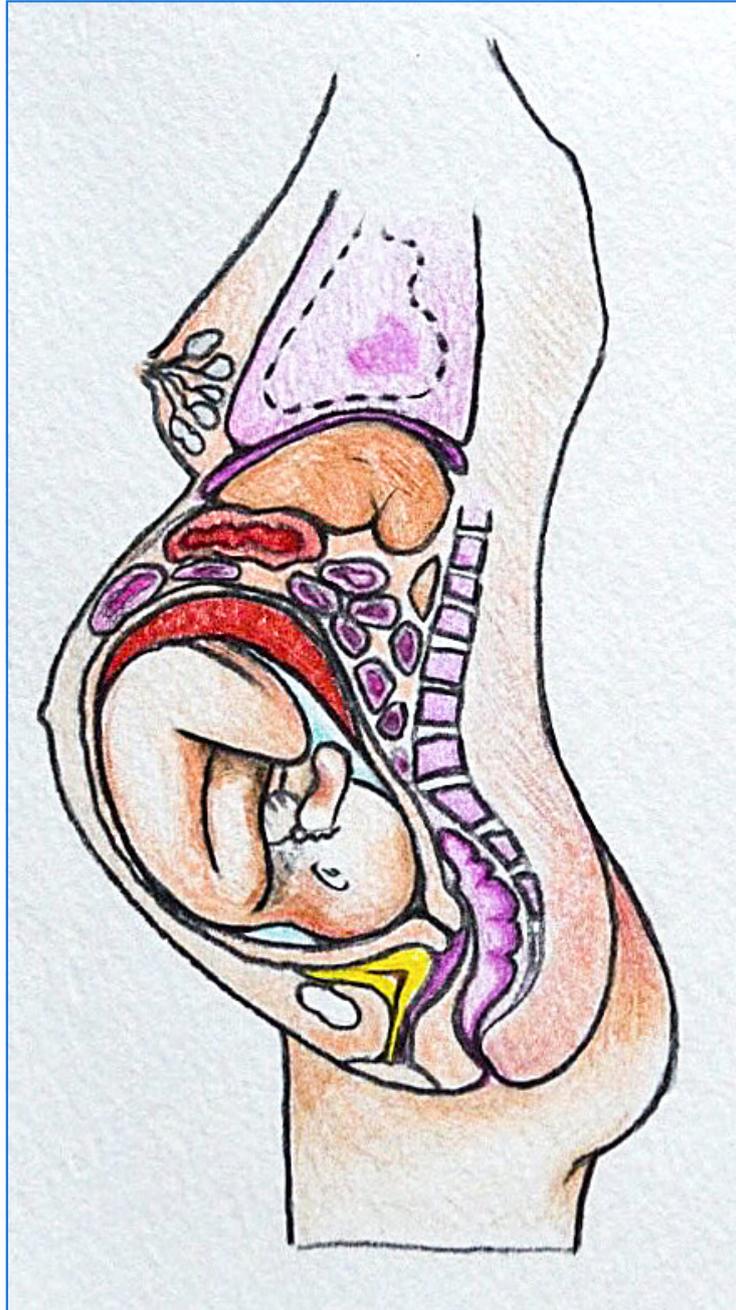
For months my
body has grown my
baby all on its own.
My body knows how
to. birth my baby!

1

Anatomy



How much do you know about the woman's body? Fill in as much anatomy as you know before watching the anatomy film in the course.



I am so grateful for my ability to grow this healthy baby inside of me.





Your body is amazing!

Take a moment to appreciate all your body is doing to grow your baby. If you have not been in the habit of appreciating your body in the past maybe start now.



Module 2

Early Labour



What is important to you in this phase of labour?



Birth is not only about making babies.

Birth is about making mothers.

Strong competent capable mothers who trust themselves and know their inner strength.

Barbara Rothman

2

Hormones

3 of the main birth hormones

Oxytocin

- Released when sexually aroused
- The hormone of Love
- Stimulates the flow of breast milk
- Triggers “nurturing” behaviour
- Shapes the frequency and strength of contractions during labour
- Causes the uterus to contract

Endorphins

- The feel good Hormone
- Mood enhancing relaxants
- Help us to cope with pain
- The body’s natural pain-killers
- Causes “joggers high” during physical exertion
- Encourages a sense of well-being
- Creates a post-birth euphoria in the mother
- Alters perception of time and place

Adrenalin

- Helps the expulsive reflex in the second stage of labour
- Works against oxytocin
- The flight or fight hormone
- Produced when anxious or stressed
- Diverts blood away from the uterus
- After the birth – keeps the mother awake and alert
- Decreases supply of oxygen to the baby

 Keep the oxytocin levels up & the adrenalin level low

 Its not true that you have no control or influence over the labour process. You do!!

If in doubt
UP
the oxytocin 

2

Hormones



Interact with the hormone circles and write down what jumps out at you.

Oxytocin

What are ways you relax and feel safe?



What got the baby in gets the baby out!

Inna May Gaskin

Adrenalin

What are the things that cause you stress and anxiety?

Module 3

Deep Labour



What is important to you in this phase of labour?

Remind her to
EAT
DRINK
PEE!!



You can't
stop the
waves but
you can learn
to ride them.
You've got
this!

3 Gravity



What is going to help you stay mobile and optimise the use of gravity during labour?



The intensity and strength of your contractions cannot be stronger than you because it is you.

3

Pushing



What is important to you in this phase of labour?

You gain strength,
courage & confidence
by every experience
in which you really
stop and look
fear in the face.



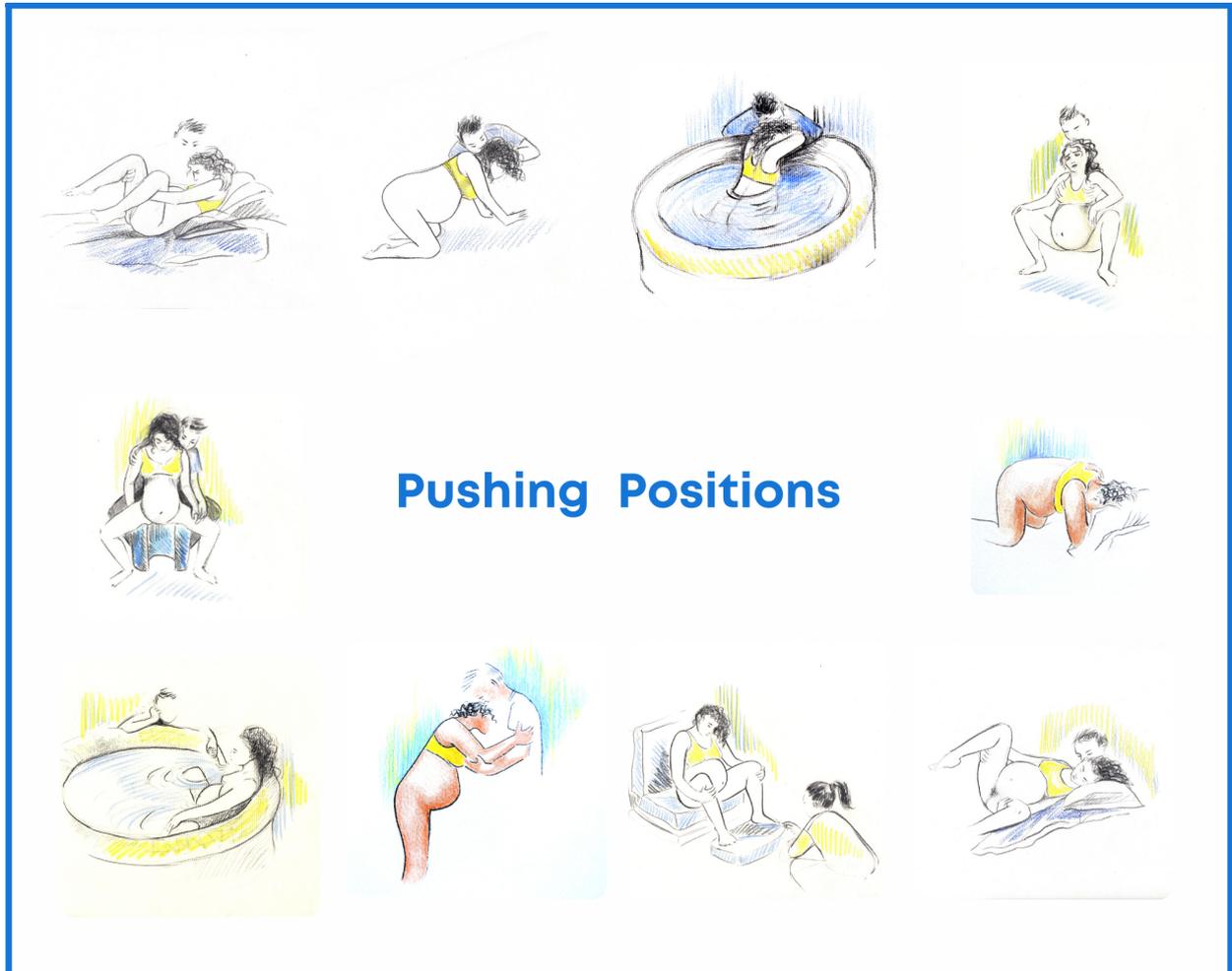
Elinor Roosevelt

3

Pushing

Surges to urges!

First babies take an average of 1.5 hours to push out so plenty of time to use different positions and help give the baby space to descend.



Which positions do you think you might like to give birth in ?



The 'magic 10' does not mean the baby is deep enough to start pushing!.

Wait until you feel such a strong urge to push that you can't breathe it away anymore!.



Trust your body & your baby!

“

You are pregnant, you are strong. You are bold and you are beautiful.

Go forward in your boldness, in your beauty and in your connectedness.

Trust your body to birth and know that the collective power of women worldwide will be with you.

BIRTHINHOLLAND

BIRTHINHOLLAND.COM

3

Golden Hour(s)

In the first hour you will:

- Birth the placenta
- Cut the chord
- Be stitched if necessary
- Eat & drink for hydration and energy
- Feed the baby
- Call family
- Lots of cuddles

After the first hour you will:

- Skin on skin with Dad.
- Go to the toilet
- Shower or be washed in bed if not possible
- Put fresh clothes on
- Your hospital bed will be cleaned
- Dress baby
- Watch your partner fall in love with your baby!
- Rest



What is the most important to you during the first hours after birth?



Giving birth should
be your greatest
achievement not
your biggest fear..

Jane Wiedeman

Module 4

The Medical Route



What are the things you want to remember if your birth is, or becomes, medical?

Always go back to
facilitating the
physiological
process..when
possible



4

The Medical Route

 **Think outside of the bed!**

Use the bed as an active prop not a prop to make you inactive!



What are your thoughts about pain relief?



You can do anything for a minute!

Module 5

Labour tool kit



Remember your brains!

You can't plan birth but you can remember to use your brains at every turn!

B	Benefits	What are they?
R	Risks	What are they?
A	Alternatives	What are they?
I	Instincts	What do they say?
N	Nothing	What if we do nothing?
S	Space	Do we need some space?



Go through the BRAINS and see if it can help you to make an informed decision of what to do next in these two scenarios.

Scenario 1:

Its been a long early labour and you have been 4cm dilated for 5 hours. The midwife suggests labour is progressing too slowly, you are getting tired and contractions are maybe not effective enough!

She recommends going to the hospital for synthetic oxytocin to help the labour progress.

Go through the BRAINS together.

Scenario 2:

The 42 week mark is approaching.

At the 41 week check up everything is fine with the baby and the placenta is functioning well. The Gynecologist wants to make an appointment for induction.

She suggests coming Friday which will be at 41 weeks and 3 days.

Go through the BRAINS together.

Possible outcomes of this exercise on following page.



You can do anything for a minute!

5

BRAINS

You cannot know all the unexpected twists and turns on the labour journey. But you can be prepared for them.



Possible outcome after BRAINS method has been used. So you can see how this method can help you keep autonomy, own the decision yourself and when possible make decisions that are in line with your wishes.

Scenario 1:

The woman reviews her original hope for a drug free natural birth. She asks the midwife if she would feel comfortable with waiting for a further 2 hours at home so she could try some alternatives first.

The midwife was comfortable waiting and then reviewing again in 2 hours.

The woman had a good cry, had something to eat and drink and spent a long time in the shower with relaxing music on. The contractions got stronger and labour had progressed by the next visit from the midwife. They transferred to the hospital and her baby was born 6 hours later.

By reviewing the problem of the lack of oxytocin, this woman thought of ways to increase the natural oxytocin and energy at home. She got herself back into the bubble and her body made more oxytocin and more effective contractions.

Scenario 2:

The couple ask if the gynecologist is comfortable waiting until after the weekend and inducing on the Monday.

The gynecologist was happy to wait provided the woman come for another check up on the Friday.

Client goes into spontaneous labour on the Saturday, 4 days later and has a normal vaginal birth.

By giving her body a bit more time, they avoided the cascade of interventions, a medicalised birth and could also still give birth with their own midwife. The gynecologist may have suggested Friday because they don't like to induce on the weekend so it was more a logistical issue than about the safety of the baby.



Can we take a moment to think about this?

5

Inhale & exhale

Breathe in love - Breathe out pain

Breath is not a magical solution to labour pain but it can definitely help

Let it go



- What makes you happy? Where is your happy place?
- Remember a time & place when you were happy & content.
- Or is there an achievement in your life you are very proud of? One that required determination and maybe lots of pushing yourself through limitations.
- Or imagine a beautiful relaxing place.

Pick a moment, close your eyes and visualise how it looked/looks, how it felt/feels, what it took/would take to get there. Relax in that memory for a few minutes.

Now write down some of the thoughts and images you had.

Inhale

Exhale

Focus

Visualisation can help you relax and feel happy positive thoughts or help you  remember the strength you had in a certain moment to achieve something special. These thoughts help you produce oxytocin, keep you positive and help you to find that place within you that will help you keep going during labour.

Find your story!

 *relax on the exhale!*

BIRTHINHOLLAND.COM



Team work makes the dream work!

Partner tools



- Be an active participant
- Be an advocate
- Coach with love & humour
- Stay positive

Spending some time daily to focus on and connect with the baby. Snuggle up together, talk to the baby and feel it move and respond to your hands..

The 5 Senses

Cheat sheet for partner support during labour



SIGHT

Did you bring any visual aids? Affirmations, photos? Seeing the baby's first outfit would encourage her to stay strong and remind her of the end goal.

SMELL

If you are into essential oils and have brought them along, consider starting the diffuser or putting a few drops into a piece of fabric.

HEARING

Is there a play list or a certain audio that would help her focus or relax? Does she prefer quiet?

TASTE

Does she need some nourishment or fluids? The bite of a banana, a cookie, chocolate or a sip of water or sweet tea? In active labour she will only need/want small amounts.

TOUCH

What is she touching? Would it help her to hold the rails of the hospital bed, use a birth ball, hold you? What touch is her body needing? Counter pressure, change position, massage?

5

The Birth Plan

In preparing a plan you educate yourself

Women who have a flexible birth plan feel they have more room for negotiation during labour and birth and are more positive about their birth experience!

- Keep it to an A4
- Short and clear
- Write with sub headings
- Realistic
- Friendly but clear tone (We would prefer, I respond well to, we would like, if possible we would like.)
- Include emotional support tips
- Find out what is standard procedure and don't include the obvious!



Look back through your workbook and write down aspects that are important to you so you can begin to create your personal birth plan.



I trust I have prepared well and now everything will happen as it should..

5

The Birth Plan

It is important to recognise that you cannot predict how your birth will unfold. We cannot plan the birth process.



Create your personal birth plan.

Personal info

Emotional support tips.

Labour

Pushing

Pain management

1st hour

C-section



Hold your plan lightly and know that you need to be flexible to the twists and turns along the journey.



We hope you feel more confident!

Thank you for letting us help you prepare for the birth of your baby.



Write down your biggest 3 take aways from the course.



Birth can
be tough
my
darling.
But so
can you.

Wishing you a great birthing experience ♡

From the Birth in Holland team!