

Birth Companion's Guide

Onset of Labor—Early Thinning and Opening Phase. Help mom stay calm and relaxed at home with these recommendations for Mom:

- During night**
- Sleeps until surges are 5-6 min apart
 - Assume any position in which she is comfortable
- Position**
- Slow Breathing during surges—inhalate from abdomen up 1-20+;down 1-20+
 - Continue with any activity mother is comfortable with
- Breathing**
- Visualize Opening Blossom; exhales gently toward vagina
- During day**
- Recite Birth Affirmation/Listen to *Rainbow Relaxation* CD
 - Relax through surges; call care provider when surges are 5-6 min. apart
 - Remain at home until mom's body signals need to move

Arrival at Hospital or Center—Triage

Records/Birth Preferences are on file; request a nurse partial to natural births
 Discuss Birth Preferences with nurse, dim room, start music; post door sign, etc.
 Bring extra Preference Sheets for shift changes and extra pillows for under knees and shoulders
 Return home if under 4 cms. opened. Tune in to body and baby

As Labor Progresses—Thinning and Opening Phase

Mom stays connected with baby—Birth Companion assists with prompts. Mom relaxes more deeply as her labor advances. Listens to *Rainbow Relaxation* CD
 Keep mom well hydrated and remind her to take frequent trips to the bathroom
 Mom uses Slow Breathing during surges, breathing up from abdomen. Visualizes filling a balloon. Only abdomen draws up. Body is "Lucy Limp". Birth companion prompts softly.
 Mom changes positions frequently

- lateral**—on side, one leg extended; other bent to chest, supported by several pillows
- Back**—pillows under knees, headboard raised, pillows behind head and shoulders
- Tub**—towel from breasts to groin for warming abdomen and nipples
- Sitting** on toilet for natural expulsive instincts or on birth ball to widen pelvis
- Hands and knees or Polar Bear position** to help turn baby, if necessary
- Mom goes deeply within to her birthing body and baby in a deep amnesiac state

Birth Phase—Baby descends and emerges, using mom's Natural Expulsive reflex--NER

Mom feels need to change breathing pattern to breathe down
 Mom follows the lead of her body, quieting and calming surges
 Mom remains in or assumes whatever position she is comfortable with for Birth Breathing.
 Inhalates through her nose and exhales gradually through her nose, projecting the energy of the breath to the back of throat and down to the vagina—mouth closed on intake and exhalation of breath.

- Prompts given only by Birth Companion or Labor Companion if requested
- Sitting on toilet** until crowning
- Lateral**—Banded leg, supported by nurse or companion, or resting on several pillows.
- Slanted J**—(modified squat), resting just above tailbone, shoulders and back on pillows, feet outward to side at buttocks, or knees outward, resting on pillows
- Leaning Frog**: Semi-squatting. Birth Stool. Leaning on Birth Companion. Supported Squat.
- Leaning on Birth Companion**

Bonding

Mother or Birth Companion receives baby if desired. Mom removes any obstructing clothing or fabric and baby is put directly on abdomen or chest, under a warming blanket, for skin-to-skin bonding with Birth Companion participating
 Baby is put to breast for first feeding. Bonding Continues

Birth Companion's Birthing Prompts

A good pastime between uterine surges is the reading of humorous material. Laughter relaxes the pelvic area and helps to focus on the downward motion within the mother's body

These are the suggestions the Birth Companion will use—softly and at random.

Between surges during thinning and opening phase

- Assume relaxation, drift away into relaxation
- Every muscle limp and at ease; feel the calm and peace
- Body limp with total relaxation and peace
- Turn your birthing over to your birthing body
- Relax and trust your body to know what to do
- So calm; so comfortable; so at peace
- Mother and her body, working in total harmony

During surges—said softly but with more emphasis and direction

- Body totally limp; go with your breathing
- Trust your body; long, deep breaths
- Fill the balloon; give it a color; fill it higher; higher
- Breathe up, up, up; fill that balloon—SLOW breath up
- See your soothing color and go deeper into relaxation
- Body limp; arms limp; legs limp
- Breathe up only from your birthing body
- Opening with each new sensation
- Body limp; shoulders limp; chest relaxed
- Breathe one long breath; work with your baby
- Baby and mother working together
- Long, slow breath up
- Release and relax downward now

During Birth Breathing—lovingly

- Breathe love down to your baby
- Breathe your loving energy down to the baby
- Mother and baby working together to bring this miracle
- Clear the path; make it smooth and easy
- Follow the lead of your baby and body
- Open the path for your baby
- Nudge your baby gently down to birthing
- See the petals of the blossom opening gently
- Body following your baby's lead
- Gently, softly, breathe love down to your baby
- Path now open and smooth
- Baby slips down and out, easily, smoothly