

Strengthening Partnership **thru Birth Skills**

Achieving a better balance

Midwives & Magic:

Beliefs & customs concerning motherhood still survive....

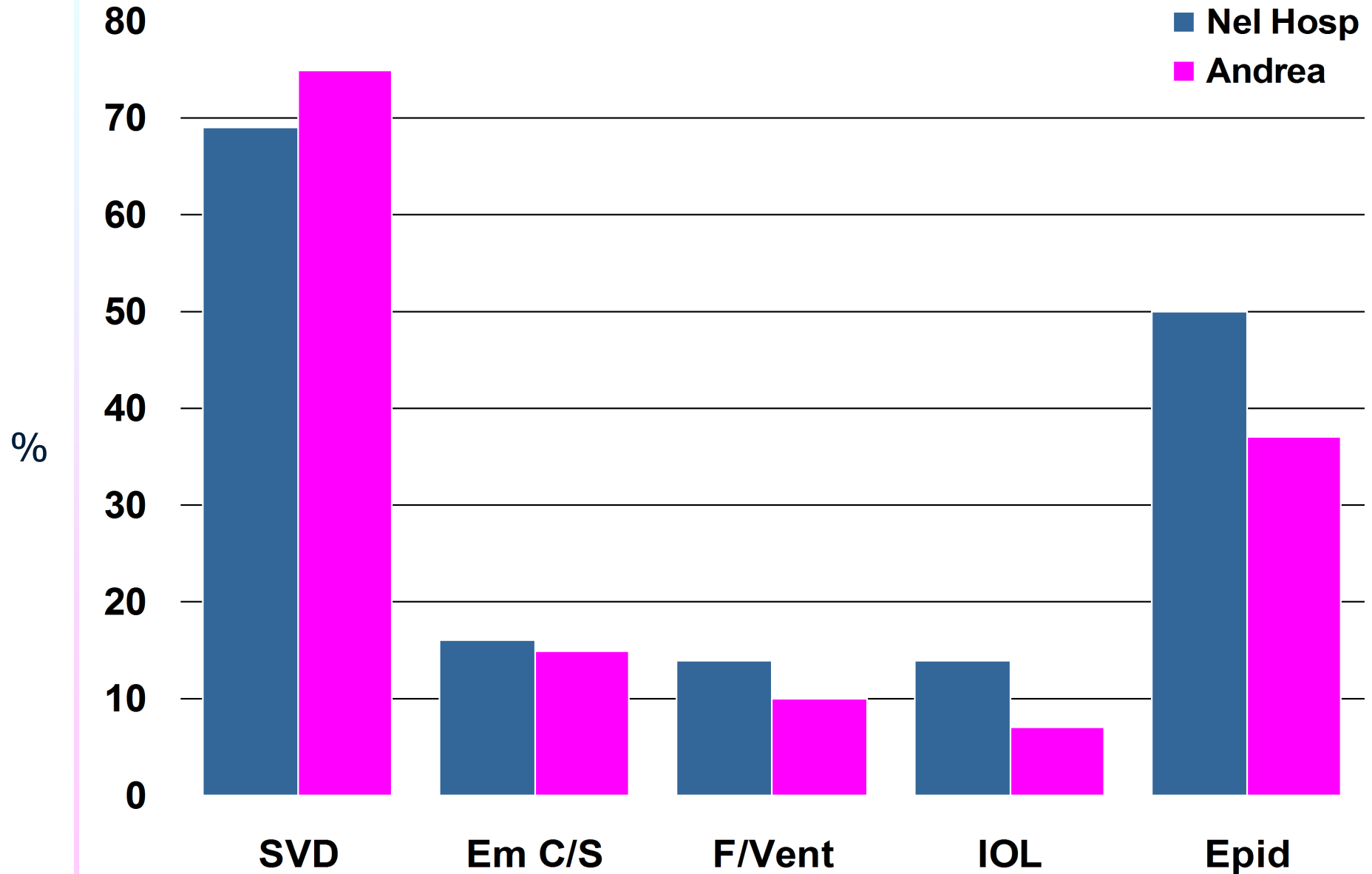
There was a belief that a midwife had certain powers which enabled her, in an emergency to arrive in time for the birth....

....One story was told of how a young husband went, at night, to fetch the midwife who was in bed. She told him to go home and that she would be with the wife in time for the birth.

He returned by the shortest route. When he reached home he found the midwife at her post. Asked how she had travelled she replied that the broomstick was still the best method of transport.

Evening Post: 15 Sept 1938

2000 Statistics



Here's How I saw it...

Midwives

- **Want women to have good birth outcomes**
- **Empowering birth experiences**

Midwives

- **Are experiencing more occupational fatigue**
- **Fearful in the current climate of litigation and blame**

Women

- **Want positive birth experiences**
- **In doing so the women/midwife partnership is often too heavily weighted in responsibility onto the midwife**

Fathers often stood around not knowing how to help.

Choice:

Making 'choices as the only expectation for taking responsibility puts unnecessary pressure on all birth practitioners to 'provide' outcomes based on 'choices'.

2000....women weren't choosing what I would have chosen!

YOU GOTTA INDUCE HER, DOC! THE DUE DATE
WAS YESTERDAY AND IF THE BABY ISN'T
BORN BY TONIGHT, IT'LL BE A LEO!
A LEO!! AND WE'RE BOTH WATER SIGNS!



ASTROLOGICAL INTERVENTION



bringing skills to birth:

Pink kit - Hypnobirthing - Active birth -

Birth Information – there is an abundance of.

Facts however are not actions.

Choice of Birth – too often changes
...but then what?

Skills are always with you...give you the know how & adapt to every situation.

The

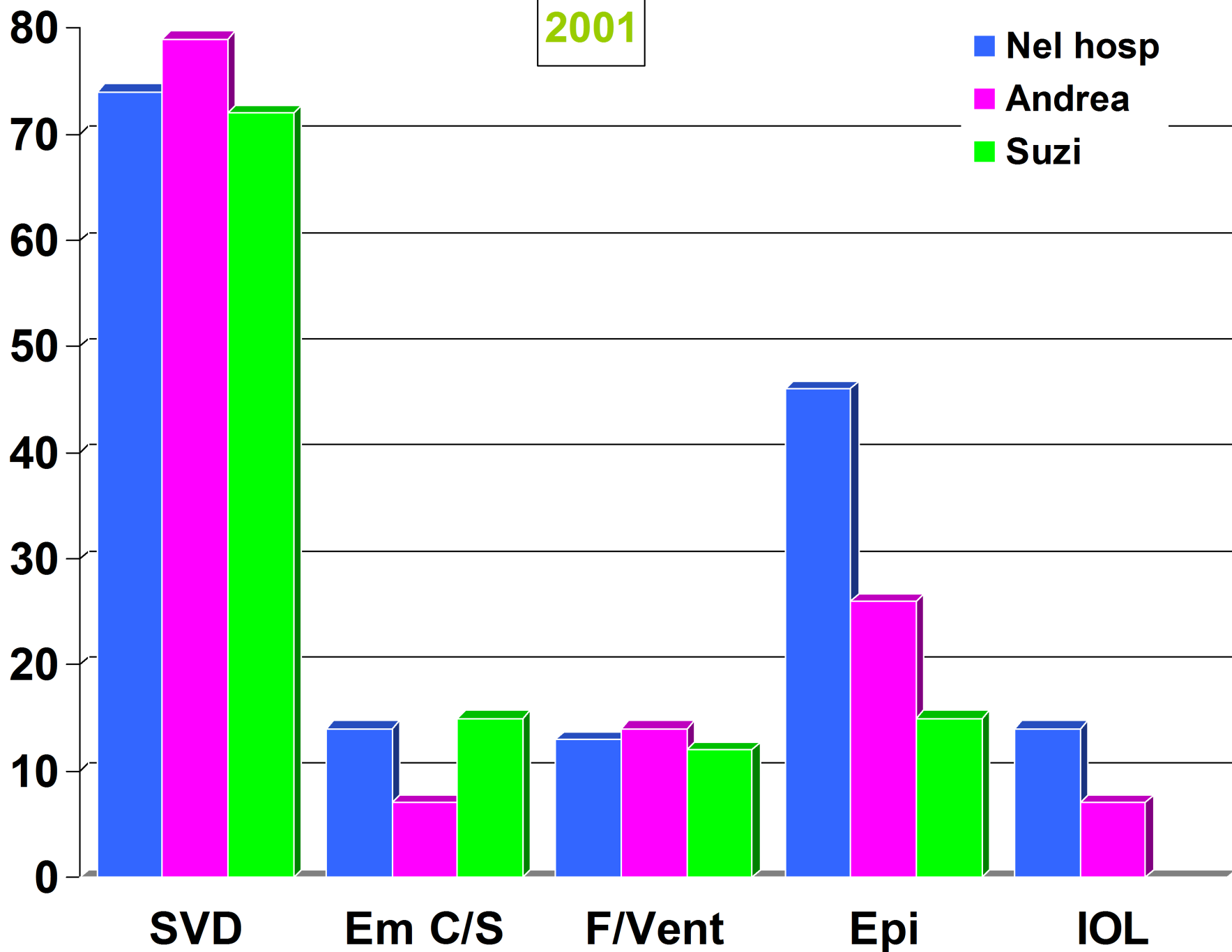
Pink

Kit

2001

Nel hosp
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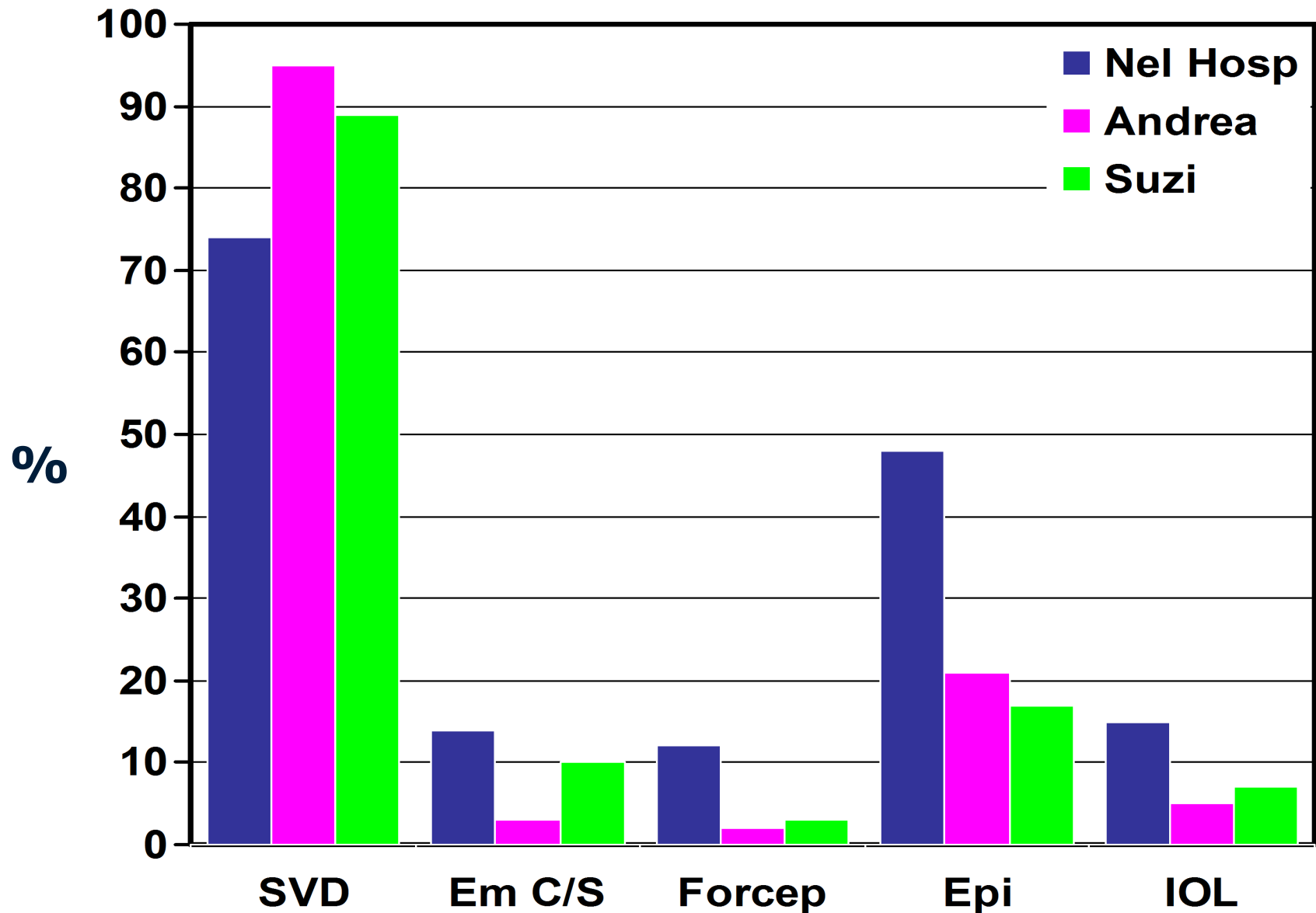
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It took time to.....

- ❖ stop trying to improve normal birth outcomes
- ❖ wake up to if women and partners, take skills to birth they self reduce intervention
- ❖ see with more positive birth experiences, there are many happy side effects only one of which is more normal births

2002 Statistics



Internal Work

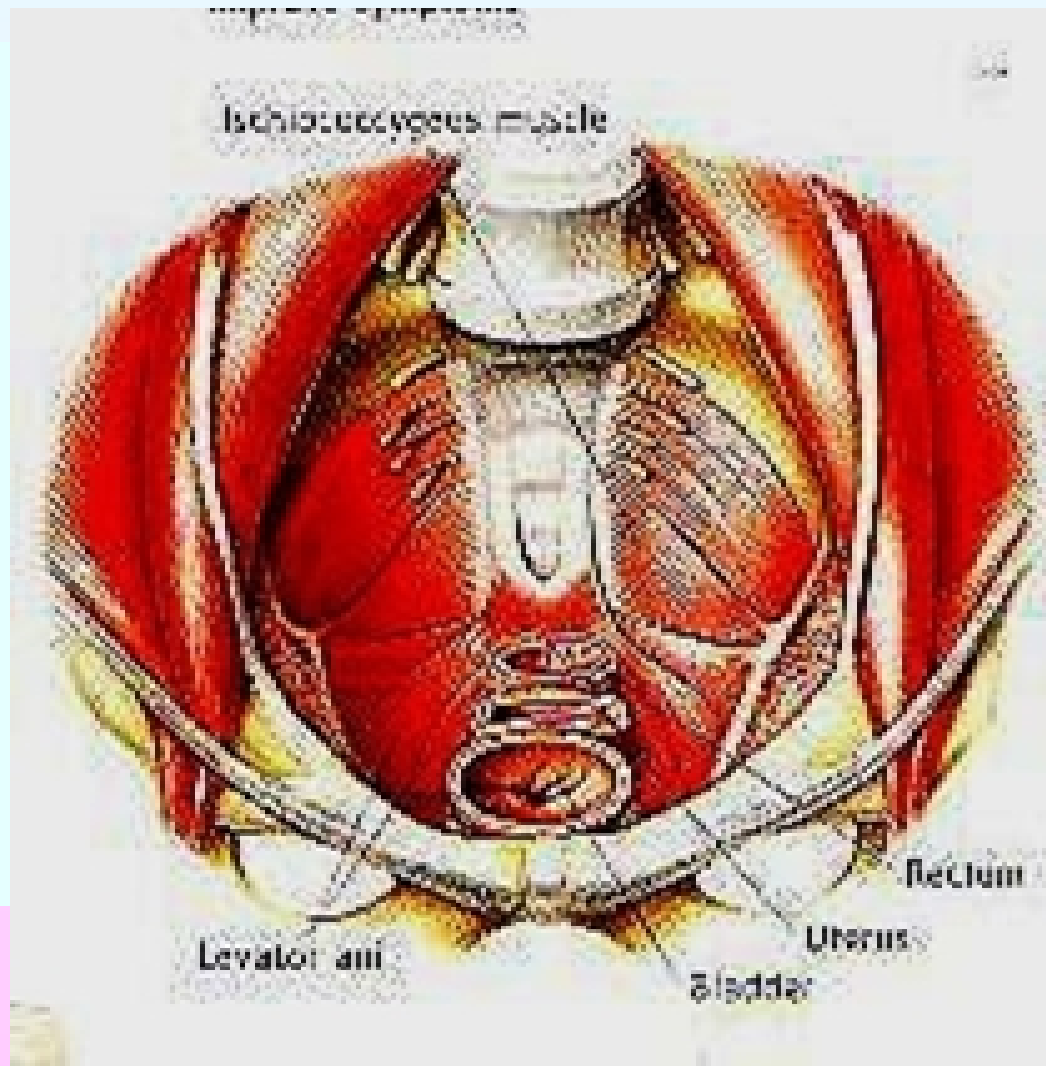
Massaging the vaginal wall muscles laterally and posteriorly in preparation for childbirth. It does not just involve the perineum.

Objectives:

To create more space in the mid pelvis and outlet.

To create less tension in the vaginal and perineal tissue.

To increase women's knowledge and confidence to deal with second stage.



Internal massage

Faster second stages

Less forcep and ventouse

Decreased incidence of perineal trauma

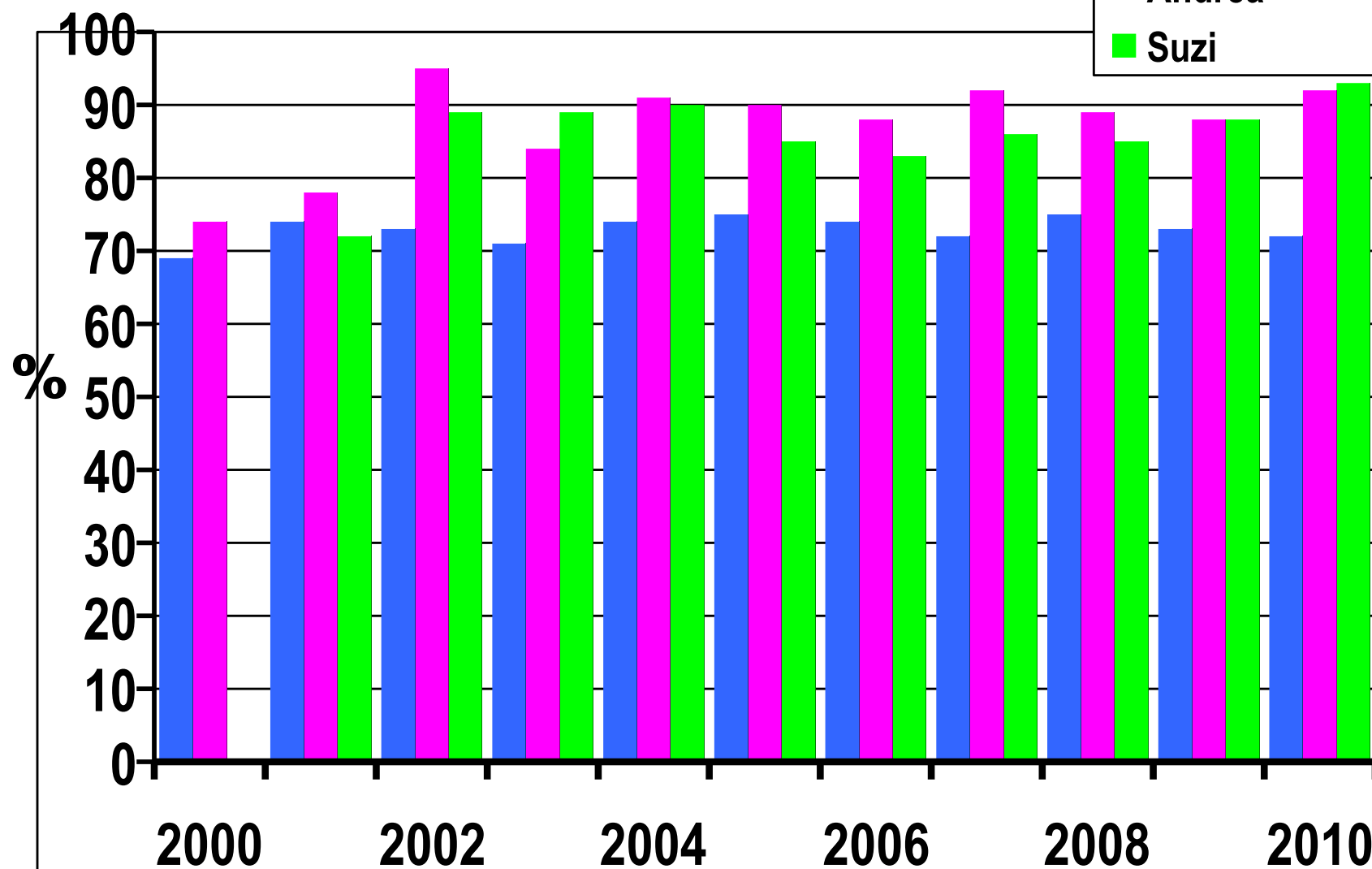
Less fetal compromise.

Less psychological trauma for women.

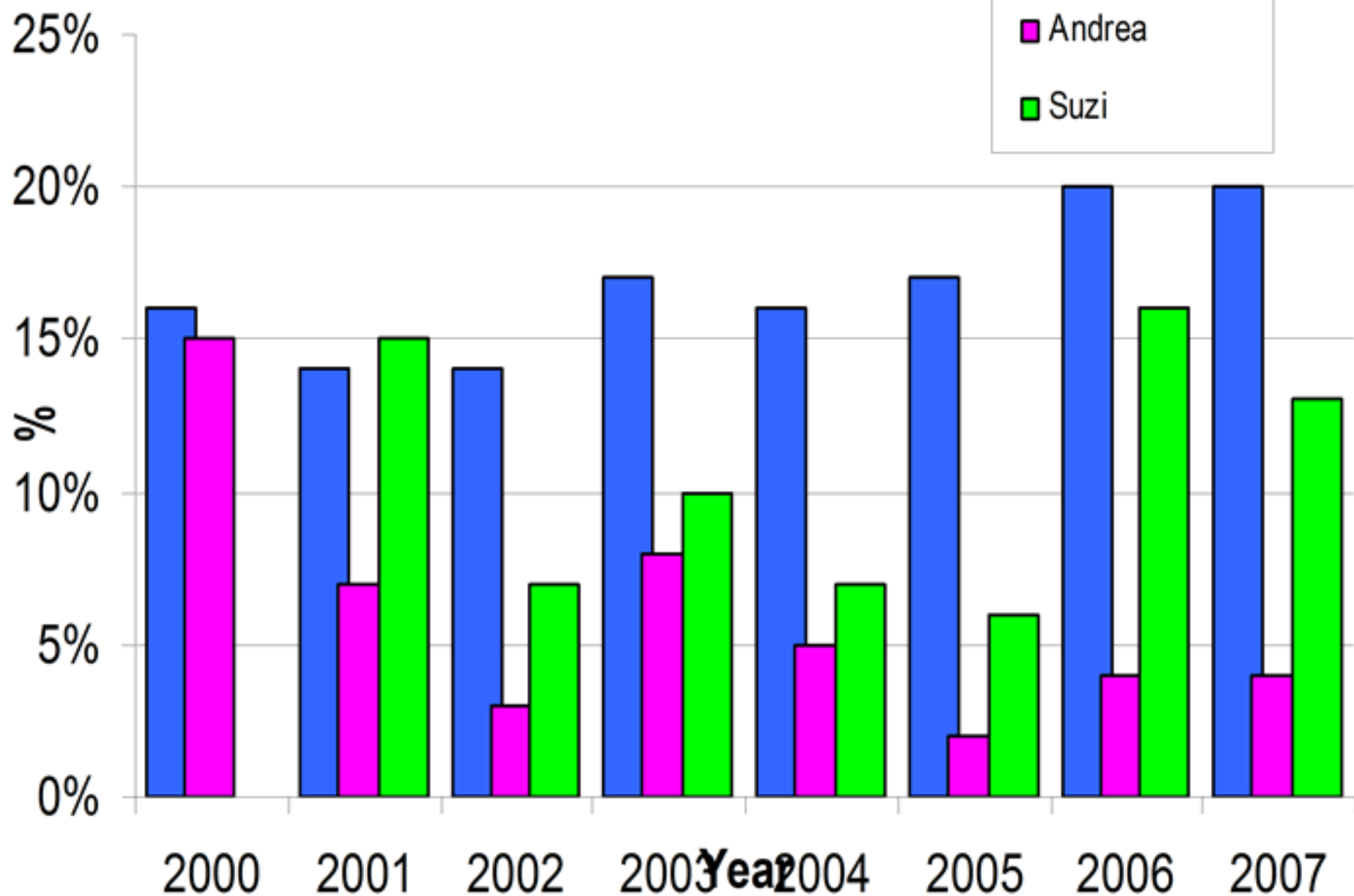
Factor that inhibit expulsive breathing in second stage:

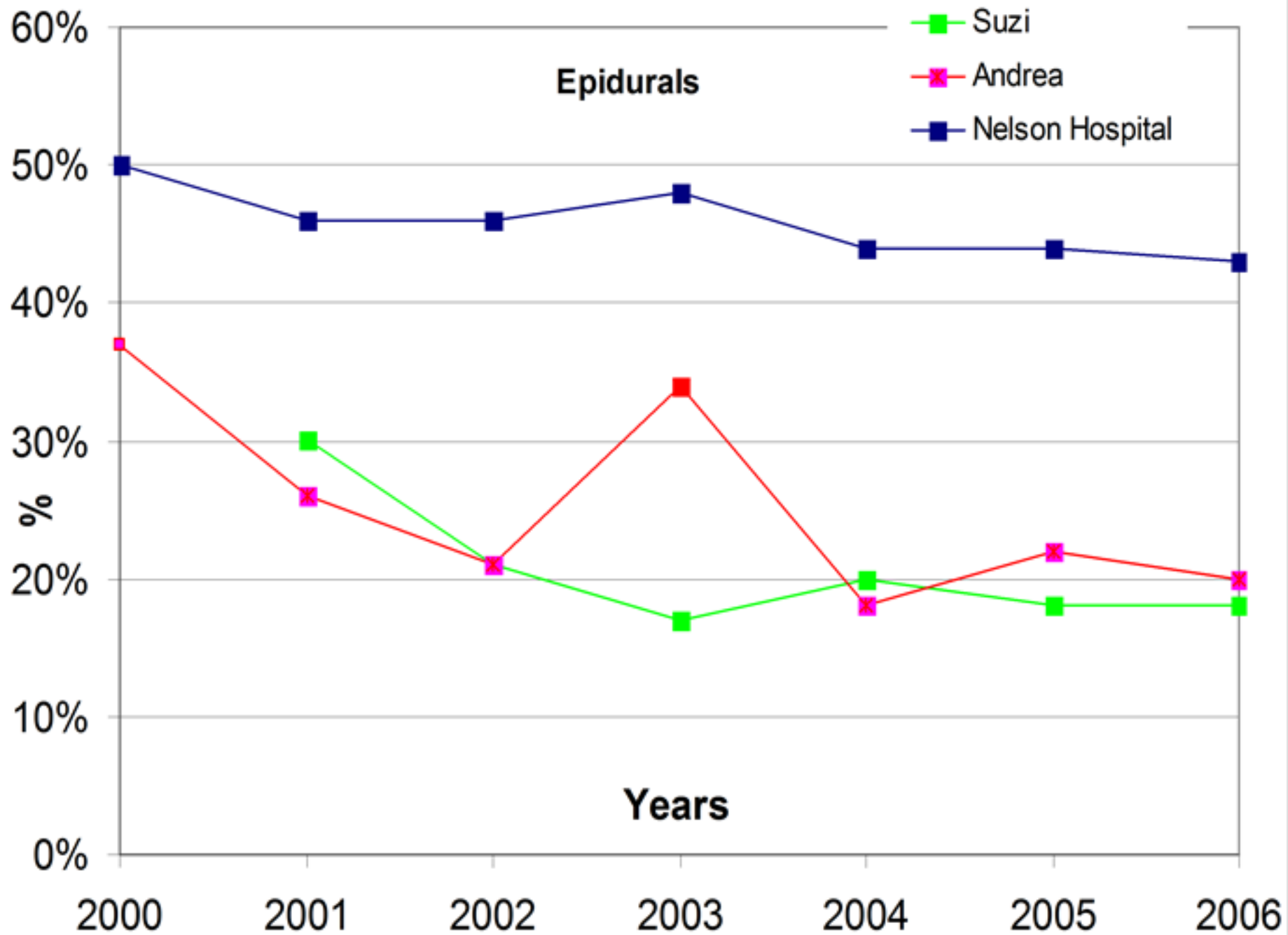
- Tension inside birth canal i.e. unable to relax soft tissue
- Baby a bit snug and inner tissue stretching
- Leaning forward and bending the baby's passage
- closing off the bottom of sacrum by sitting on it
- lying in an anti-gravity position (side & back)

Normal deliv 2000-2010



Emergency Caesareans





Every pregnant woman deserves the skills to know how to birth

Every expectant father deserves the skills to help his pregnant partner give birth

Birth will happen whether you have skills or not.

Skills give you the cutting edge ability to do the activity of giving birth well and in every situation.

YOUR BABY DESERVES YOUR SKILLS

Skilfully working with your baby's effort to be born will give you wonderful birth memories and free you to immediately parent with confidence.

(Wintergreen – Director – Commonknowledge Trust / Pink Kit)

You have the control & choice to relax and reduce tension:

The ***conscious*** tightening in response to pain

The ***unconscious*** tension not in awareness until pointed out

The ***structural*** tension of soft tissue which affects pelvic bone mobility

The ***stretching*** tension caused by baby stretching soft tissue

SKILLS

using skills throughout women will self



-reduce all interventions!

Skills

homeopathy

Pethidine

Shiastu

Entonox

acupressure

Epidural

acupuncture

TENS

massage

water

Why Dad's should be hands on:

- Men's greatest fear is being laughed at/made a fool of.
- At time of birth – men experience highest oxytocin level – so best window for making an emotional connection with baby
- if father involved in child's life for first year = more likely to stay involved for rest of life
- 80% of prison inmates have absent fathers

The Happy Side-effects: For Midwives

Skills = common
language

Common language =
less stress over which
midwife

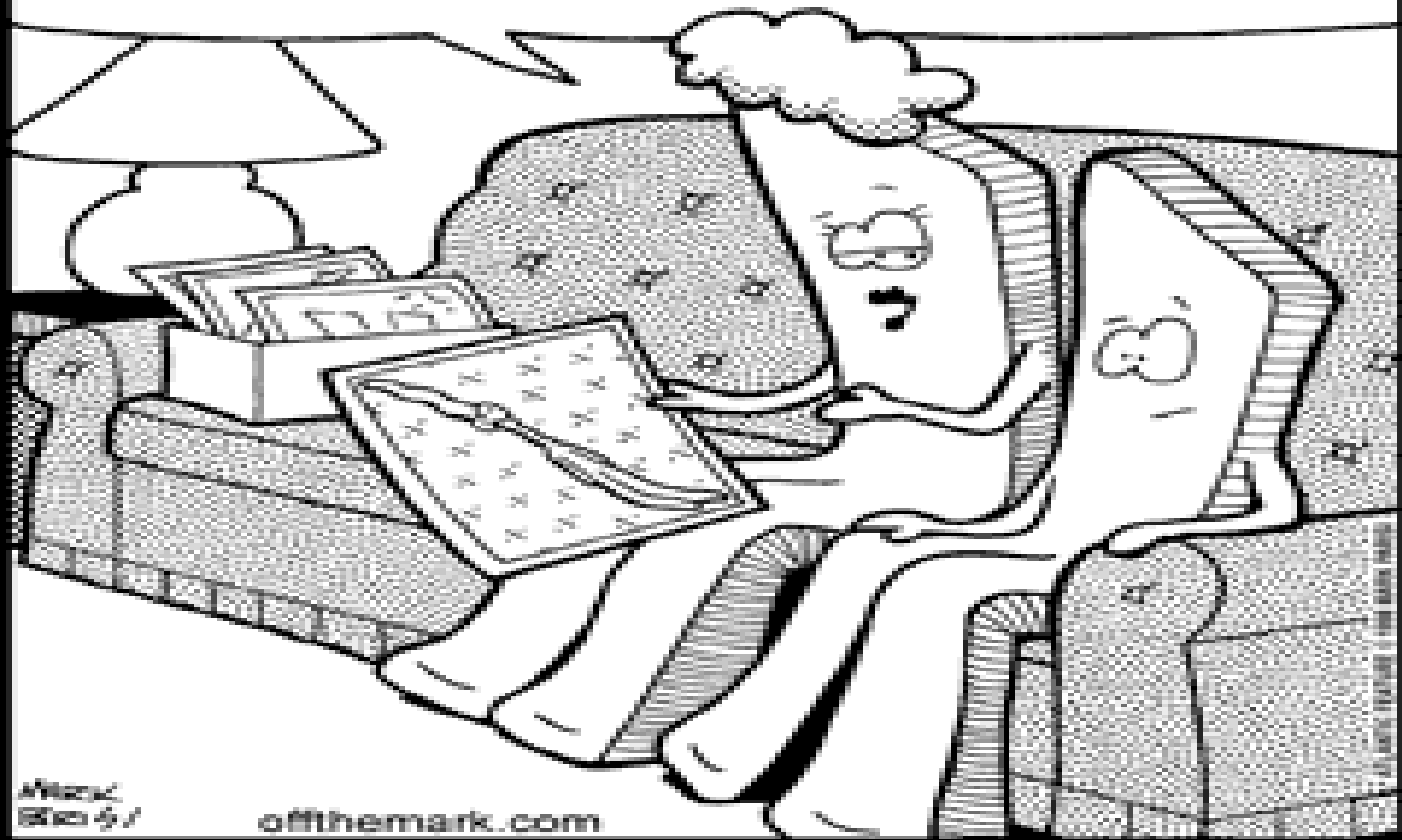
Sharing skills=more
balanced partnership

Skilled birth population
=supports midwives

Less negative feed-back



...AND THIS ONE WAS TAKEN THE DAY YOU WERE BORN...IT WASN'T EXACTLY WHAT I'D CALL AN EASY DELIVERY...



- Breathe in thru nose & out thru nose/mouth
 - breathe more deeply
 - let go any tension on exhale
 - slow breathing down
 - bring the sounds down (if rising up)
- * support person can touch where needing to relax & model the breathing



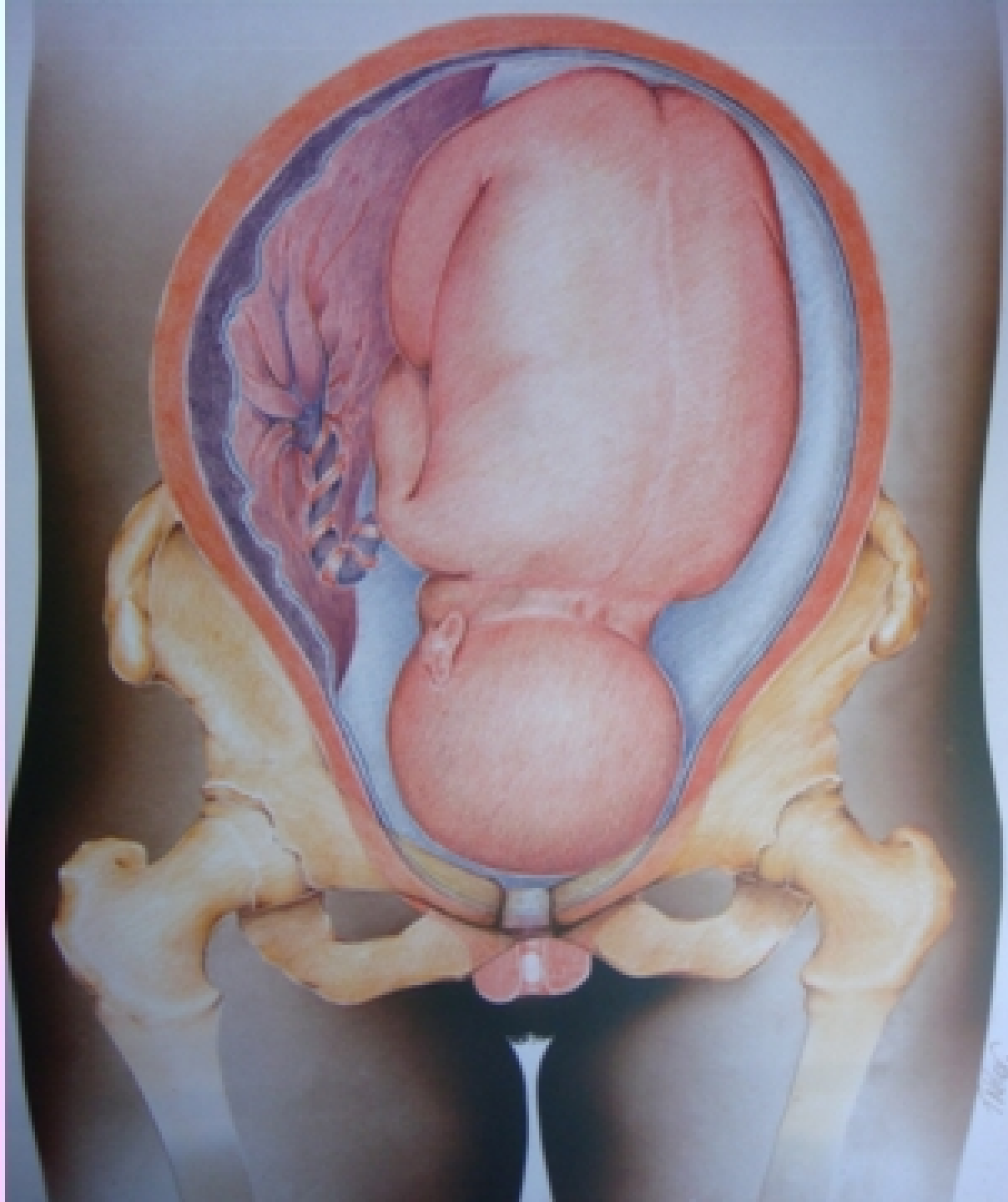
Pelvic Clock:

Internal relaxation =
labour contractions more
effective

Tension can slow labour

Self-awareness of inner
relaxation can reduce
discomfort

Consciously using **Directed
Breathing** can assist
inner relaxation



Using the pelvic clock between contractions softens the pelvic inlet allowing a stuck baby to again move thru the birth passage.

Optimal birth space within our birthing body...

Soften & Open

- Hip lifts = more room side to side
- Sacral Manoeuvre = to move bottom of sacrum out
- Kates Cat = maintain sacral mobility
- Letting down reflex relaxation = anterior lip
- Thai massage = assist baby into pelvis

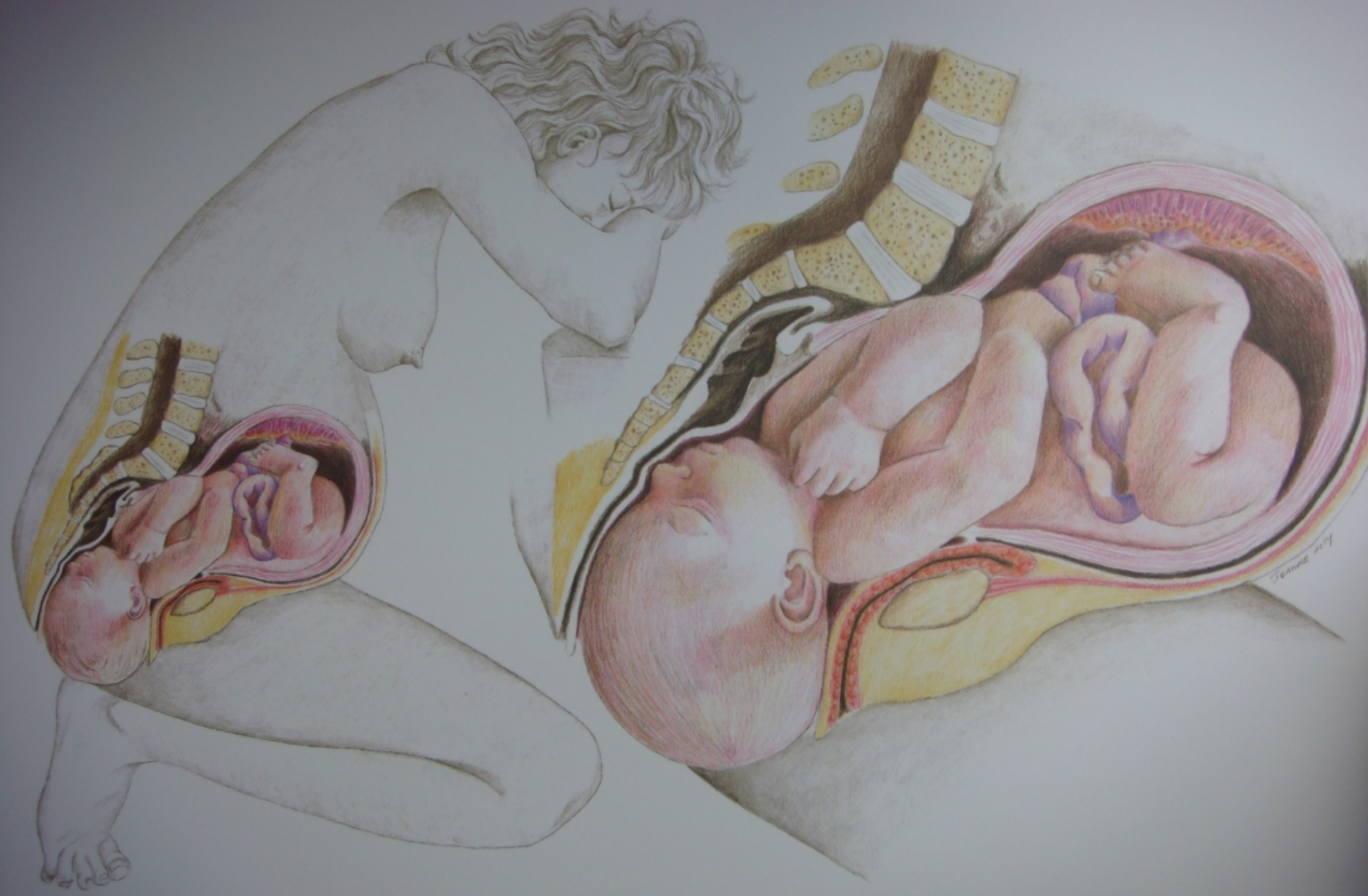


Effective positions:

The space within your pelvis
Can be optimised by learning
how to relax,
And choosing positions that
keep you open.

The position you take in labour can impact it positively or delay labour, by changing some type of tension or changing baby's alignment to the pelvis









"If we are to heal the planet

we must begin by healing birthing"

Agnes Sallet von Tannenberg