



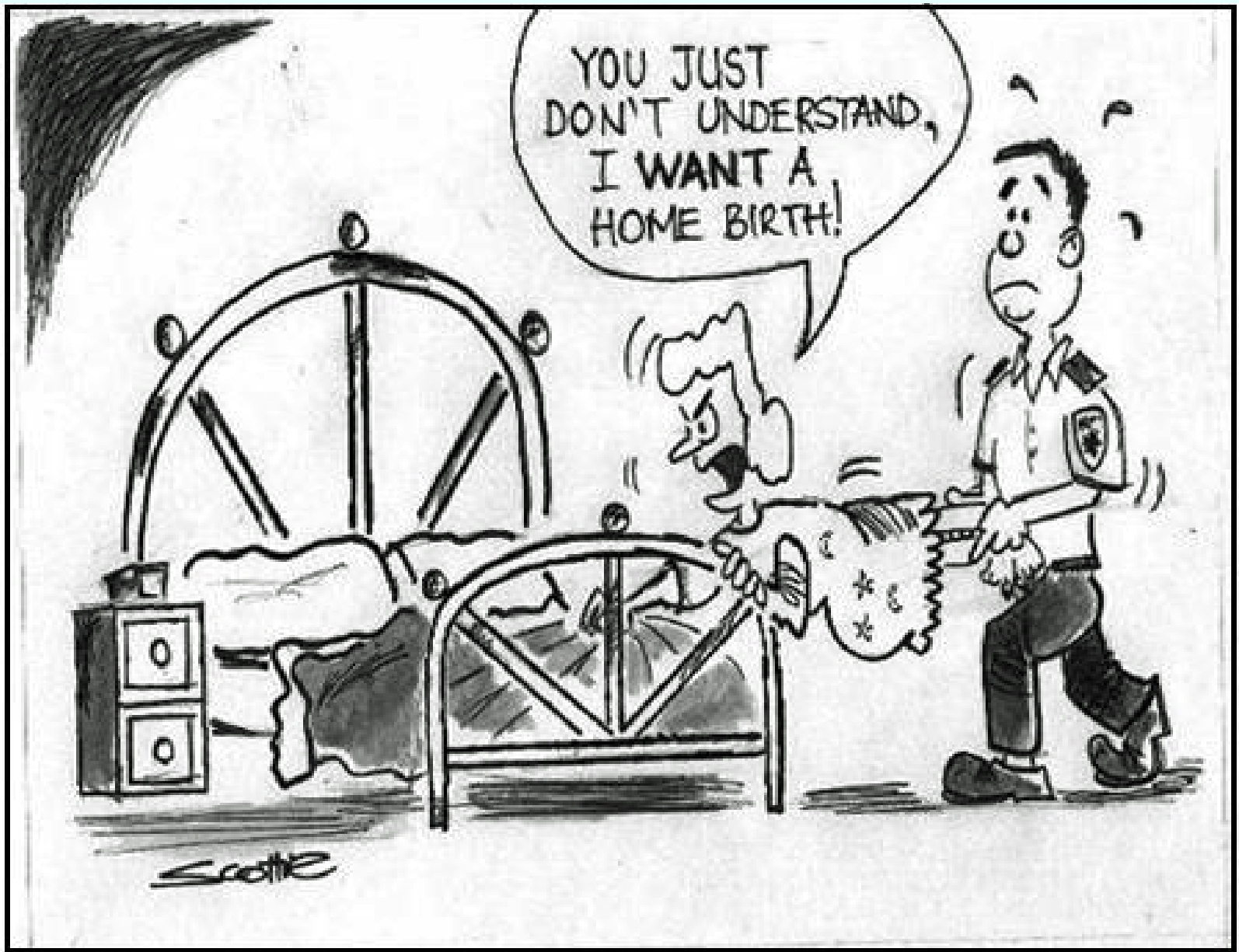
"If we are to heal the planet

we must begin by healing birthing"

Agnes Sallet von Tannenberg



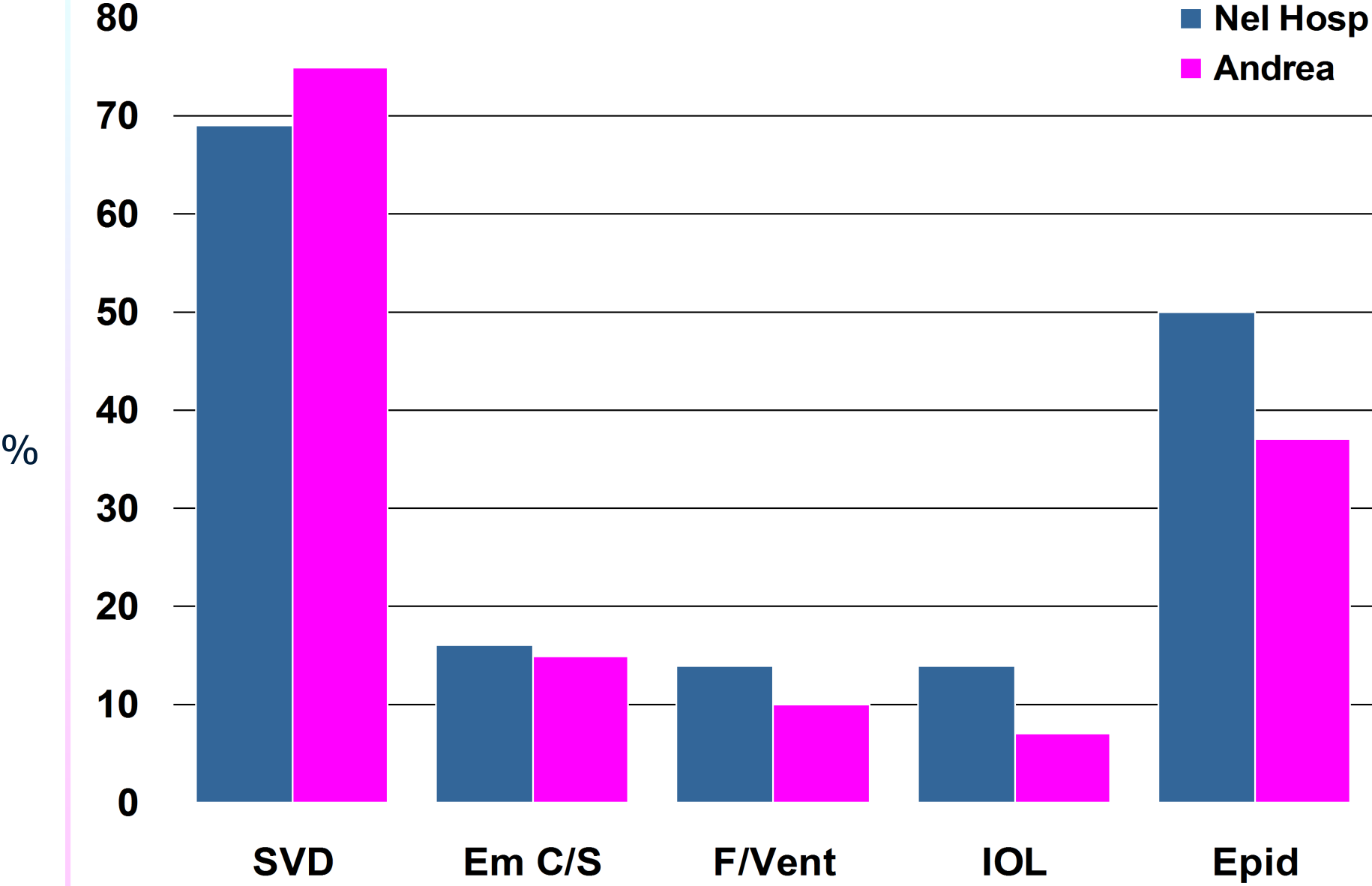
**Bringing skills to
birth**



YOU JUST
DON'T UNDERSTAND,
I WANT A
HOME BIRTH!

SCOTT

2000 Statistics



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

SKILLS

using skills throughout women will self



-reduce all interventions!

Skills

homeopathy

Pethidine

Shiastu

Entonox

acupressure

Epidural

acupuncture

TENS

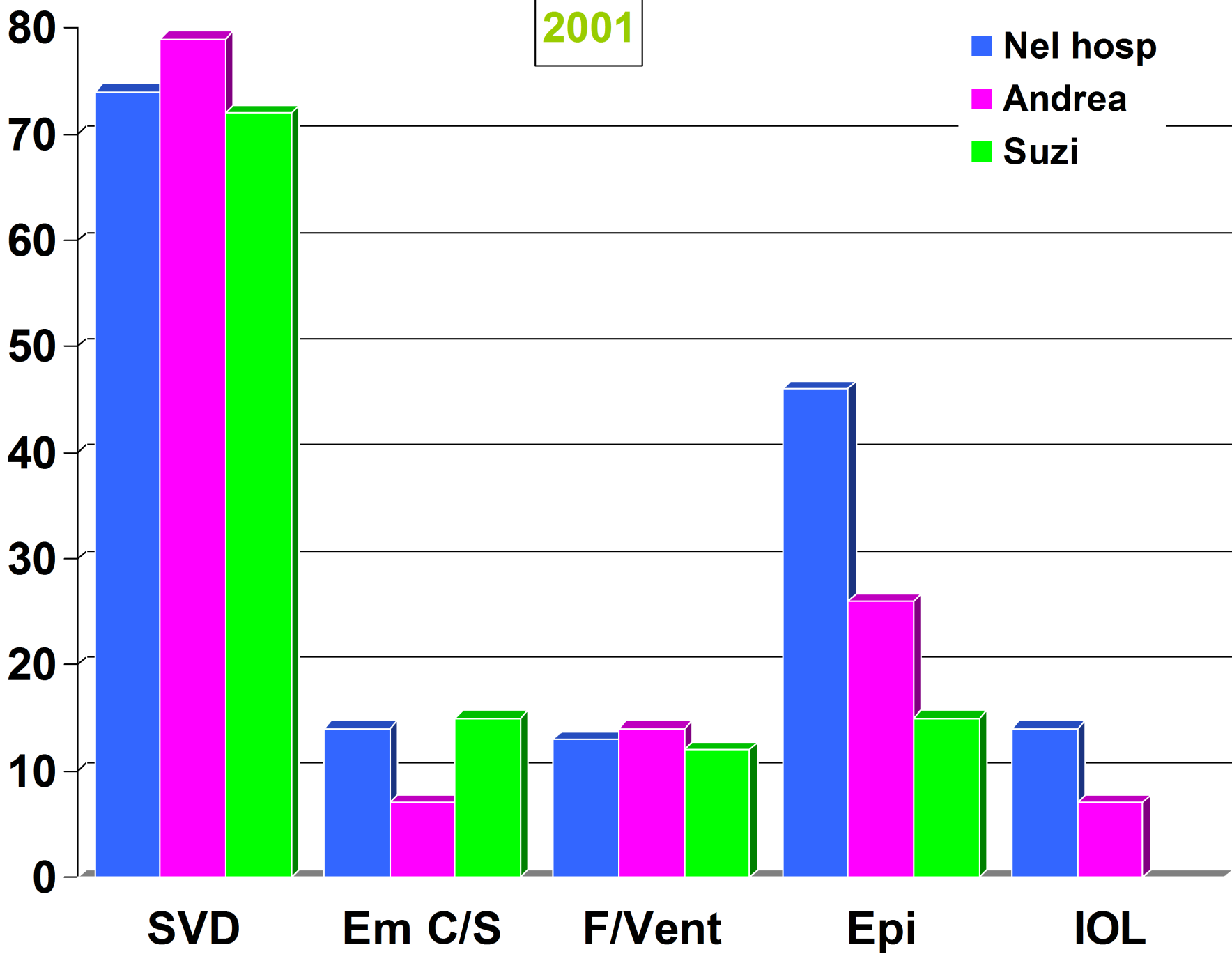
massage

water

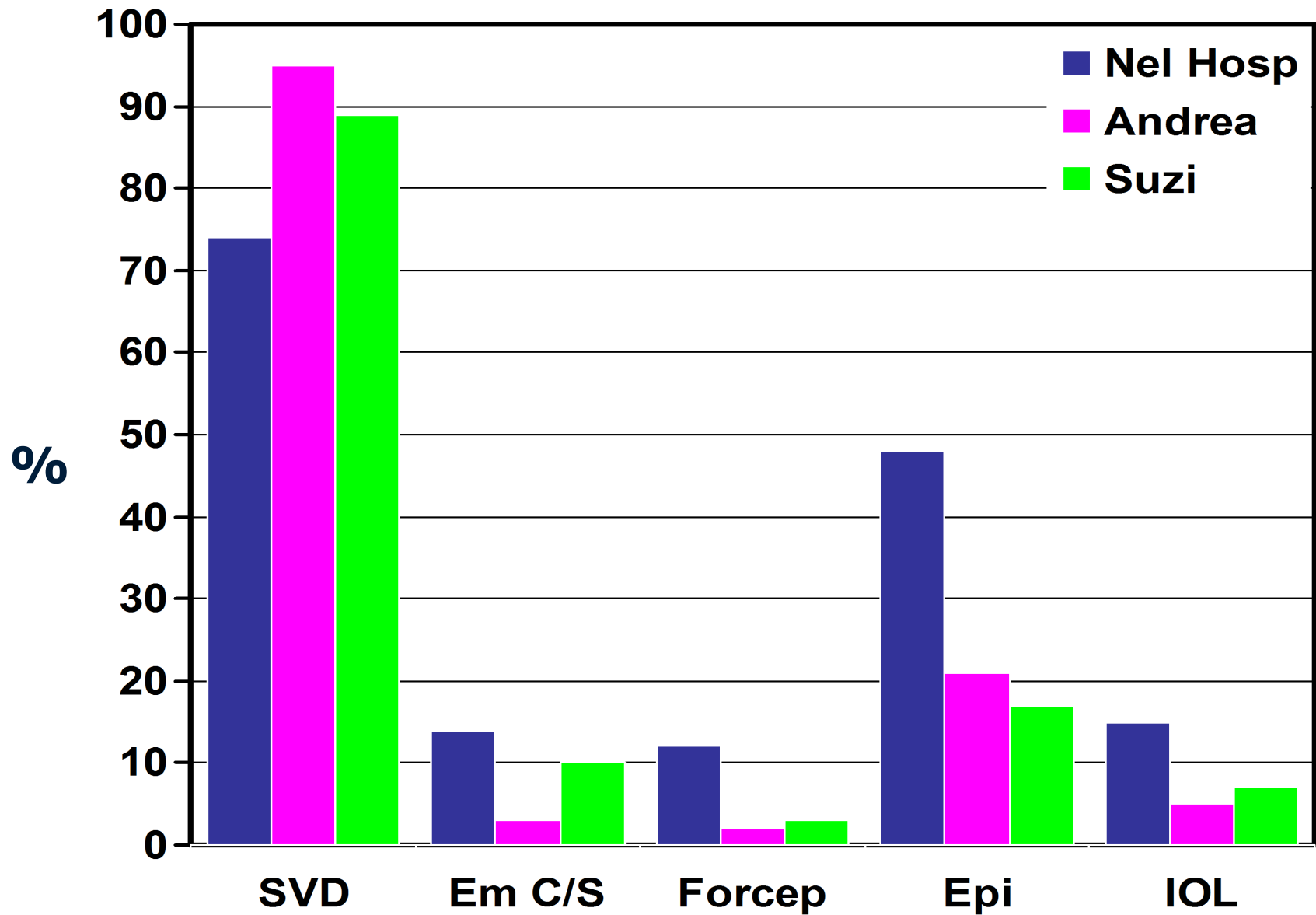
2001

- Nel hosp
- Andrea
- Suzi

%

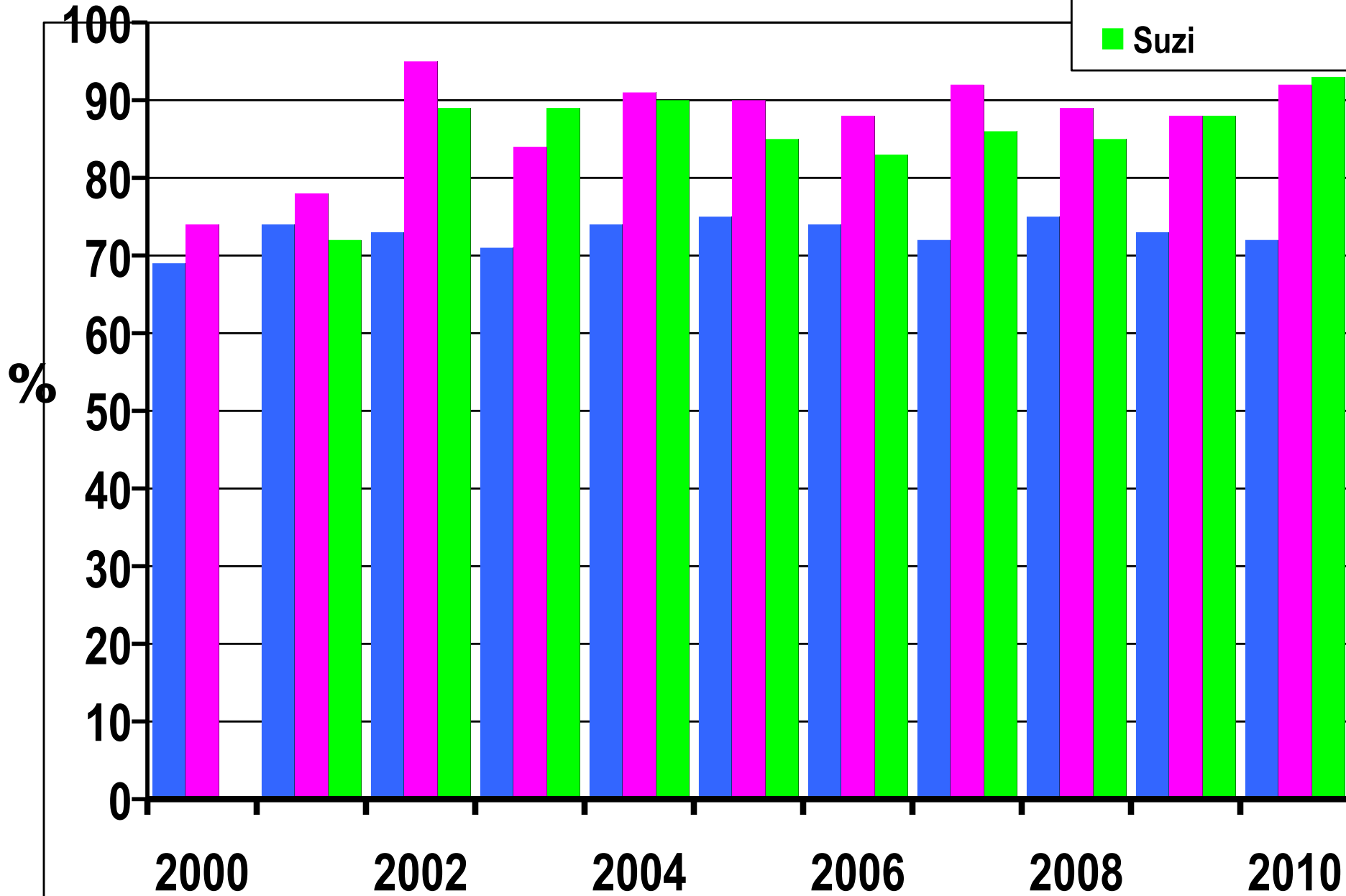


2002 Statistics



Normal deliv 2000-2010

- Nelson Hosp
- Andrea
- Suzi



Emergency Caesareans

Nelson Hospital

Andrea

Suzi

25%

20%

15%

10%

5%

0%

2000

2001

2002

2003

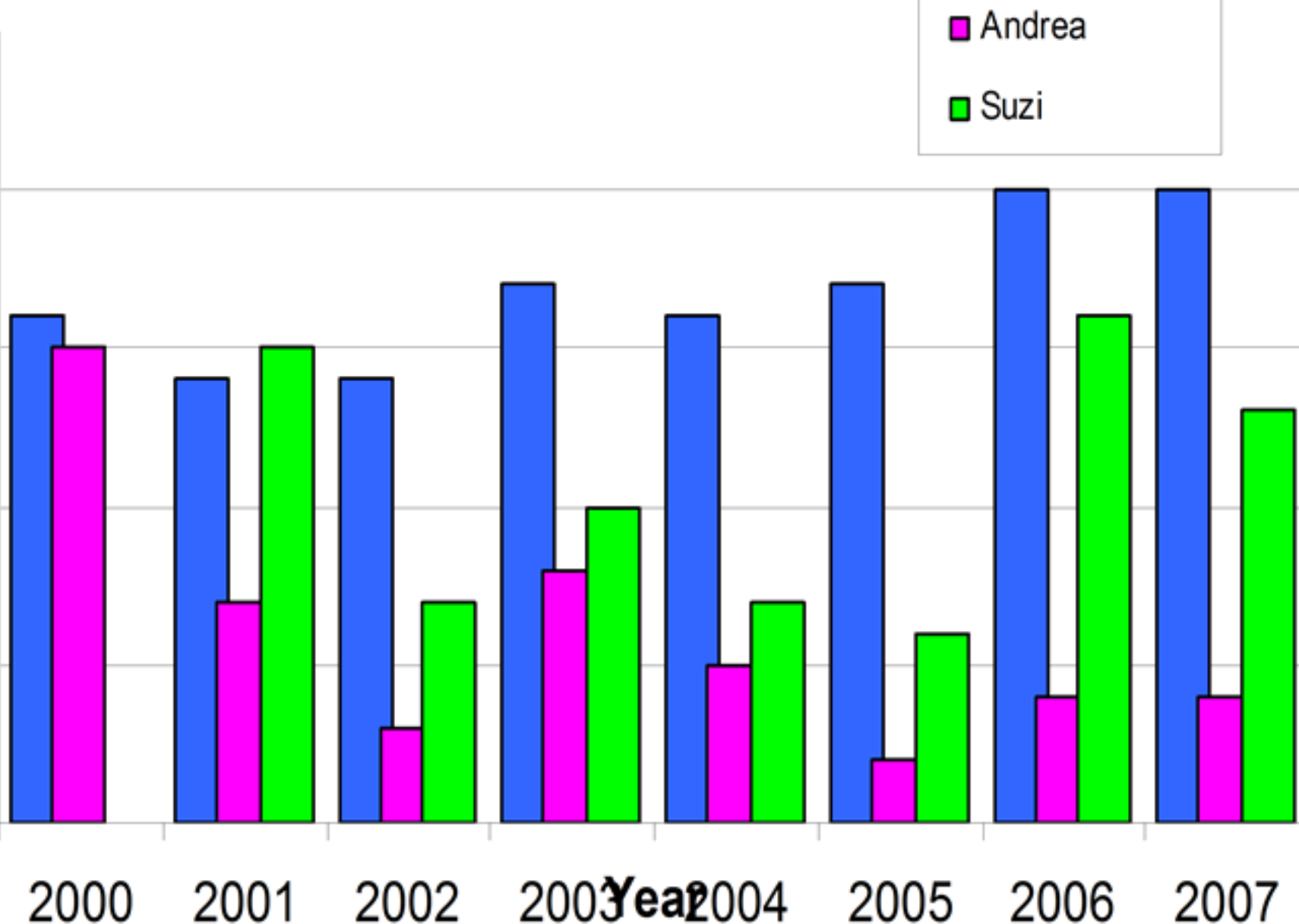
2004

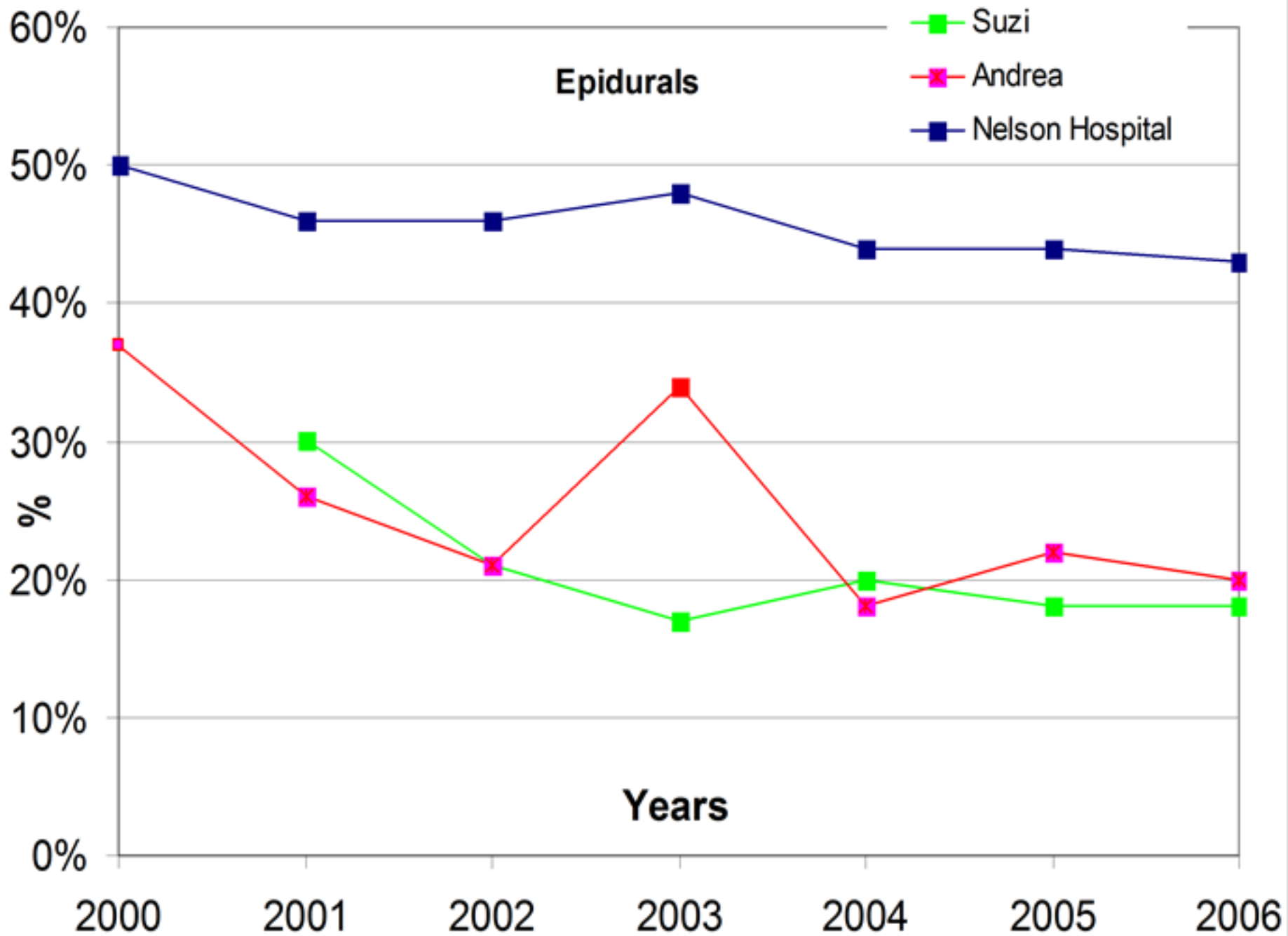
2005

2006

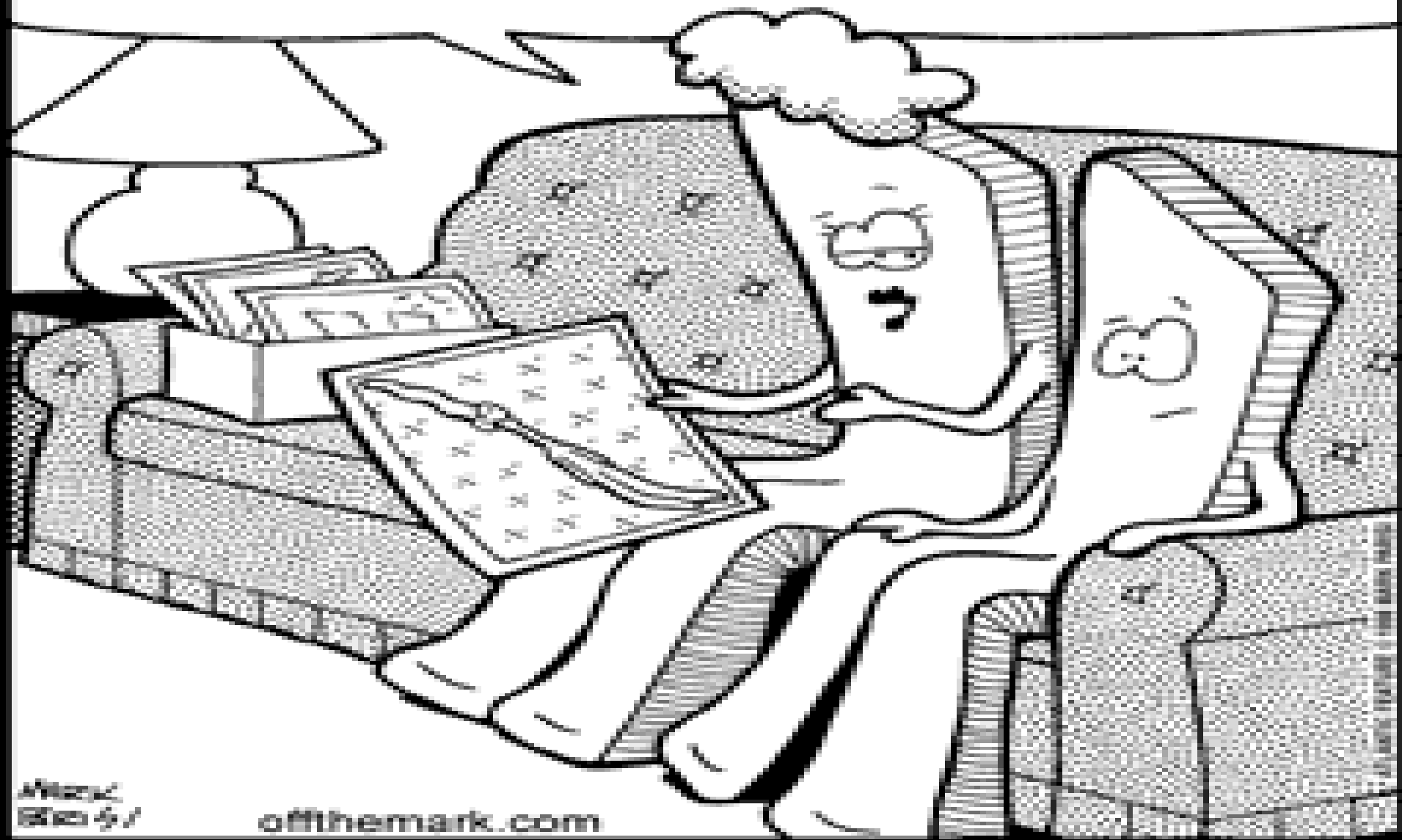
2007

Year





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



Directed Breathing:



- 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



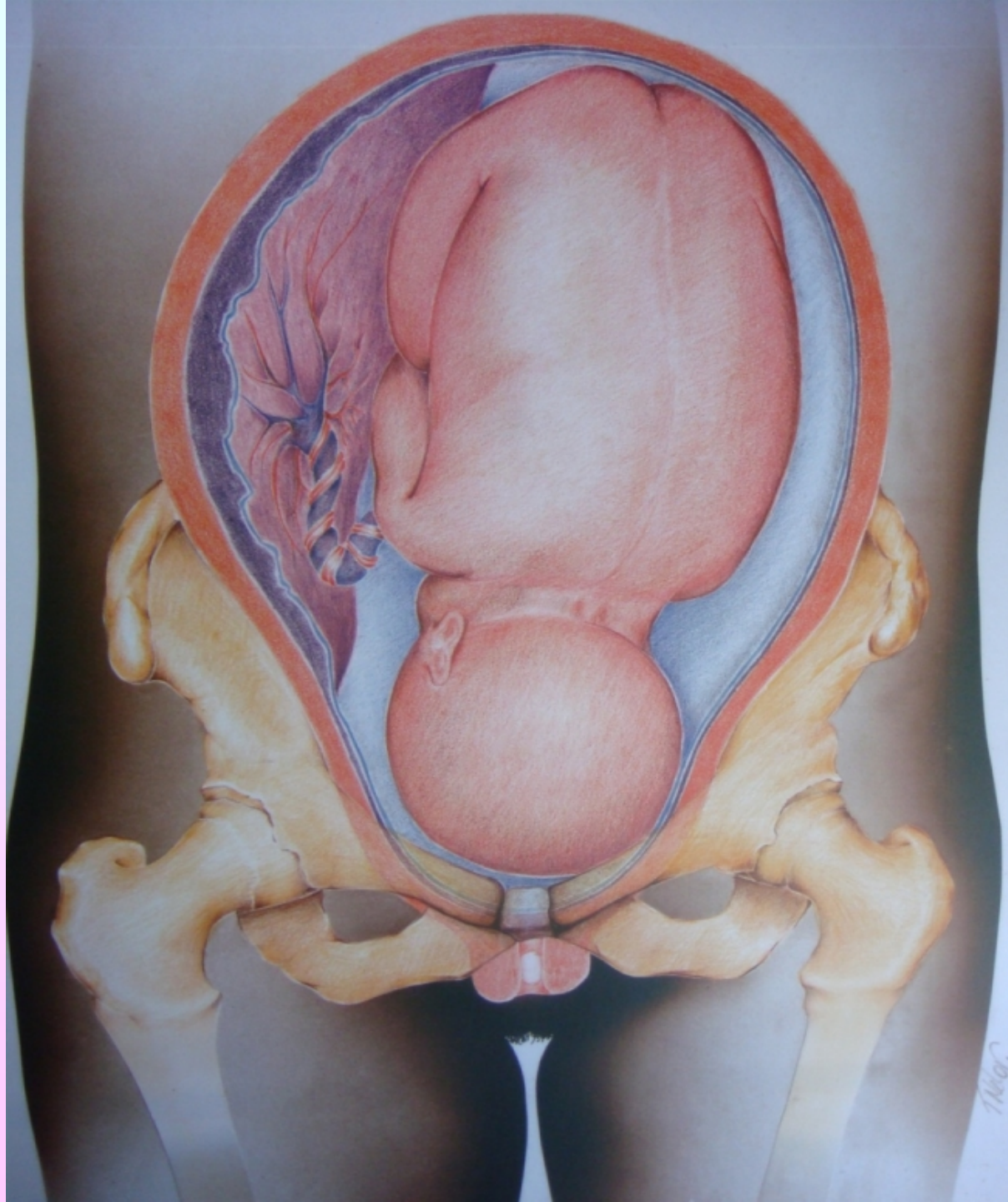
Pelvic Clock:

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



Internal Work

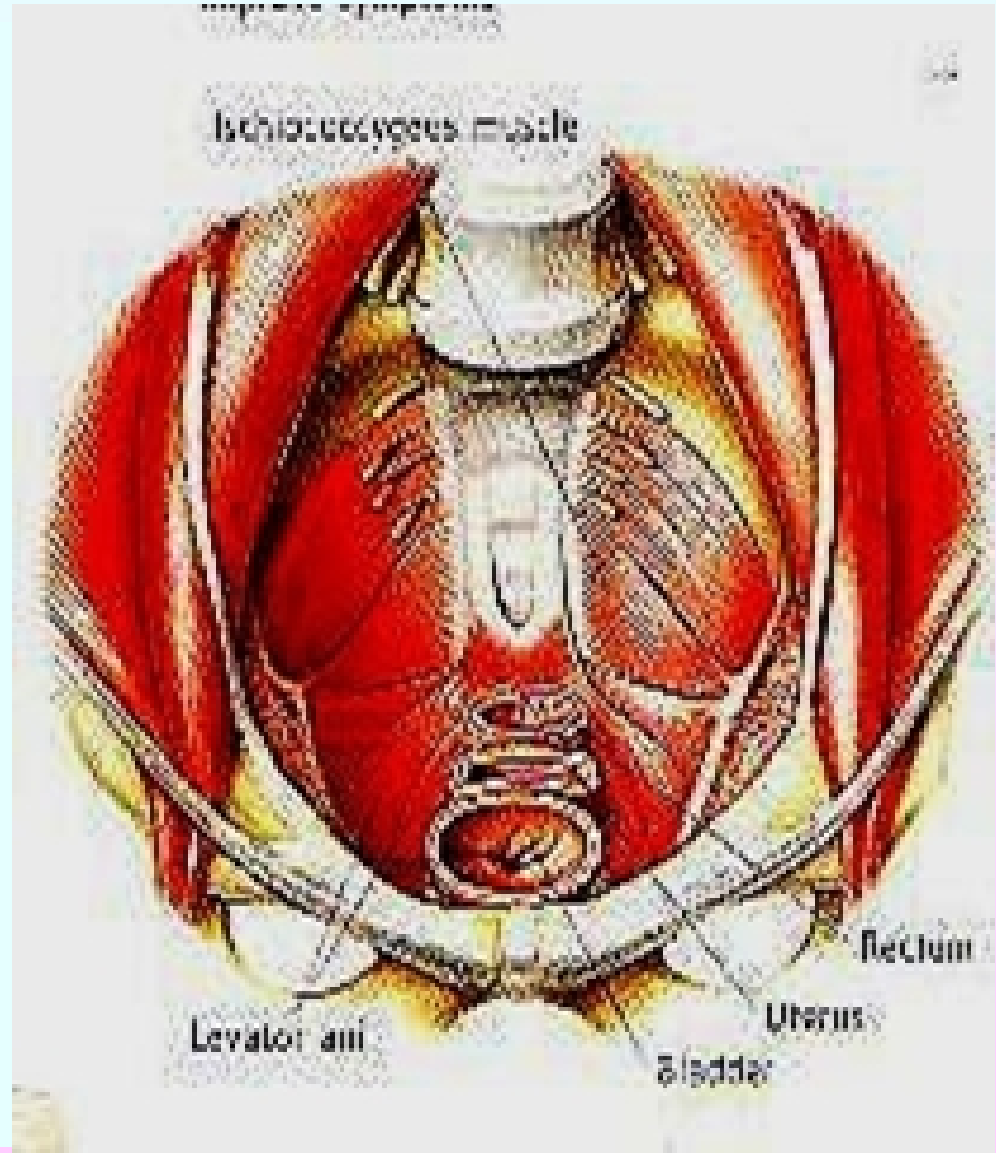
Massaging the vaginal wall muscles laterally and posteriorly in preparation for childbirth. It does not just involve the perineum.

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

Shorter second stages (keeps baby safer).

Less forcep and ventouse

Decreased incidence of perineal trauma

Less fetal compromise. (Keeps baby safer)

Less psychological trauma for women.



The

Pink

Kit