



"If we are to heal the planet

we must begin by healing birthing"

Agnes Sallet von Tannenberg



**Do we need to
develop
a skilled birthing
population?**

SKILLS

using skills throughout women will

self-reduce all interventions!

Skills

homeopathy

Shiastu

acupressure

acupuncture

TENS


massage

water

Pethidine

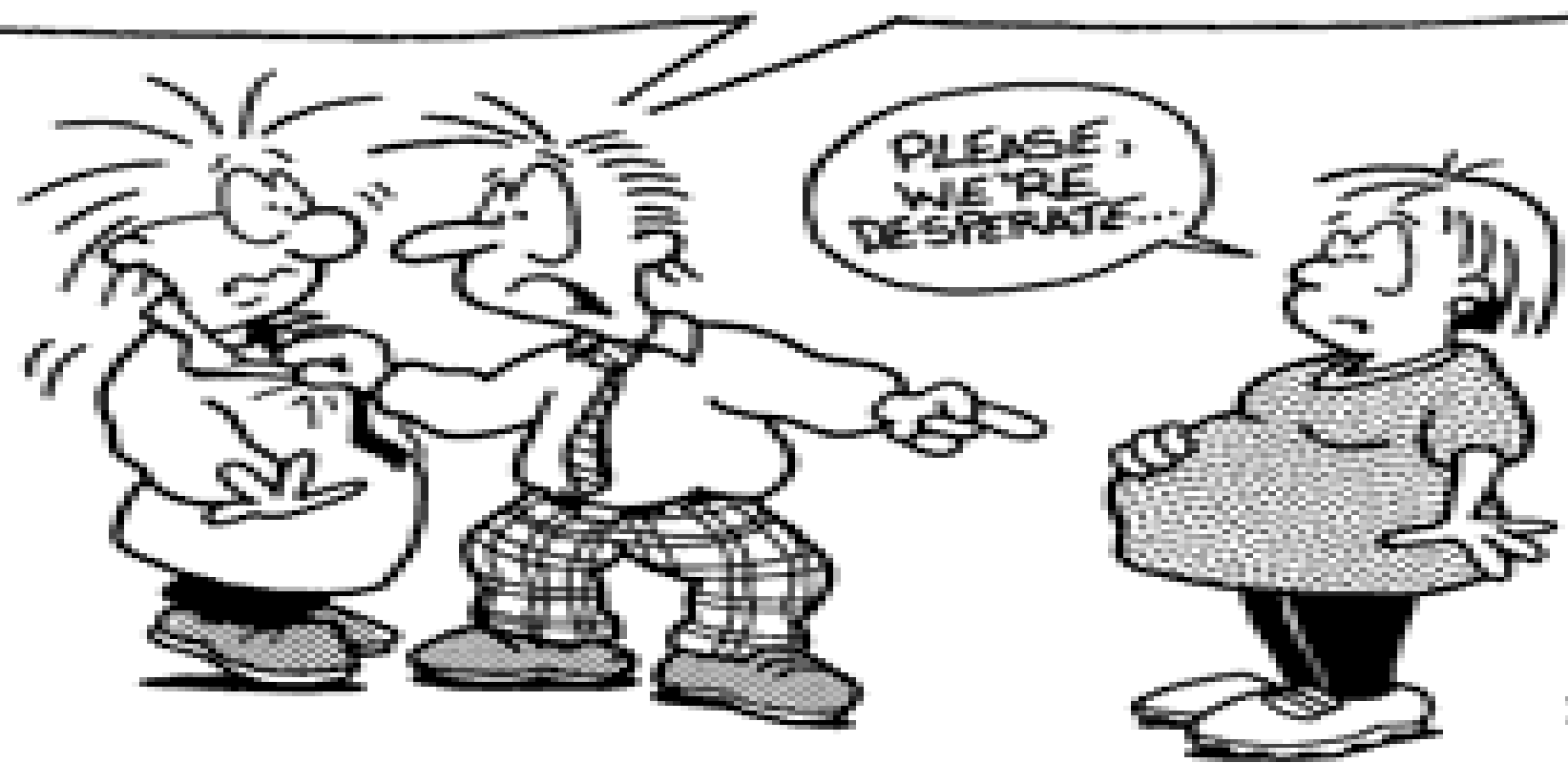
Entonox

Epidural

A photograph of a man and a woman in conversation. The man is on the left, looking down and slightly to the right. The woman is on the right, seen in profile, looking towards the man. The background is a blurred outdoor setting with trees and a body of water. A large, bold, dark blue text overlay is centered over the image.

“Arrogance and self-awareness seldom go hand in hand. You need to take the ego out of the equation.”

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!

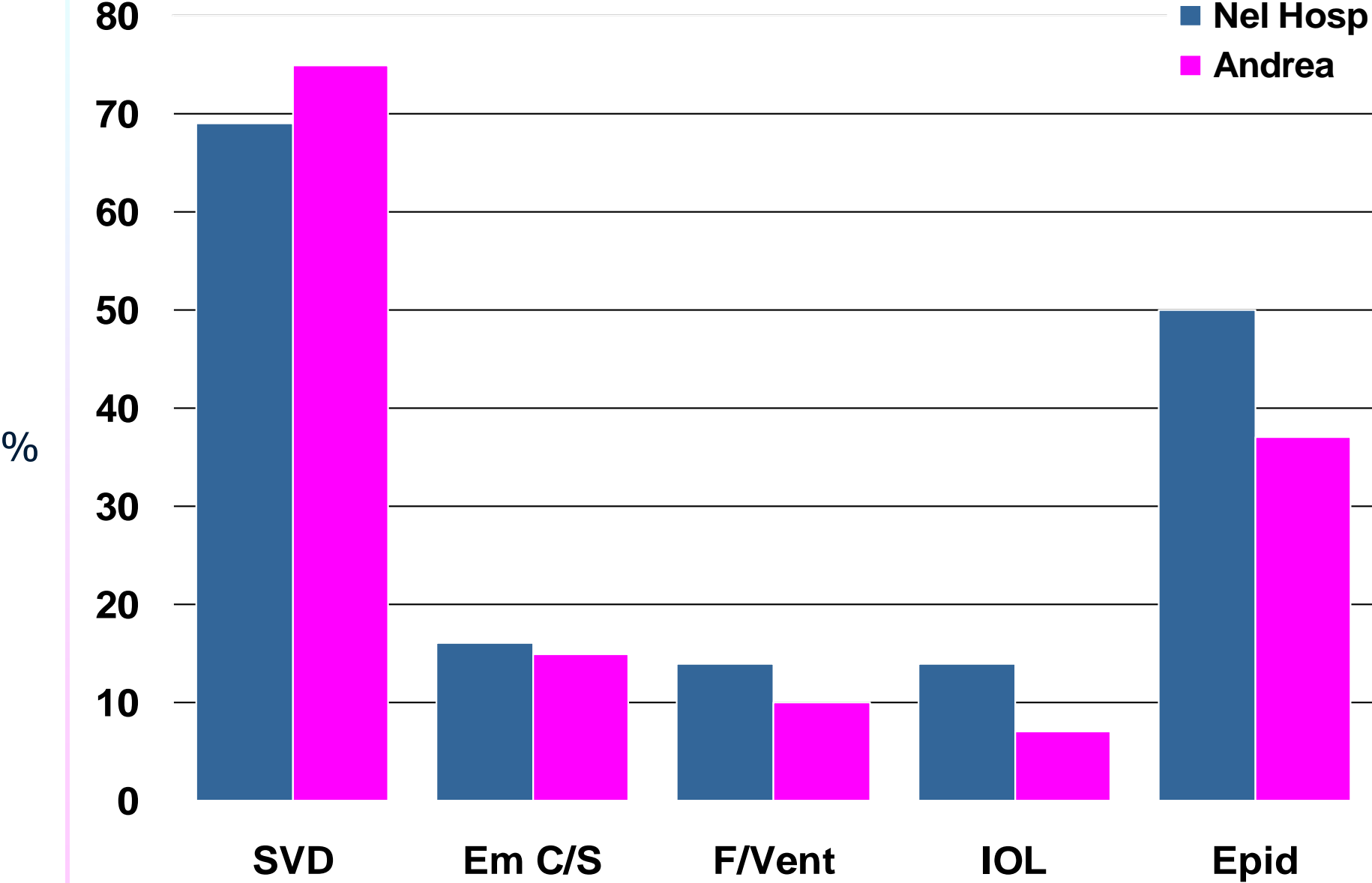


© 2004 CUFF THE MARK

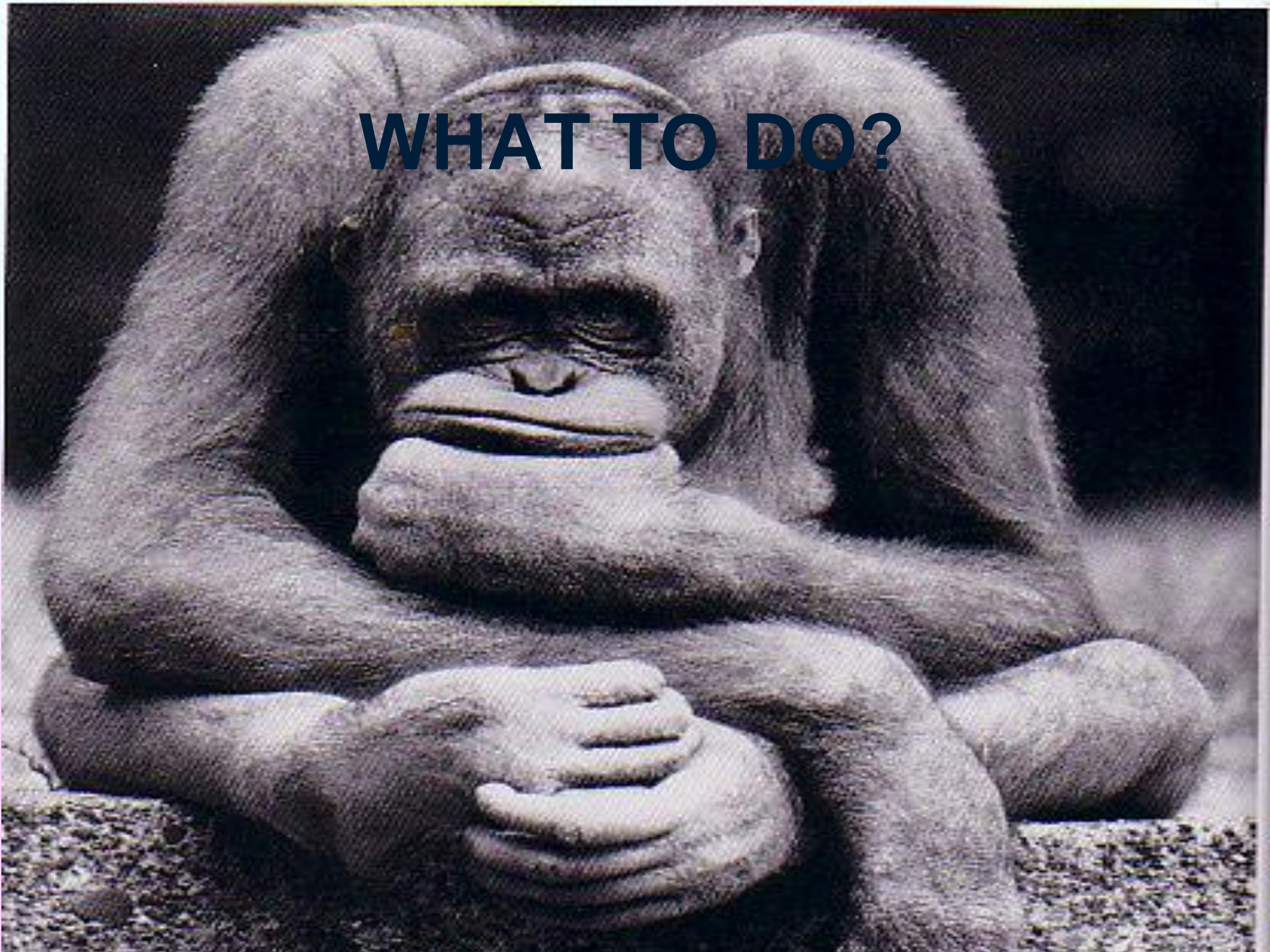
cuffthemark.com

ASTROLOGICAL INTERVENTION

2000 Statistics



WHAT TO DO?



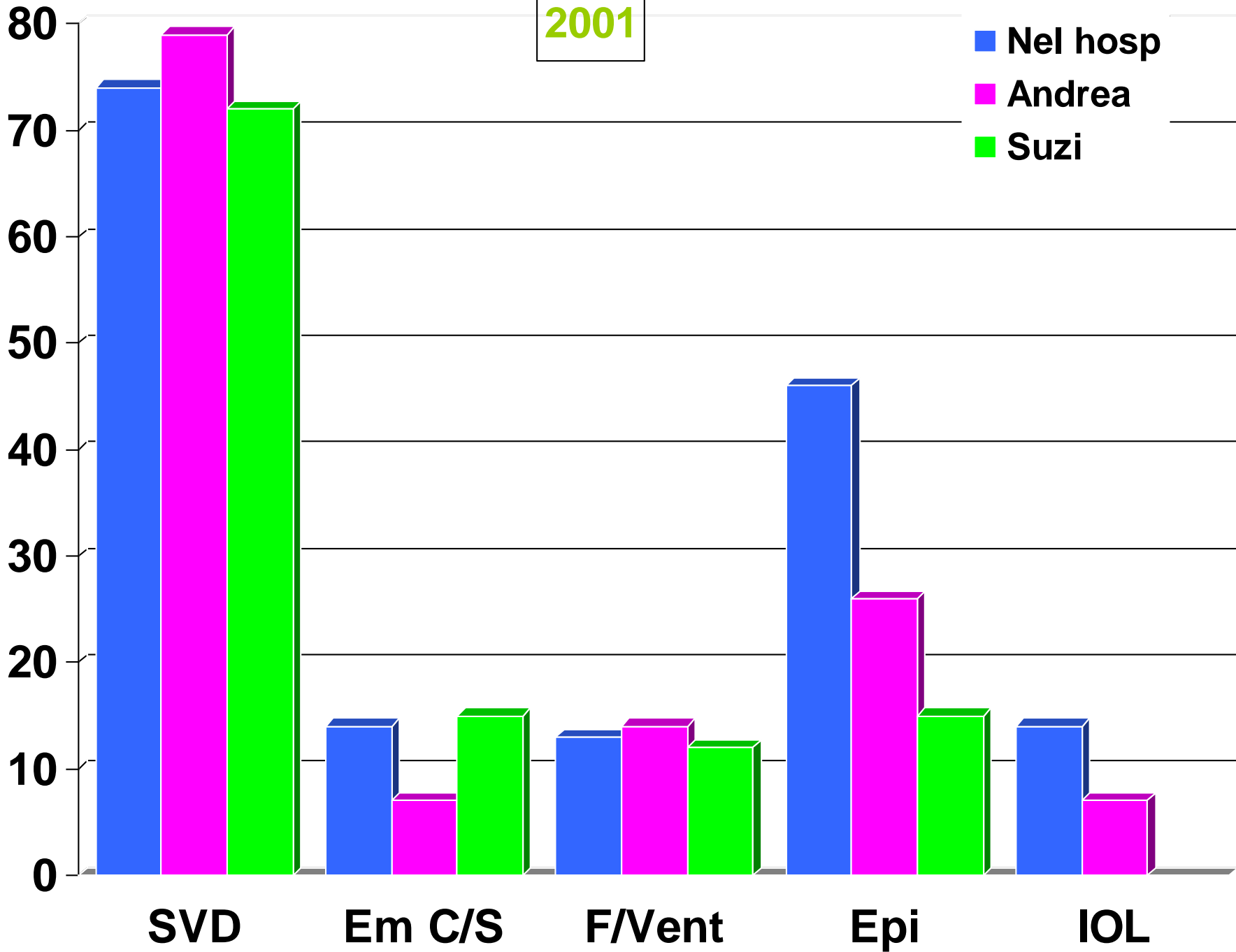
It took time to.....

- ❖ 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

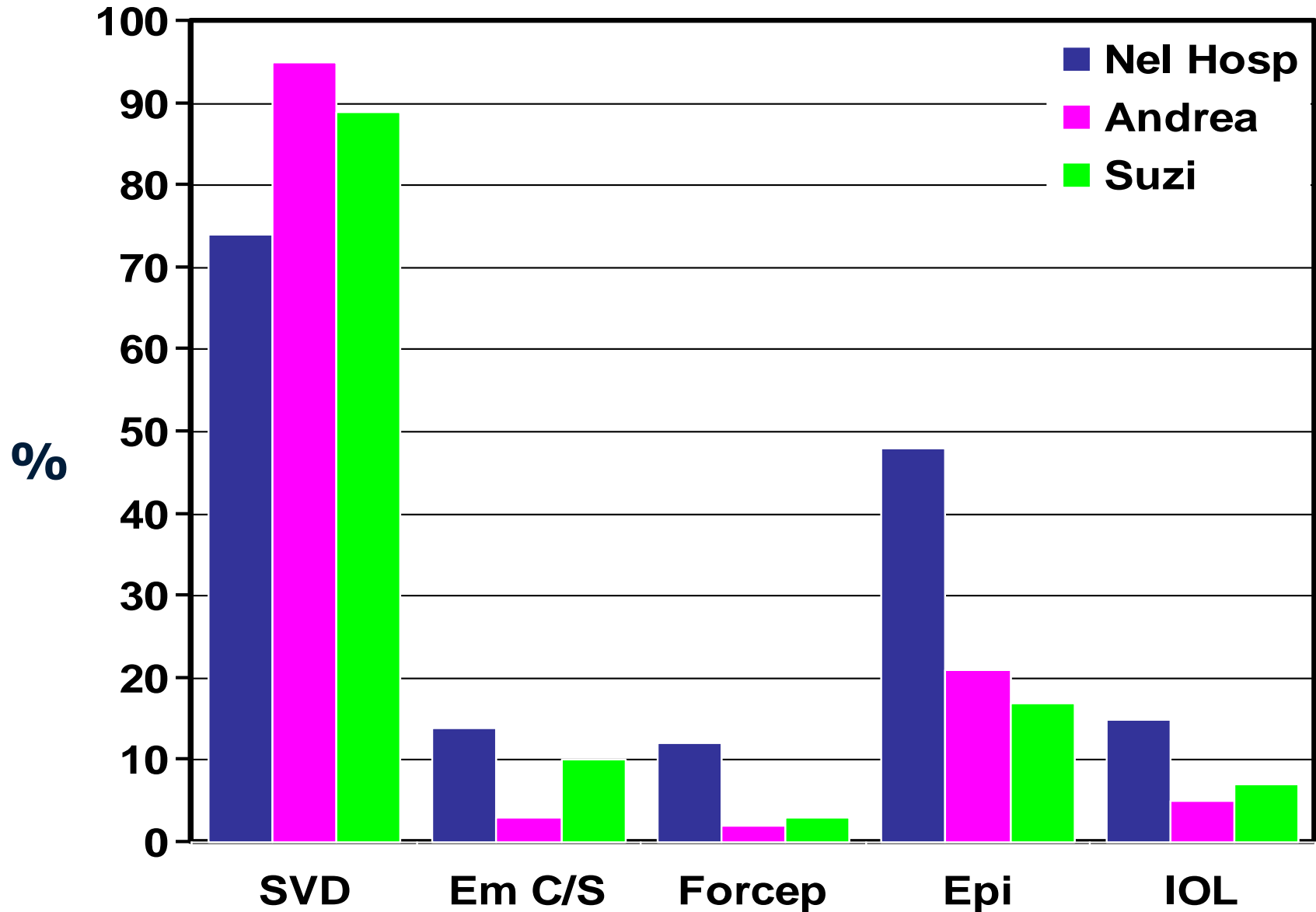
2001

%

- Nel hosp
- Andrea
- Suzi

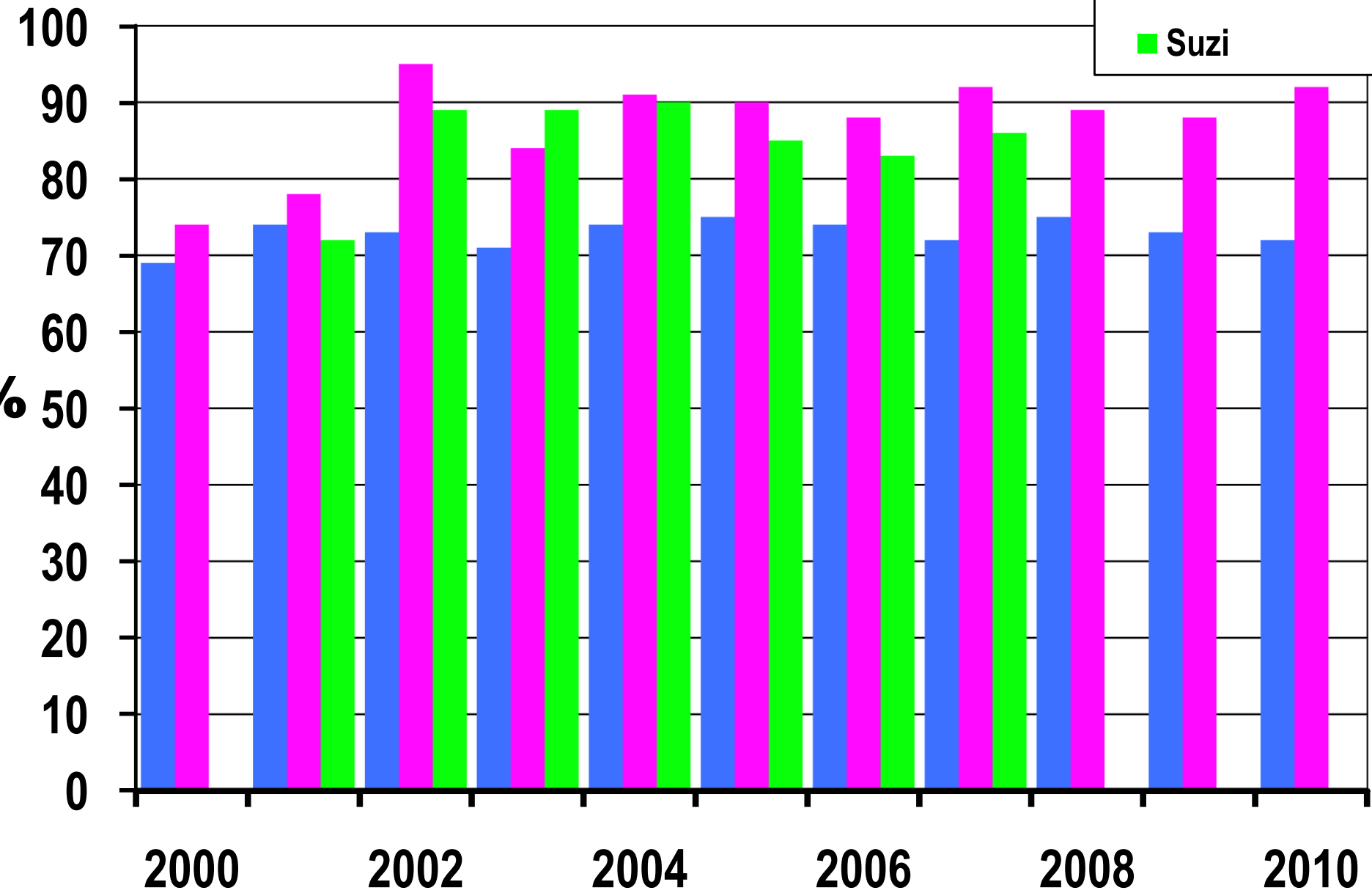


2002 Statistics



Normal deliv 2000-2010

- Nelson Hosp
- Andrea
- Suzi



Emergency Caesareans

Nelson Hospital

Andrea

Suzi

25%

20%

15%

10%

5%

0%

2000

2001

2002

2003

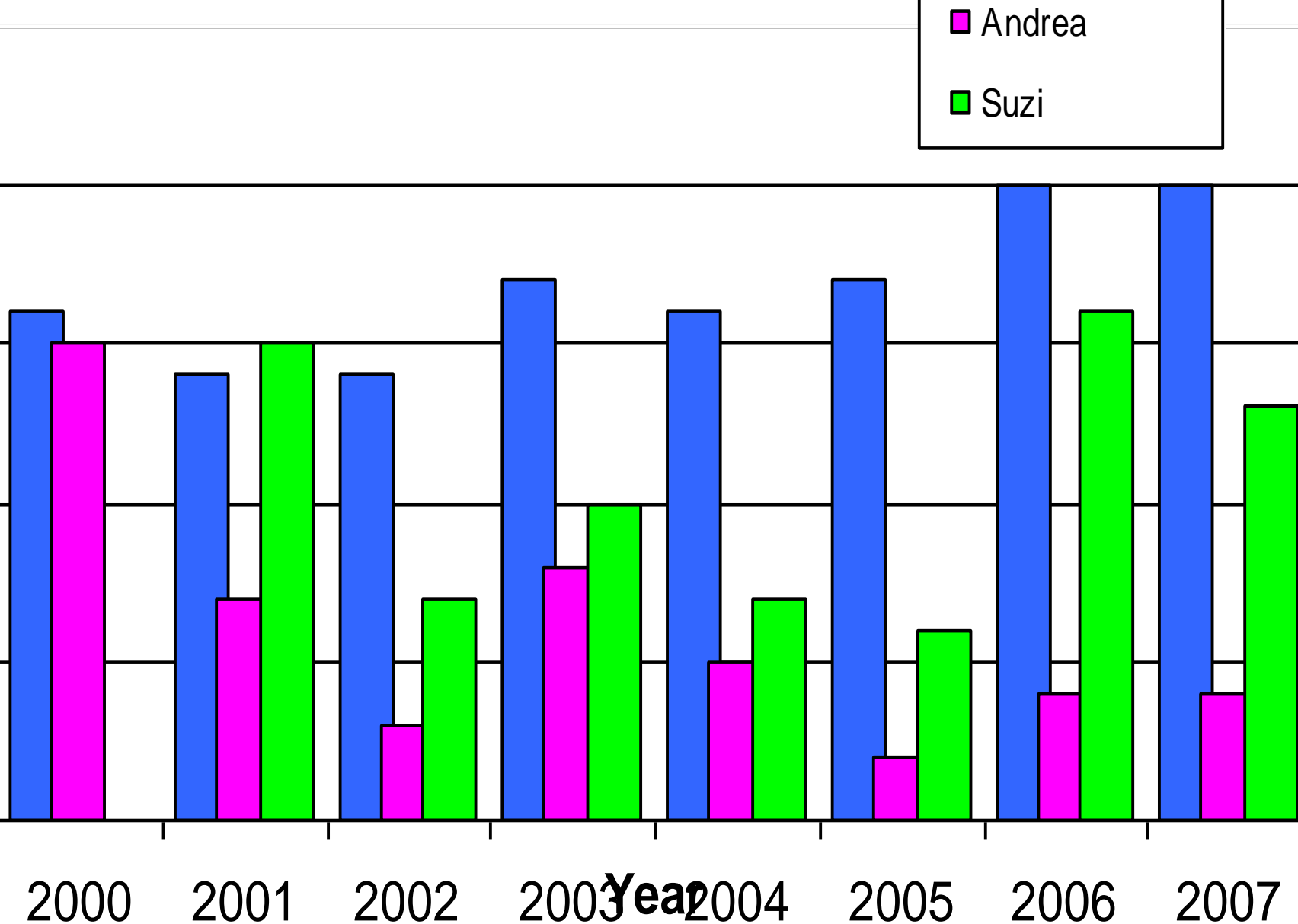
2004

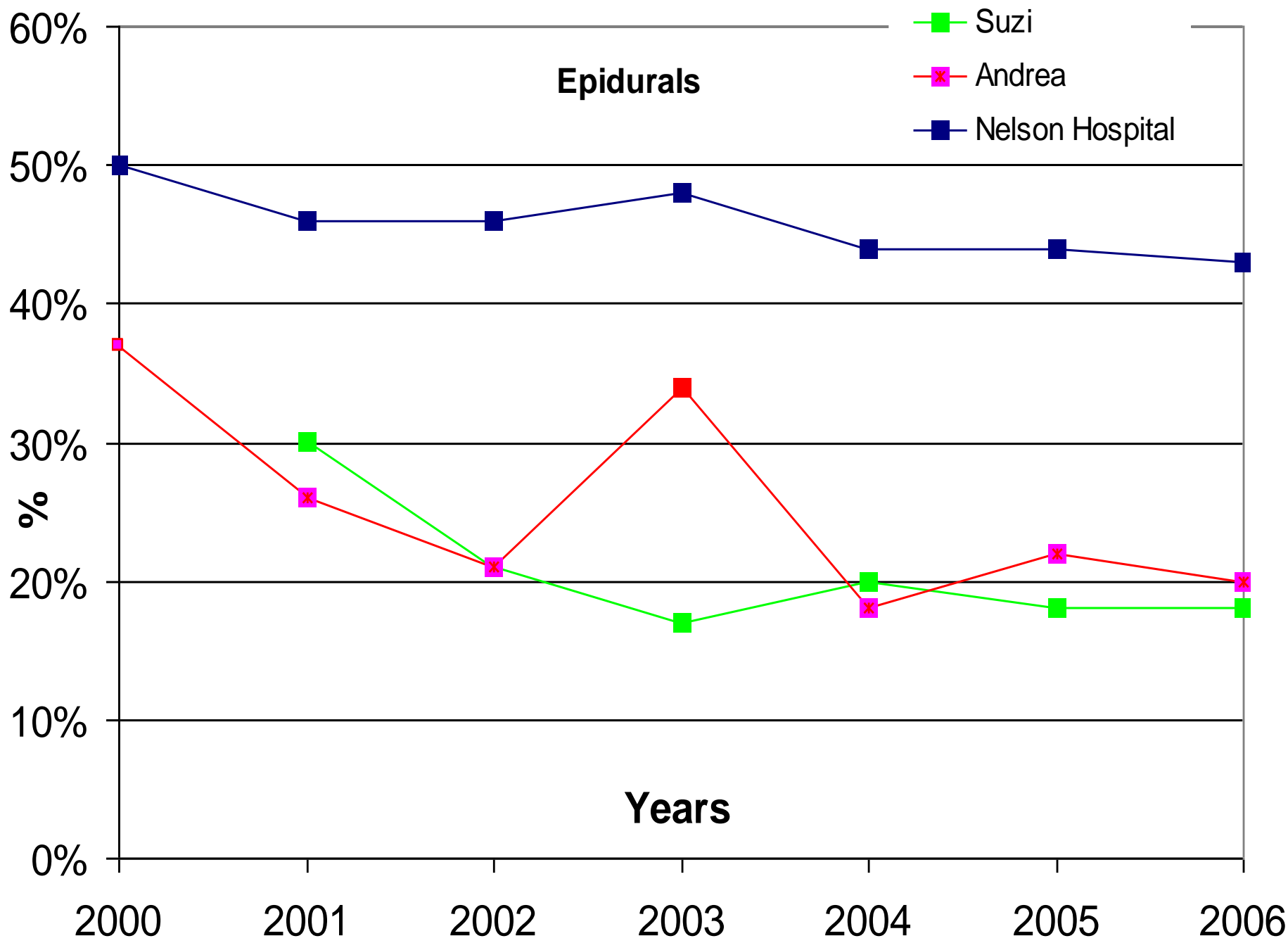
2005

2006

2007

Year





The Happy Side-effects: For Midwives

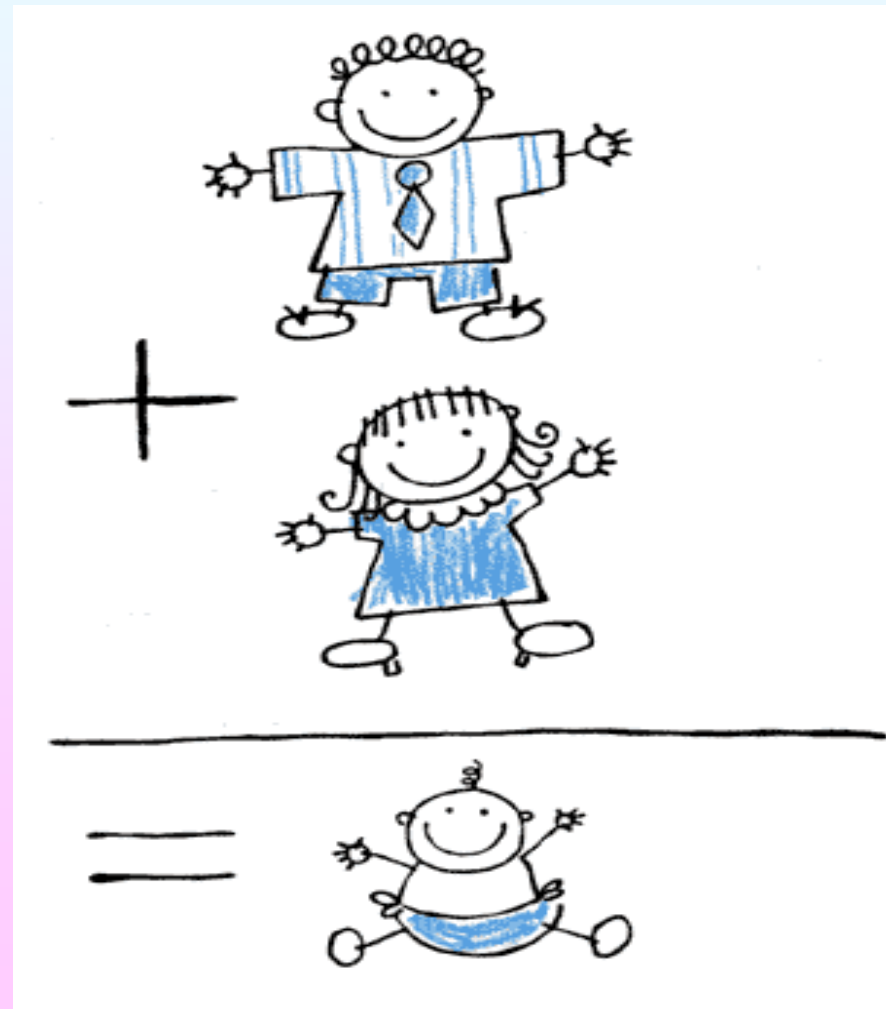
Skills = common
language

Common language =
less stress over which
midwife

Sharing skills = more
balanced partnership

Skilled birth population
= supports midwives

Less negative feed-back

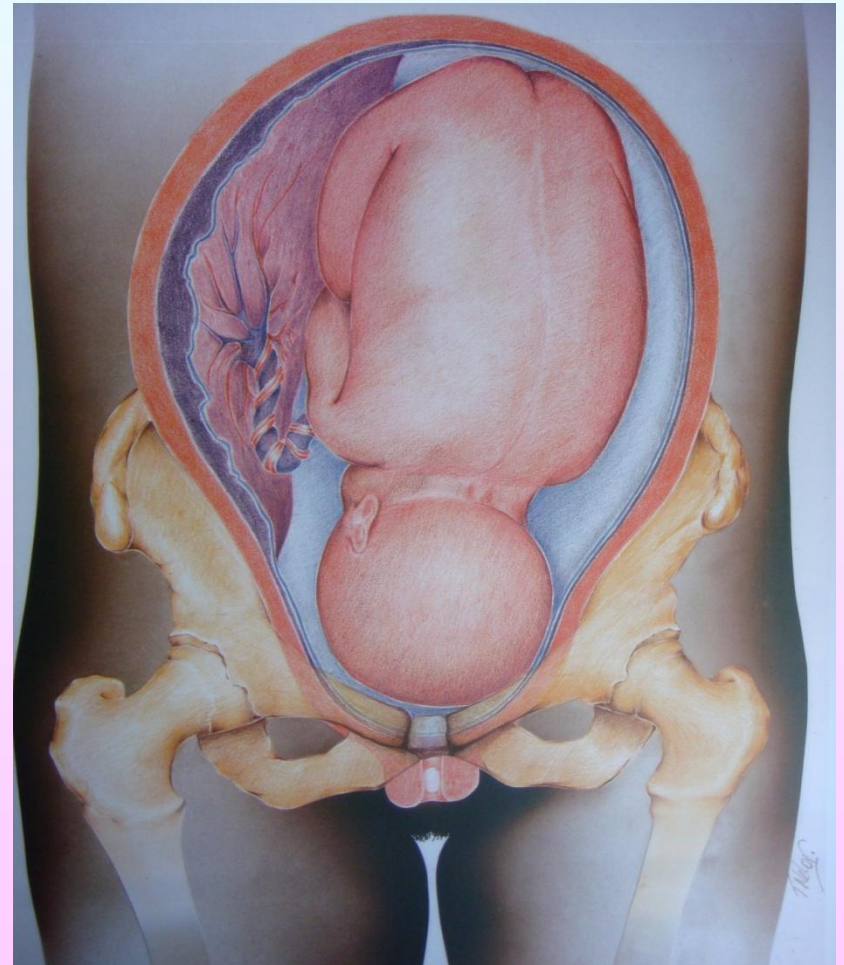


...AND THIS ONE WAS TAKEN THE DAY YOU WERE BORN...IT WASN'T EXACTLY WHAT I'D CALL AN EASY DELIVERY...



28 weeks -Check Breathing

- Skills to help illustrate
 - pelvic clock
 - Hip lift
 - sacral section
- sacral manoeuvre
- Kate's Cat



32 Weeks – touch/language

Relaxing or
softening?

Conscious
/Unconscious /
structural
tension?

Internal Work

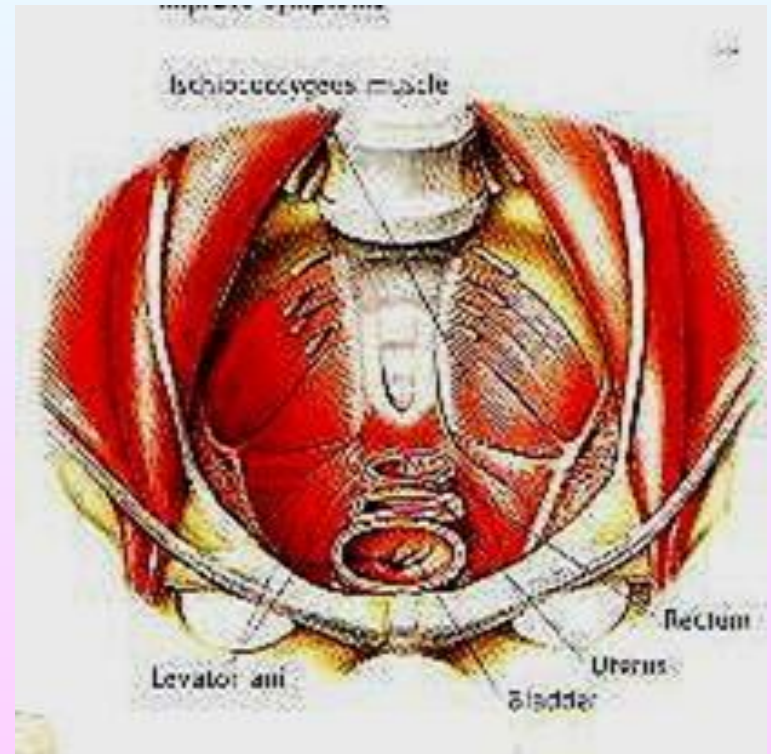
Massaging the vaginal wall muscles laterally and posteriorly in preparation for childbirth. It does not just involve the perineum.

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.

36 Weeks – Positions / 5 phases of contractions



38 weeks

Check in? How is the internal massage going /changes noted

39/40 weeks -Put the books away!

Enjoy being pregnant / enjoy practicing with braxton hicks

PRACTICE PRACTICE PRACTICE

The

Pink

Kit