



LAUREN HILTON

PILATES STUDIO



# NOTES FOR A POSITIVE BIRTH

A FREE GUIDE FOR OUR HAPPY MAMAS  
PILATES FOR PREGNANCY CLIENTS

LAUREN HILTON PILATES



## NOTES FOR A POSITIVE BIRTH

We look forward to supporting you through this exciting and often daunting time. It's not just about exercise but an education in how to give birth in the best possible circumstances and how to achieve that outcome by realigning the body.

I believe that knowledge is power so I share with you what I wish that I had known when I was pregnant with my daughters and through my training and experience of working with pregnant and postpartum women.

ENJOY THE GLOW  
#PregnancyPilates



## LABOUR

I like to think of labour in this way. If you were invited to trek a mountain you would want to know how long the trek was, where there were the big climbs but also where there were the easier ones, you'd want to know if there was a break, what to bring and what you might see along the way.

Just like the mountain trek it can be reassuring and empowering to learn about the journey ahead so you can be best prepared for it.

Of course; birth is unpredictable and we cannot plan exactly what's going to happen nor how long it will take but that doesn't mean we go blindly, possibly even fearfully into what is the most life-transformative experiences of our lives as women.

### STAGES OF LABOUR:

PRE-LABOUR PHASE

FIRST STAGE - DILATION

SECOND STAGE - PUSHING - BIRTH OF THE BABY

THIRD STAGE - BIRTH OF PLACENTA





## PRE-LABOUR PHASE

- The longest stage, can take days or hours
- Sometimes goes unnoticed
- Feels like period pain, back pain or diarrhoea
- Mucus plug can expel

## TIPS

- Important to carry on with normal activities and daily life
- Surround yourself with positivity and do things that make you feel good - get that oxytocin flowing
- Conserve energy
- Stay hydrated and eat nutritious foods
- Use gravity to encourage baby down, walking, using the stairs
- Regular movement, birth preparation exercises and pelvic mobility routine.





## FIRST STAGE - DILATION

When the cervix goes from being completely closed to 10cm.

Contractions regular and consistent.

Divided into 3 stages:

- Early labour 0-4cms
- Established labour 4-8cms
- Transition 8-10cms

### TIPS

- Let gravity help
- Use birthing ball
- Use positions that open the head of the pelvis
- Asymmetrical movements of the hip to help baby move down
- Create favourable conditions to promote oxytocin, such as
  - Soft lighting
  - Heighten other senses; essential oils, massage, soothing music, breathing awareness
  - Rhythmical movement
  - Be left alone to go 'inwards'
  - Supportive birthing partner
  - Pain relief
  - Stay hydrated
  - Stay calm







## SECOND STAGE - PUSHING PHASE

Duration 5 mins to 2.5 hours

You will feel a strong urge to push - expulsion or fetal ejection reflex.

The birth of the baby is the result of three forces

1. Mother's pushing
2. Uterine contractions
3. Baby itself moving down

### TIPS

- Give birth in whatever position is comfortable for you
- Adopt flexible sacrum positions where all your weight is not on your tailbone
- Open up the lower part of the birth canal by internal rotation of the femur
- Push during a contraction
- In-between contractions take a break, sip water, collect your energy and go again
- Avoid breath holding





## THIRD STAGE - PLACENTA

Duration 10-60 mins

Managed or spontaneous - usually managed by hospitals where an injection is given to help placenta detach itself from uterus.

### TIPS

- Hold baby skin to skin
- If breastfeeding now is a good time to try - as long as you have the support.





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