



The Top 10 Tips To An Insanely Positive Birth Experience

Dispel the fears of childbirth and have an insanely positive birth experience that will leave the nurses talking... and all your friends calling you Super Girl. With love from NoFearBirth.com.

- 1.** Banish the word “pain” from your vocabulary. And ask the same of those close to you, including your doctor and the nurses who assist in your labor. Instead of the general word “pain” use the word “discomfort” and in place of “labor pain” use the word “contraction”. Contractions are your friends. They are positive, good things. Welcome each one as the exercises your body is doing to push your baby out into your arms. This includes the contractions you may experience after the birth as your uterus returns to its previous size. Picture each squeeze getting your belly back into your skinny jeans.
- 2.** Prepare your mind. Know that you will have an amazing birth experience. Meditate on that. Pray for it. And pray for unwavering mental and physical strength. Do these things continually. Your mind, like your body, needs to be exercised.
- 3.** Prepare your body. You wouldn't run a marathon without training for it. Think about birth the same way. If you choose drugs for birth, or go for it drug-free, you'll need endurance, and you'll need to prepare your body to stretch and bounce back. I suggest doing prenatal yoga to invigorate and prepare you with stretching and relaxing. Also, walk for exercise. It's good for endurance and good to progress labor, too. And do your Kegels religiously. It's important for any type of birth, including C-section, because the baby will rest on you pelvic floor muscles for many months regardless. Kegels will also make you more elastic for a vaginal delivery. Lastly, eat well and keep caffeine and sugar to a minimum. What you eat goes straight to your pure baby. And while your caloric intake must go up, you are not eating for two adults.
- 4.** Rock it. Stay upright and let gravity work for you, especially during labor. Rocking while standing works nicely and its rhythmically relaxing, too. So is rocking on an exercise ball, particularly in the shower during labor. The ball allows your pelvis to spread and the baby to progress down the birth canal. Water works similarly to Demerol without the side effects.
- 5.** Breathe. Whenever you need energy or calm or clarity, be it during a stressful day and during the birth, remember this: breathe in deeply; expand your belly and fill your lungs with refreshment. Keep your shoulders still. Then breathe out fear, tension. Visualize clean, empowering air filling your lungs and body, curling down through the soles your feet. Then imagine strength and goodness forcing out through your nose the blackness of fear, tension, and negativity. Repeat and repeat again as needed. Tip: Keep your birth partner on watch. If he/she sees your countenance change, have him/her gently remind you to do this exercise.

6. Get educated. Learn all about birth and the options. Understand what effacement and dilation are. Know about delivering the placenta and why you should wait to cut the cord. Read up on what oxytocin is and how you can stimulate it yourself if necessary. Learn about the power of your voice when pushing. Take a childbirth education class. And always bear in mind: Birth is a natural body process, not a medical one. Your body was made to birth babies.

7. Be open-minded. Personally, I imagined I'd want drugs from the get-go. However, the more I learned about the drugs available, I chose to birth my two babies drug-free, with amazingly positive, totally remarkable experiences for both – and I am not or never have claimed to have a “high threshold for pain” or any other catch phrase as such. And on rare occasions a C-section may be necessary. Have a plan B ready so you're not caught off guard.

8. Know your own strength. Your body is POWERFUL. It instinctively knows what to do. Learn that process and allow it, welcome it, know how to work with it. Most of the most common birth complications generally stem from our own minds fighting against our bodies. Fear creates pain and tension. Realize and know that YOU have the mind power to overcome fear and pain.

9. Surround yourself with fans. Words are powerful little things. Positive ones can blow away the negative ones. Make a conscious decision to surround yourself with people who agree with you and those you trust. Mark Twain said, “Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you, too, can become great.” You'll hear a lot of suggestions during pregnancy and even during the birth. Don't allow others (maybe even nurses, doctors, anesthesiologists) to scare you or convince you that you can't do something at any stage of the process (unless it's against hospital rules or your doctor intervenes in a highly unlikely emergency situation.) Do not take on any negative words.

10. Relax, meditate and pray. Close your eyes and focus on releasing tension in every place you can imagine. Relax your scalp, ears, eyes, tongue, lips, jaw, throat, shoulder blades, hips, uterus, perineum, legs, and the soles of your feet. Then visit Step 2 again.

Brilliant idea: Print out your most encouraging phrases, prayers, quotes, scriptures, and relaxation techniques on 3X5 cards and have them with you and/or your birth partner during the birth. Read them or have them read to you to refocus you and refresh you throughout the birth process.

And ultimately... have no fear. You stand on the shoulders of innumerable women who have come through birth successfully, beautifully, and insanely positively. For more information, log onto NoFearBirth.com.

After you experience the most exhilarating experience life has to offer: the birth of your child, email me and tell me all about it – MyStory@NoFearBirth.com.

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