

Connected birth

Knowing yourself and relearning lost trust is
the path of birth

Connected Birth,



Connected birth is about remembering what we've forgotten—how deeply capable we are, how connected our bodies are to our minds. This is a remembering and restoring the connection so you can trust the wisdom of the women who came before us.

We explore the line from breath to pelvic floor, from mind to ligaments, restoring the flow that birth asks of us. Using hypnobirthing techniques alongside practices like jaw release, pelvic alignment, lunging with the breath, sighing, and “ooohing” to stimulate calm, we bring the body and nervous system into a state of ease and readiness.

We work with all aspects of the self—the mind, the fears, the rituals that help us regulate—inviting what softens us, what makes us laugh, and brings pleasure. This is a course for every woman, guiding you to reclaim your trust in your body, connect to your innate power, and prepare for birth in a fully embodied, confident, and calm way.

Be held & rise

Birth preparation that honours the whole being — body, mind, heart, and nervous system & the inter connectedness of everything.

- Hypnobirthing, breath, sound, and movement
 - Touch, connection, and support
 - Emotional and subconscious preparation
 - Integration of body wisdom and intuition
 - Space and co-regulation

This is where preparation becomes readiness.

Trust & Understanding

Birth as journey inwards

- Learn the physiology and understand what birth is, and what's happening within your body, both physically and hormonally, so you can trust.
- Know certain things that may arise, allowing you to find more peace in decision-making and understand that it's always your choice.
- Learn ways to support yourself, like how to find a little more comfort and calm, as this is your power.
- Birth your baby, understanding that knowing the support surrounding you will create the best environment for you to do this.
- Reconnect with intuition, instinct, and ancestral wisdom.

Reframe birth as a physiological, emotional, and spiritual process—not a test or performance.

Be unapologetically you—move freely, ask questions without letting go of judgement, lean into instinct; there is no right path, this is your path.

Birth Physiology

You understand that your body inherently knows how to give birth. Now, it's important to prepare yourself to maintain that trust and optimise your physiology by safeguarding your hormones, rewiring your subconscious, and fostering physical balance and ease within your body.

Here are my tips to enhance your birthing experience:

Remember that the efforts you put in now will help recondition your body and systems, transforming the journey of pregnancy and labour into a familiar space as you transition into parenthood.

TRUST



Learn to Trust Yourself

Birth Stories

Reading others' birth stories can replace any lost understanding and bring hope, showcasing real women just like you.

Birth Videos

Witness the reality of birth to prepare yourself for honoring the space and people you choose to include. Allow yourself to feel and acknowledge your emotions.

Recognising the Flow of Labour

Knowing how things may flow allows you to let go and lean into each part of your labour process with more ease.

Tune In

Get to know yourself by spending time connecting with your inner self. The more we slow down and listen in the louder our inner voice gets and we remember to trust it, if you don't have time - make time!

Visualise Your Baby's Birth

Regularly envision the moment you meet your baby—feel yourself grounded, strong, and cradling them in your arms.

“

**Positive stories,
don't just keep
your oxytocin
bubble they
change your
subconscious to
remember**

Oxytocin – “The Love Hormone”

What it does in labour

- **Causes uterine contractions**
- **Helps contractions become stronger and more regular**
- **Promotes bonding between parent and baby**
- **Helps with the placenta being born**
- **Triggers the let-down reflex for breastfeeding**

How we support oxytocin

- **Calm, quiet, private environment**
- **Dim lighting**
- **Feeling safe and supported**
- **Continuous support (partner, doula, midwife)**
- **Touch, massage, hand holding, skin-to-skin contact**
- **Avoid unnecessary interruptions**
- **Eye contact**

Endorphins – “The Body’s Natural Pain Relief”

What they do in labour

- **Natural pain-relieving hormones**
- **Increase as labour intensifies**
- **Help the birthing person cope with contractions**
- **Can create a dreamy, focused state**

How we support endorphins

- **Encouraging words and reassurance**
- **Relaxation and breathing techniques**
- **Water immersion (bath or pool)**
- **Movement and comfortable positions**
- **Minimising stress and fear**
- **Calm environment**
- **Nature**

Adrenaline (Epinephrine) – “The Stress Hormone”

What it does in labour

- **Part of the fight-or-flight response**
- **High levels can slow or stop labour**
- **Small increase at the end of labour may give energy for pushing and birth**

How we support healthy levels

- **Reduce fear and stress**
- **Provide reassurance and clear communication**
- **Keep the environment calm and private**
- **Avoid feeling watched or unsafe**
- **Encourage relaxation**
- **Calming Touch**
- **Supportive People**
- **Not Feeling alone**

Prolactin – “The Mothering Hormone”

What it does in labour and after birth

- **Prepares the body to produce breast milk**
- **Supports bonding and nurturing behaviours**
- **Helps with breastfeeding after birth**
- **Regulates Mama & Baby**

How we support prolactin

- **Immediate skin-to-skin contact**
- **Early breastfeeding**
- **Quiet environment after birth**
- **Keeping parent and baby together**
- **Avoiding unnecessary separation**

ENVIRONMENT

Creating a space that helps you feel safe optimises your physiology. We have to think of every element. So I always recommend creating in later pregnancy and let be a space you go regularly, whether its a corner of your home or an alter space in your room with all the things you think you might like. Spend time there make it familiar,

What makes you feel calm? Each day we all have little rituals that makes us feel settled, calm and ready. Know yours so you can make sure to weave them into your brith space.

- Lighting - dark calm safe
- Music - Grounding settling
- Scent - Familiarity
- People
- Words
- Grounding item

TRANSFER – ENVIRONMENT

if going to hospital protect your space in all the ways you can. Bring your environment with you.

- Headphones
- Sunglasses
- Scent - Oils
- People
- Grounding item

FEAR – TENSION – PAIN

Fear, tension, and pain feed each other.

- Fear tells the body something is wrong
- The body tightens to protect
- Tightness reduces flow → pain increases
- Pain confirms the fear
- The cycle tightens again

This loop is not a failure.

It is the nervous system trying to help — just too loudly, for too long.

Why we want to stay out of the cycle

When we stay inside fear–tension–pain:

- The body stays in alarm
- Muscles guard instead of move
- Breath becomes shallow
- Sensation gets louder, not clearer
- We lose connection — to ourselves and to others

Trying to fight the cycle often strengthens it.

Trying to ignore it often deepens it.

The way out is not force.

The way out is returning.

A deep breath,

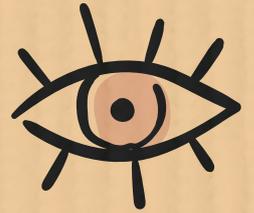
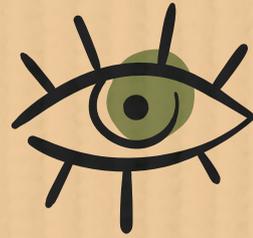
Reassurance

A grounding touch

Water

Change of positions

Change of sound



TENSION - PAIN
TOUGH
EYE CONTACT
REASSURANCE
CO-REGULATION
FEELING SAFE
& CALM
MAMA - FEAR - FURY



DAILY PREPARATION

DAILY PRACTICES IN PREGNANCY

THINGS TO DO

- Walk daily (20–30 mins)
Encourages open pelvis & upright posture
- Swim if it's you
Low-impact ease on pelvis
- Prenatal yoga/pilates as serves you
Builds pelvic/core strength
- Sit on a birth ball daily
Frees sacrum & supports baby descent
- Stretch Your Calves on the Stairs
- Massage Your Feet and Calves
- Leg swings daily (1 min/leg)
Loosens hip connections
- Foot-rolling with small ball
Stimulates pelvic fascia
- Wear right size bras
Support better postural balance.

Perineal Massage

Encourages elasticity and awareness of the pelvic floor before birth.

SOME THINGS TO AVOID

- Habitually cross legs
- Sit too long move every 30 minutes
- Wearing heels
- Avoid slumping or soft sofas
- Stress
- Avoid constipation

Osteopathy, Chiropractic, Physio - I don't mind which one you choose, but do one. It brings balance and harmony back; it helps us to find any imbalance before it becomes uncomfortable or a bother.

Reflexology - restoring and relaxing and will maybe share insights on what you might need to support balance.

Acupuncture - Check in on whole health and find moments of deep release and reset. Great for after surgery if you want to encourage things.

Pregnancy Pillow - It's an investment, but they are great. I love the big one.

Good Sleep - Firm Mattress, this will heal and support all other things when we sleep well. Resting well, even if it's not sleep - ensure you are ready and confident for the journey ahead.

Good Nutrition - Enjoy taking care of yourself with nutrition-dense meals.

Balance rest & movement: sit on the couch, yes, but also move regularly. Find a prenatal yoga class, walk, try sitting on your birth ball often, and try some of the suggested rest positions for deeper conscious rest.

Journal and enjoy this time - You will look back fondly, even on the challenges, but mostly on the empowered mother you have already started to become.

LEARN TO RELAX & RELAX



HYPNOBIRTHING

Up Breathing

How to practice:

- As a contraction begins, breathe in through your nose, gently expanding your ribs and chest.
- Exhale slowly and softly through your mouth, feeling the release move through your body.
- Allow your breath to open and rise, then soften and surrender as it passes.

Down Breathing

As your body transitions, your breath changes too. During the pushing phase, your breath begins to move downward with each exhale — helping your body and baby work together.

How to practice:

- Take a deep, calm inhale through your nose.
- As you exhale, imagine your breath moving down through your body — soft, steady, and powerful.
- Keep your jaw, shoulders, and hands relaxed.
- Avoid holding your breath — muscles need oxygen to release and open.
- Feel free to sigh, hmm, groan, ahhhhh
- Each exhale supports your baby's journey earthside. Stay connected, stay soft, and trust your breath to guide you.

ONE BREATH AT A TIME



IF IN DOUBT BREATHE OUT

KNOW HOW TO RESET IN BETWEEN

Calming Breath

Between contractions:

- Focus on long, slow exhales. These help calm your nervous system (the parasympathetic response), supporting oxytocin flow and encouraging your natural birthing hormones to work smoothly.
- This breath reminds your body that it is safe, supported, and designed for this process.

Breathing Together

Partner Support: The Role of a Doula

Breathe together as you lean into one another, finding a slow and steady rhythm. This shared breath will not only create a calming atmosphere but will also support both of you during labor.

Make some noise

Sigh, growl ahhhh your way through the exhale

PRACTICE & TOOLS

Rewiring the pathways of ease within;

You may not need all of these - Start to notice what might serve you?

Grounding

- Name 3 things you can see
- Feel the weight of your body where it meets the floor or chair
- Press your feet gently down
- Partners touch rooted and firm

Moving

- Slow, small movements
- Roll shoulders
- Rock side to side
- Swaying settling nervous system
- Stretch without pushing

Movement tells the body: I'm not trapped.

Breathing

- Longer exhale than inhale
- Sigh it out: ahhhhh
- Hand on belly, feel it rise and fall

Breath is a direct message to the nervous system.

JAW RELEASE

There is a direct connection between the jaw and the pelvic floor.

A clenched jaw often mirrors a gripping pelvic floor.

A soft jaw invites softness below.

SOUND

Release can be why sound, why sighing, humming, “ooohing,” and relaxing the face can create real, physical change deep in the body. These are not tricks they are ways of speaking to the nervous system, reminding it that it is safe to let go.

EAR PRESSURE RELEASE

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Softening from the head down

The ears are deeply connected to the nervous system. Gentle pressure and movement here can calm the vagus nerve, release jaw tension, and help the whole body soften — including the pelvic floor.

This is especially helpful:

- Between contractions
- During moments of overwhelm
- If you feel “tight in the head” or disconnected from your body

LAUGHTER

watch things, listen to things be light, perhaps your birth partner is funny let them make you laugh in early labour. Releases endorphins, reduces adrenaline, softens the whole body. Helps shift emotional tension during early.

MASSAGE / STROKING

(LIGHT EFFLEURAGE)

Calms the nervous system and lowers pain perception. Releases endorphins. Light rhythmic strokes on the back, arms, or belly to provide grounding.

DANCING

Helps with pain management, promotes mobility of the pelvis, and encourages baby's descent. Can be gentle swaying or more rhythmic movements depending on comfort.

REASSURANCE

Quiet, simple phrases, that empower.

“You are doing perfectly”

“I know it's hard but you are doing it”

“ I'm here.”

“Let it Go take the pause.”

“You are safe.”

“One more done”

Words matter. Keep them kind and believable.

Simple ways to call ourselves back

Touch

- Hand on chest
- Hand on neck or face
- Gentle self-hug

Touch brings the body out of isolation.

Water

- Sip slowly
- Splash face
- Wash hands in warm or cool water
- Bath/Shower

Water resets rhythm. Warm water to relax muscles and ease pain, bath shower, hot water bottle in early stages.

Fears...what are you afraid of?

Take a moment to gently acknowledge any fears that may be present for you right now—whether they relate to birth, mothering, your partner, or your family life.

Write them down clearly and honestly.
Then, create an affirmation that lovingly counteracts each fear.

This can become a daily ritual. Whenever a new fear or worry shows up, pause, write it out, and craft a supportive affirmation to balance it.

If you feel inspired, place your affirmations around your space—on mirrors, doors, journals, or anywhere you will see them often. You can make this as creative or ceremonial as you like: paint them, draw them, decorate them, or write them in a way that feels meaningful to you.

Put them where you cannot avoid seeing them each day, allowing them to gently shift your mindset and support your journey.

Affirmations

RELAXATION & MINDSET IN LABOUR

I learn into the power of all the other women who have been here before me and I feel their strength & guidance.

Each contraction brings me closer to meeting my baby.

I am strong, capable, and powerful.

I trust the wisdom of my body.

My baby and I are working together.

I am surrounded by support, love, and strength.

I breathe in peace, I breathe out tension.

With every breath, I feel more calm and centered.

I surrender to the flow of birth.

I let go and allow my body to open.

My body knows exactly what to do.

My instincts are wise and trustworthy.

I release fear and embrace faith.

A TINY PRACTICE — RIGHT NOW

Pause.

Feel your feet.

Take one slow breath out.

Let your shoulders drop.

Say (out loud or inside):

“I am here. This moment is enough.”

That’s it.

Not healing forever.

Not solving everything.

Just returning to connection — again and again.

REGALIBRATION

REST WHEN YOU CAN



WE DON'T KNOW HOW LONG THE JOURNEY WILL BE

Pelvis Connection (ligaments, balance)

The pelvis is not a fixed bowl or rigid structure. It is a living, responsive system — made to move, adapt, and respond.

Your pelvis is connected in all directions: to your spine, your hips, your legs, your breath, your jaw, and your pelvic floor. Nothing works in isolation. When one area holds tension, another often compensates. When one area softens, space is created everywhere.

At the centre of this system is your uterus — a powerful, muscular organ, suspended and supported by ligaments. These ligaments respond not only to movement and posture, but also to breath, emotion, and nervous system state.

When we feel safe, supported, and calm, these tissues can soften and lengthen. When we feel fearful, rushed, or tense, they can tighten — subtly changing the shape and balance of the pelvis.

This is why connection matters.

Ligaments Respond to How You Feel

PREGNANCY &
LABOUR

The ligaments of the pelvis are deeply responsive. They are influenced by:

- How you breathe
- How you move or hold yourself
- How relaxed or guarded you feel
- How supported your nervous system is

Gentle, intentional movement, breath, and sound help restore balance between the left and right sides of the pelvis, front and back, top and bottom. This balance doesn't mean "perfect symmetry" — it means ease, flow, and responsiveness.

When the pelvis is balanced, your baby has more freedom to move, rotate, and descend in their own time.

Connected Birth focuses on Restoring Flow:

- Flow between mind and body
- Flow between breath and movement
- Flow through the ligaments and tissues
- Flow between you and your baby

Practices like lunging with the breath, asymmetrical movement, rebozo support, rest positions, and conscious relaxation help untangle holding patterns and invite space back into the pelvis.

This work is not about forcing alignment or making your body "right." It is about listening, responding, and allowing.

Asymmetrical movements



Asymmetrical Lunge
Have a little rock, breathe and connect.



Low Lunge, Side Reach
Expand the side body, feel stress seep out, let yourself melt in



Captain Morgan Lunge
connect it all, breathe, sounding out, relaxing jaw, tuning into pelvic floor.



Cat/Cow One knee raised on a block for asymmetry. Move the tail and feel deeply into the whole interconnected body.



Fire hydrant
Roll out and in, with joy for the sensation lean in and be present.

Forward Leaning



We use this one to bring a full lift through the pelvis, also if a baby is breech, maybe to turn them. Sometimes in labour if mispositioning or things seem pretty slow.

Puppy pose can have a similar effect and a little easier to access..



FEEL THE RELEASE

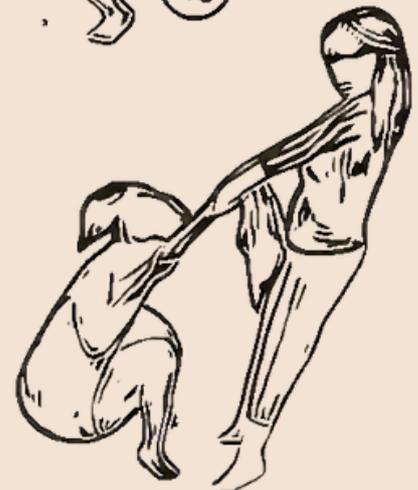
Squatting in all ways

Squatting Tips

- In labor, squatting increases space at the outlet.
- Knees together increases space at inlet.
- Knees apart increases space at outlet.

Squat Support,

- Partner stands behind
- Partner holds ends of wrap around your upper back to support squat.
- Hook rebozo over door handle or somewhere secure
- Wrap around partner's back. You pull gently for support and focus during pushing.



Rebozo Support

BALANCE &
COMFORT

The rebozo wrap helps release tension around the hips, gently releasing tension throughout the body., ready for birth

The uterus is a strong muscular organ supported by ligaments.

These accommodate your baby and assist in birth.

Using a rebozo (or long scarf) is a simple, relaxing way to help prepare the body for birth.

Using a rebozo during pregnancy can support, balance, and baby positioning.

Hip Wrap

- Wrap snugly around hips.
- Tie in front or back for comfort and support.
- As above but with a squeeze (during a contractions)

Head Massage

- Lie on the floor, your head supported by a small cushion.
 - Partner wraps rebozo behind your neck.
- Partner gently holds both ends and lifts to create traction.
- Partner rotates head slowly one side to the other, then returns to center.

Hip Sifting

- Lie on your back
 - Place wrap under hips.
- Partner gently moves hips back and forth to loosen tension.

Rebozo Support

Belly Sifting

(Caution: Avoid with anterior placenta or bleeding history)

- Lie back, sit, or kneel.
- Partner lifts belly in the wrap like a hammock.
- Rock side to side or gently back and forth.

Buttock Shaking

- Start with the wrap around hips.
- Partner holds ends and gently jiggles your buttocks.
- Partner can move from side to side or up and down.
- Helps release tension.



LET YOUR PARTNER SUPPORT YOU

“

Birth Preparation Videos

PELVIC FLOR RELEASES



BREATHE HERE AND LEARN TO SOFTEN & OPEN

best ways to rest...



Rest here too; peanut ball...

A peanut ball can support labouring legs, widening the pelvis and potentially helping the baby down the birth canal.

Side-lying between knees



Lying half reclined



Fire Hydrant



Side-lying hug



Side-lying between ankles



THE POWER OF TOUCH



CONNECTION, REASSURANCE, RELAXATION

COMFORT & OPTIMAL

TENS MACHINE

Lower back, boost with the contraction. Can ground you and relieve some sensation .

ACUPRESSURE BALLS – COMB

Squeeze with the contraction. Gate Control Theory of pain supports the idea that taking your mind elsewhere (distraction) can help reduce the sensation of pain.

COUNTER PRESSURE

Sacrum press, hips squeeze, perineum compress. Connection & support. Gate keeper theory and relieving.

NIPPLE STIMULATION

Can encourage oxytocin release, strengthen contractions, and support labour progression. Best used with intention and awareness of contraction patterns.

EYE CONTACT

HAND HOLDING

MUSIC

Calm, softening, relaxing. Focus, centring. Fun, light and relaxing - you do you.

SOUNDSCAPES

Can be great to have in your back pocket a soundscape of something you've found soothing: water, forest?

FOOD & HYDRATION

Staying hydrated (small sips if things are intense)

Eating energising snacks (as works for you)

Honey (If eating is hard and energy is getting low, a spoonful of honey can be perfect)

5 FLOWER REMEDY

A drop under the tongue, a breath of calm.

SCENT OILS

Scent - don't forget the power of scent and how it can relax and transport you.

CHANGE

Change something about your space, sound, scent, position, comfort tool.

EAT, DRINK, PEE



SIMPLE, BUT WE SOMETIMES FORGET,

WE CAN RELAX YOU & GREAT

LABOUR

Every labour unfolds differently. Some people need support sooner, and that's absolutely okay.

Early twinges, a shift in your energy, or any instinctive knowing. That way, we can be prepared and support you appropriately.

You can always call in the early stages if you feel like talking, need reassurance, or want help interpreting what's happening

The general guideline is to call your midwives and your doula once there are around 3 surges (contractions) within 10 minutes, lasting 60+ seconds, This pattern for over 1 hour.

EXCITED PHASE

It's your labour you can do this how you like.

Excited stage - I would say stay at home as long as possible!

What you could do;

Welcome your first contraction with open arms

Trust and lean in

Stay home

Rest

Eat

Hydrate

Shower

Sleep

Walk

Rock

Keep normal activities going - whilst preserving energy

Prepare your space (set your birth space so you feel relaxed and ready).

Distractions (projects, activities) help.

SERIOUS PHASE

What you could do;

This is the time to call your midwife/doula or consider going to the hospital.

Tens

Massage

Counter Pressure

Movements you feel drawn to

Stay in your Zone

Keeping eating hydrating and peeing

Reassurance

Affirmations

Music/Soundscapes

Keep trusting, its all happneing as it should

Shower/Bath

Walk, Rock, Sway

Lay

During transfer, think headphones, sunglasses, like no-one can disturb your space.

SELF DOUBT

What you could do:

Breathe. Be held. Get quiet. Try a labour visualisation, use your breath, find your affirmations of trust.

Breathe

Be held

Get quiet

Go low

Continued reassurance

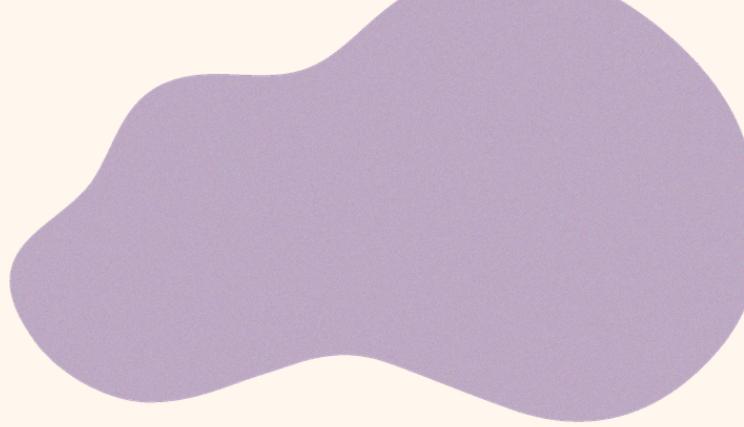
Hydration

Labour visualisations

Affirmations of trust

Change any fear of the baby's emergence to - It's just a stretch

BIRTH



What you could do;

Trust your instincts

Upright positions

Birth stool

Breathing

There is no rush.

You will move instinctively you may want to be guided and still supported in positions and with some counter pressure points.

Go with what your body's telling you, TRUST!

PLACENTA

What you could do;

Skin-to-skin, mama and baby regulate.

Go slow don't feel rushed.

Keep the room dark and calm.

When you're ready try feeding.

Get warm

Drink tea

Enjoy!

PARTNER AS PROTECTOR

Birth Partner Guardian of the Birth Space

- *Protect environment*
- *Regulate nervous system*
- *Filter communication*
 - *Anchor breath*
 - *Advocate calmly*

THE RIGHT SUPPORT

S - SUPPORT

U - URINATE

P - POSITION

P - PRAISE

O - OXYGEN

R - REST & RELAX

T - TOUCH



Supportive environment: Help create a calm and clean space.

Urinate: Ensure the birthing person's bladder is empty.

Position changes: Encourage and help the birthing person change positions frequently.

Praise: Provide constant verbal encouragement.

Oxygen: Remind them to breathe deeply and not hold their breath.

Rest and relaxation: Help them find comfortable positions to stay loose and relieve tension.

Touch and massage: Offer touch or massage if the birthing person finds it helpful.



I CAN DO IT



A Path

labour

to

support



Birth Partner

Your role is essential; it's crucial to be present for your loved one in the ways they require. Be confident in the support you provide.

Early Labour (Excited Stage)

Relax with her, be calm - co-regulate the space.

Rest, Hydration, Food, Gentle Movement, Distraction, Let your doula know :-)

Active Labour (The Serious Stage)

Keep encouraging all above;

Set the space, make it safe, supportive, and calming.

Maybe invite:

Affirmation

TENS

Scent - Oils

Music

Hypnobirthing Tracks

Touch, Massage, Pressure Points, Strokes

Rebozo Releases

Breathing Together

Cold flannel

Birth Partner Check Sheet

Transition (Self-Doubt Stage – Before Pushing)

Look after yourself too, eat & hydrate

Stay with her trusting her, encouraging and supportive with words, touch and presence.

Pushing

Hold her hand, flow with her. Trust her entirely.
She may need rest between pushes. Don't rush her.

Offer sips of water between contractions.

Cool cloths still help.

Stay close and connected.

After Baby Arrives

Celebrate quietly — follow her lead and let her be instinctive.

Protect the space.

Skin-to-skin, maybe help her get comfortable holding baby.

Stay close, reassure, and ask what she needs.

Watch her comfort — offer warmth, water, food when allowed.

SLOW THINGS DOWN

IF YOU DON'T KNOW YOUR OPTIONS YOUR DON'T HAVE ANY...

B - BENEFITS

R - RISKS

A - ALTERNATIVES

I - INSTINCT

N - NOTHING



What are the benefits?

(What might this help with? Why are you recommending this?)

What are the risks?

(What could this lead to, both immediately and longer-term?)

What are the alternatives?

(Are there other options, including doing nothing right now?)

I feel okay? ~Instinct

(Can we give my body more time?)

What happens if we wait? Nothing

(What if we do nothing? Do we have time to talk and think about it?)

How will this affect the flow of my labour and my baby?

(Will it limit my movement, change how I feel, or create new risks?)

PRACTICAL PRÉPARATION

PLAN YOUR ROUTE

Let's ensure everyone is aligned with the plan, leveraging intelligence and intention:

- How will you get to the hospital?
- Are there any tasks you need to complete before departing?

Consider what you want for the journey and what essential items from home you'd like to pack in your hospital bag.

PLAN YOUR OUTFIT

It's not about appearing stylish, but perhaps it is!

Focus on comfort and ease: choose footwear that's simple to slip on, and consider layers like a coat, cap, sunglasses, and headphones to help you feel calm and secure.

Think about anything you might want to have with you in the car during your journey.

Counter pressure balls,
tens machine,
oils etc

WHEN TO CALL

The general guideline is to call your midwives and your doula once there are around 3 surges (contractions) within 10 minutes, lasting 60+ seconds, This pattern for over 1 hour.

TRIAGE

Be prepared for waiting room labour, the walk etc, hat, sunglasses anything that helps you feel protected.

Have things you may want to use to labour with such as tens machine, water bottle, oils, warm pack.

Hospital Labour Bag Check List

For Labour

Birth plan
Speaker
Headphones
Playlist, Tracks etc
Ear Plugs
Comfy Loose Fitting Clothes
Slip on sandals/slippers
Maybe flip flops for showering
Dressing gown if it's your vibe
Socks (snuggly)
Sun Glasses
Lights
Blanket (something familiar that feels like home)
Your own Pillow
Towel
Hairbands (to tie up long hair)
Snacks you think you might fancy during and for afterwards
Water Bottle - with straw very helpful
Phone Charger & Phone
Essential oils/Massage Oil (I'll have mine too)
Lip balm (lips can get really dry, I will have some too)
Extras;
Placenta box?
Sick Bag for the car

Hospital Labour Bag Check List

For After Birth

Big Comfy underwear
Maternity pads
Breast pads - maybe
Nipple cream - maybe - Calendula oil (I will bring you some)
Lotion (skin can be very dry post labour)
Easy opening night shirt, t-shirt or pyjamas (for feeding)
Toiletries (toothbrush, toothpaste, deo, cleanser, moisturiser)
Arnica pills (any other remedies,)
Towel
Hairbrush
Slip on Sandals/Slippers
Clothes for going home - loose, comfy & warm
Snacks, comfort food
Things that make you feel nice

For Baby

A couple of soft sleep suits (varied sizes) - zip up ones
Nappies
Cotton Wool or water wipes
Coconut Oil
Muslins
One or two Baby Blankets
Up to you on a Hat

Partner, maybe change of clothes like a light overnight bag.





Made with love

Trust, be connected to yourself &
you'll find your way!