

# Baby Exit Made Easy

To be used in conjunction with other labour sheets in this series

## Babies, like flowers & fruit, blossom & ripen in their own time



### MUM HOLDING BACK

RESONANCE	(any of these exacerbating or creating any of the others)			STRUCTURE
Inner blockages on any level - maybe from previous or own birth	Vague anxieties/ fears of general mothering, birthing or meeting this one in particular	'Too busy' to stop, wind down, let go and let nature take over	Social factors - need to get past anniversary/ Christmas/ awaiting relations or Dad to arrive	Actual physical obstruction - pelvic structure not ready for birthing

Bodies have their own wisdoms. Mum learning to slow down, rather than having a plan and rigidly sticking to it, will prepare her/acquaint all with skills that will be required once baby arrives.

**Normal gestation is 37-42 weeks**, First baby left to its own schedule is typically 2 weeks later than subsequent babies.

Being in the middle of the Bell curve for normal gestation means there is plenty of room on both sides for life to happen, when there is a state of maternal abundance & of free flow.

If there is lack of crucial ingredients bio-available for mum to make baby well, or if there is any obstruction ripening takes longer.

From an acupuncture perspective, the pendulum swing from maximum yin (most ripe/heavy/pendulous/torpid/inactive/juicy and full) to maximum yang (activity/movement/expulsion [labour] ) is far less likely to happen if Mum has not embraced the change in her being. Learning to BE is her goal.

Resting, enjoying her last few days of relative solitude, allows the yin process to fulfil itself, flipping into the active (labour) yang phase.

Mum needs to go within and become still. Self care & tending her nest will assist her in the transition into maternity. Meditation, being in nature & slowing down all prepare her for the external inactivity babies enforce.

### BABY HOLDING BACK

RESONANCE	(any of these exacerbating or creating any of the others)			STRUCTURE
Inner blockages on any level	Baby not ready (not 'cooked' enough for whatever reason)	<b>Baby cannot find its way into position because of the distorted state of Mum's Qi, especially relating to BI (fear) &amp; Liv (muscle &amp; tendon elasticity)</b>	Baby cannot get into position because of Mum's posture & habits	Actual physical obstruction - baby cannot lock into correct birthing position

Baby being in the right spot, and Mum getting into the right 'gear' for being a Mum to becoming REAL and present as herself.

As with gardens & successful farms, in a supportive environment life does what it does best - flourish. If you are at all concerned about baby 'going over' 42 weeks, there are possibly a few things that can be done.

Real emotionally and feeling life. This may be a new experience and one she may have to grow into - birthing herself as a new mother as well as her baby.

The mammalian programme may create an amount of inner conflict as different parts of her wage war, sometimes appearing to 'win' and others to recede.

Post natal depression is often no more than her inability to face herself, her life choices & the baby's constant needs.

Baby meanwhile, may be picking up on all of this, and feeling either through its sensitivity, the angst Mum has yet to face, or the actual physical results of her unwillingness to move forwards into the new independent relationship together.

