

Easy Early Labour

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

In some cases the initial labour may go unnoticed. If there is nothing blocking the flows, the surges may be painless. They may be felt as tightening and hardening. The uterine longitudinal ligaments are shortening and drawing up at this time.

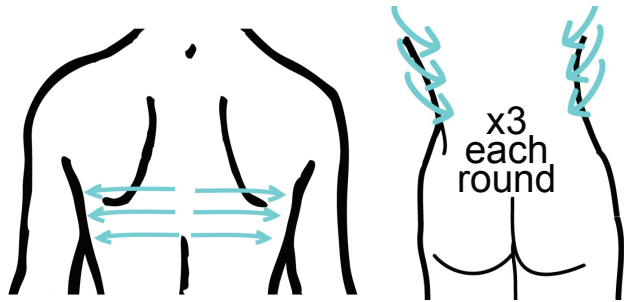
When there is nothing to fight against, no resistance and ample nutrients, abundant support and a mother and baby-friendly environment this phase can be enjoyed.

Everything in this series will enhance the experience of birthing the new mother & her baby.

This work can be used at any stage of the labour process.

Upper Body Release

Gentle & slow

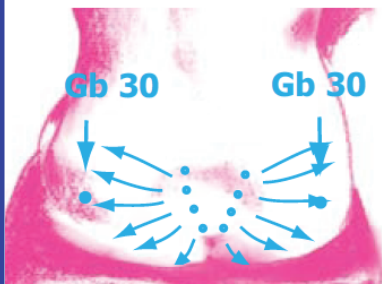


Lower Body Release

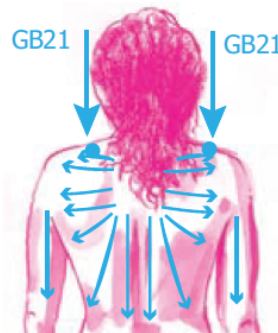
In between contractions, use gentle rocking & pummeling. This will allow her body to let go. As a contraction begins get her to breathe out, loosening everything to greet it.

With slow deep in-breaths get her to visualise easy Blood & Qi to flow through her entire pelvic region nourishing her uterus & her baby. Using Rebozo techniques will help greatly.

Lower Body Wake-Ups



Divide your time between massaging between contractions & pressing forcefully in contractions



Sweep off and flick away.

GB 34 Master point for tendons & ligaments



Run finger down outside of knee fall into bump (head of fibula).

(Acupuncture points tend to be found in depressions.)

Massage downwards in between contractions.

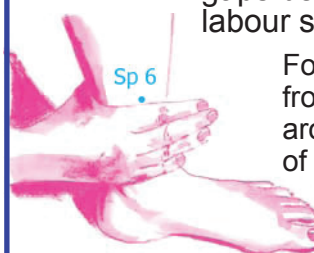
Sp 6

Mother's Helper

Press very firmly. If there are big gaps between contractions or if labour seems to be slowing.

Found 4 of Mum's fingers up from her ankle at sorest part around the area on the inside of the bone.

Either press firmly for 10 sec (or pump if not too sore).



Li 3 This is a cervix opening point. Good also for relieving muscle spasms.

Found in the depression at the junction of tendons of 1st & 2nd toe.



Press very firmly for about 20 secs, possibly pumping.

Co 4 For general opening & pain relief.

Pressing deeply may assist labour to begin.

Pump or press very firmly during contractions, or when interventions are 'required'. This will distract Mum & assist the opening process.

