

Easy Birthing - The Mechanics

When all is in a state of graceful balance birthing may be painless (no resistance to flows).

Relaxin hormone, secreted in pregnancy, encourages ligaments to loosen.

Ideally Mum's physical structure was in perfect alignment prior to conception, with the uterus centrally situated. However past incidents, accidents & operations may have created adhesions that have been, & may still be, binding the structure too tightly. Additionally a broken and/or malpositioned sacrum and/or coccyx complicates the opening of the 'Baby Gate'.

Baby positions her/his self where s/he feels most comfortable, possibly leading to apparent complications such as breech, lateral lie & the dreaded OP. Undoing the reasons behind the uterine/baby potential disharmonies will return the possibility of easy birthing.

Easy Birthing

Direction of the contraction is downwards onto Mum's cervix, to encourage opening/birthing.

Mum should be in an upright, leaning forwards position. Sitting in a loo, facing the cistern is perfect.



Anything that assists pelvic bones to widen will encourage baby slipping out.

Difficult/ Prolonged/ Stalled Labour

WHY?

Baby Gate is not open. Any intervention that is not active on Mum's part can create further difficulties.



It takes time to mould/reshape baby's head to fit through. Labour becomes a race to see who gives up first - baby becoming very distressed, or Mum becoming exhausted.

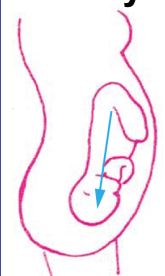
Ideal for most



Generally considered ideal. A very snug fit is best approached with the right orientation.

Note: the difference in how baby presents in outline, if properly positioned. Mum will feel more comfortable with baby's head away from her sacrum (less sciatica).

Likely reason for induction



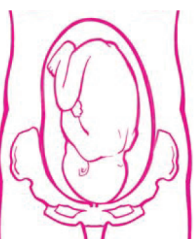
With baby's head not sitting on the 'sweet spot' of the cervix labour may not be internally (naturally) activated.

Once labour has begun it may stall at around 7cm due to lack of space, as baby needs the exit to be 2cm wider to get out.

To encourage:

Lean forward/straddle (not sit on) chair. Lie on left side & do the *Easy Birth Preparation* work.

Baby in Optimal Position (O.A.)



Baby is in perfect birthing position. Her/his back is to Mum's left & most fetal movements will be felt on Mum's right.

Baby's head working with gravity & Mum's movements will initiate effacement & allow for easy birthing.

Baby in Non-Optimal Position (O.P.)



Much like parallel parking in a car it is easier when reversing rather than going in forwards - it takes less space.

For most women this 'sunny side up position' is **NOT** optimal for birthing easily.

