

Easy Birthing - The Process

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

**Easy birthing depends on many factors converging. . .
most important is Mum feeling safe and her pelvis
being able to open - physically & emotionally.**

Nourishing a well pregnancy (making better babies naturally) involves always following Nature, allowing the dance of mother & her child to its logical conclusion. In their own time.

The length of the pregnancy is determined by many factors, including Mum's state of health, temperament, the current birthing culture and how these impinge upon her ability to open into maternity. **When all is in a state of graceful balance birthing may be painless (no resistance to flows).**

Non-Optimal Fetal Position shown

NOTE!!

These visuals give you the awareness of the work the uterus is to do. For most women this is baby's face against her sacrum & coccyx as s/he emerges as this ensures baby's microbiome is seeded on the passage out to the external world.

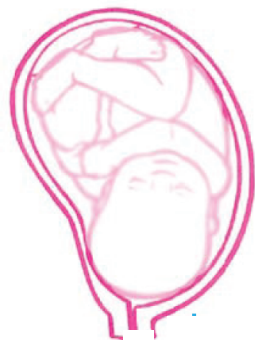
The 4 pictures below show baby in 'sunny side up' baby's back to Mum's back (OP- Occipit Posterior).

Easy Birthing



For most women this is the optimal fetal position requiring less head moulding for baby.

Much like parallel parking is easier when reversing than going in forwards.

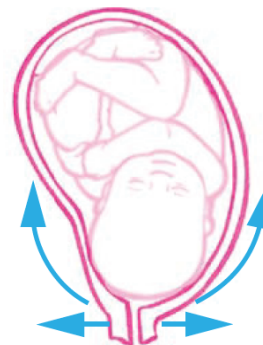


Effacement

The thinning process may involve the discharge of 'the show' or mucous plug.

SHORTEN

↑ The action is in the **shortening**



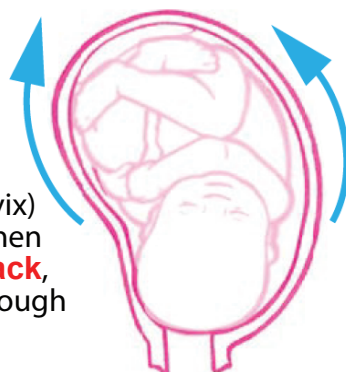
Dilation

This opening process may happen without Mum's knowledge.

WIDEN The action is in the **widening**.

Active Labour

The uterus draws up, the lower end (the cervix) naturally opens, and when **completely pulled back**, baby is able to slide through the opening.



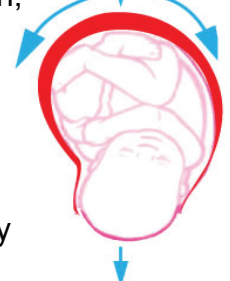
Fetal Ejection

Birthing happens not only when the cervix is fully open, but when Mum's body is ready.

Uterus Ready

Cervix Open

No pushing as baby is being **expelled**.



The shortening of the uterine longitudinal ligaments may not hurt, and **may in fact be painless**, like having a poo.
Due to the close proximity of a woman's clitoral wings, an **orgasmic birth is possible**.

