

Induction - Forceful/Medical expectations

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

Leaving well alone in a healthy pregnancy with a relaxed, well-nourished mother living in a supportive environment where an intact (primal/instinctive) mammalian bond between mother and baby is the natural focus is best/desirable. **Safest also.**

Mum's ability to be a loving, gentle, sane & healthy, easily breastfeeding mother is very largely determined by how she is treated and respected in this time of bringing forth a new life for herself and that of her child.

Unless the actual physical safety of either is compromised, the native instinctual gifts nature confers at this time may be lost, however well-meaning the interference. Please see more in "*Gentle Birth, Gentle Mothering*" by Dr Sarah J Buckley.

Optimal vs Non-Optimal Fetal Positioning

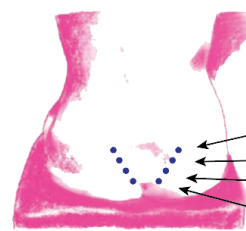
Where is Our Starting Point?

Tense, stressed **OR** happy & feeling safe?
These options govern the process, mechanics & outcome of the birthing process

Mum's nutritional state, her hydration, her structural & tissue integrity & their alignment (especially if a forced induction of any description is trialed) need to be considered.

Mum & baby both being ready to meet each other after the birthing dance is the safest beginning.
Assisting this will enhance the birthing outcome.

Bladder Sacral



BI 31
BI 32
BI 33
BI 34

Preparation & pain relief in labour.

As labour progresses press only those giving most relief.

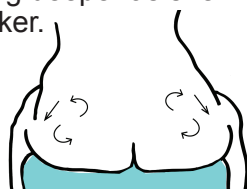
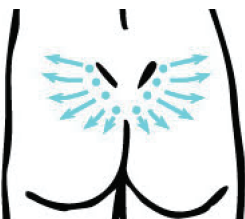
The further baby descends, the lower the points you use.

These points need deep, constant pressure one set at a time. May be easier if she is on hands & knees.

Take it slow, firm & constant.

Bum Wake-Ups

Start slow & gentle, becoming deeper as she gets pinker.



GB 30

A very very wide area to play with. Please do so lovingly. Press & hold.



GB30



Gb 30

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.



Li 3

Sp 6 General opening point influencing the lower body.



Sp 6

Found 4 of Mum's fingers up from her ankle at sorest part the thumb digs into on inside leg bone

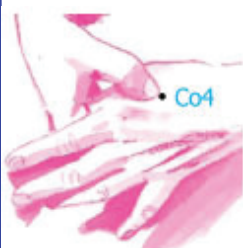
Pump or press very firmly for about 5 secs.

Co 4 For **general opening & pain relief.**

Pressing deeply may assist labour to begin.

Pump or press very firmly during contractions.

Helpful to distract Mum if she needs to travel in labour or have unwanted interventions



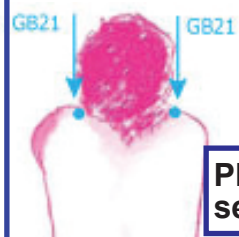
Co4

GB 21

This is **downward acting.**

Press firmly downwards & hold for 10 - 20 sec.

Found in the knottiest part at top of the muscle.



GB21

GB21

Please repeat this encouraging set of moves often.

