

# Difficult Late Labour (Stalled/Prolonged) Including Transition

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

Easy living & birthing depend upon optimal Qi & Blood flow.

Labour is not a race, or a mathematical puzzle. Whilst it may have taken 24 hours to dilate 3 cms, if all is cleared away, the next 2 hours could see baby in arms.

*What enables this? Discovering what is blocking flows.*

**When Liver Qi is stuck**, (tension/stressed not wanting to hurt feelings/express oneself) it hinders opening. You may together have to move through what neither may want to talk about. This may also be why her labour may not have begun spontaneously and/or why her pelvis is still incorrectly aligned.

She may need time & support to navigate whatever is coming up for her in this birthing journey. By changing the messages with your fingers & loving presence, her physical body can then respond to the different (energy) instructions.

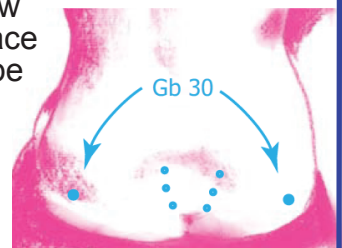
**These tools are not distractionary tactics.  
These points can be used at any stage of the labour process.**



The point Du Yin can be severely ground into using your thumbnail.

This is a point specifically for difficult labour.

The best position to allow free use of the inner space available is for mum to be upright, and leaning forwards, especially during each contraction. Press these points very firmly as needed.



## Mum not Coping/Maternal Exhaustion

(This can be a physiological change of pace also)

**Take charge, more massage, eye contact, change position.**

If Mum starts to panic/lose faith in her ability do this/look as though she wants to 'opt out' - assume that SOMETHING is obstructing the birthing process. Working at an emotional/ energetic level may disarm the apparent physical birthing issues.

Whilst medical options are available, they tend to focus on THEM doing the work, not encouraging Mum to find different strategies to move through to bring forth the baby herself.

Besides positional changes, using Rebozo, changing location, helpers, focus, attitude, room and by offering food, using Rescue Remedy, homeopathics, topical magnesium and other nutritional assistance, the SOMETHING that is stopping baby coming may shift.



### St 36 Energy Tonic

Located by placing Mum's hand directly under her kneecap. Using her thumb width against the outside bone you will find a sore point. Massage downwards maybe for 1-2 cm every few minutes or between contractions if needed.

### Ki 1 Release Emergency Tank/Rescue

Grind thumbnail into point found 1/3 way down the sole at the junction of the 2 pads. Her focussing on breathing centering, as each relaxed powerful surge brings baby closer to being in her arms.

