

Easy Late Labour

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

In some cases this process is not noticed. It is very possible to miss most of labour if there is nothing blocking the flows. The surges may be painless though felt as hardening. The longitudinal ligaments of the uterus are shortening and drawing up. 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. The points below plus all in this series will enhance the experience

These points 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 sores part around the area on the inside of the bone.

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.

