Thinking about labour through the glasses of normality
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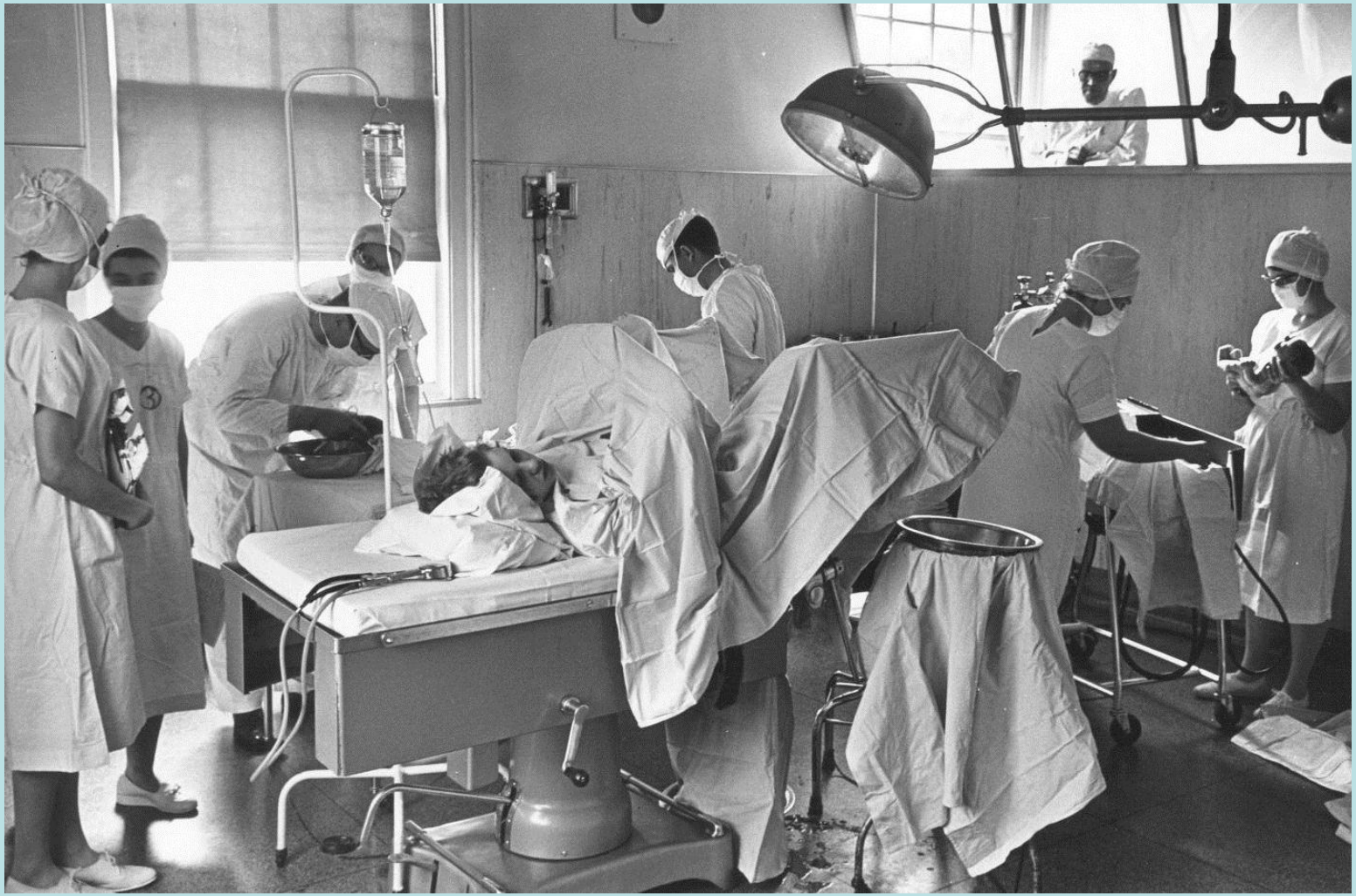
Our past ?



Don't think of it as pain. Think of it as an interesting sensation that requires all of your attention."

~Ina Mae Gaskin,
Spiritual Midwifery

www.facebook.com/TheMarsupialMommy

Our future ?

Undisturbed gentle birth practices

- Patience with physiological pregnancy and labour
- Provide continuous companionship
- Quiet, softly light distraction free environment
- Mobility and supportive positions during labour
- Physiological based coping practices in labour
- Supportive different positions for birth
- Immediate uninterrupted contact between mother and baby which leads to breastfeeding

Be patient with pregnancy and labour

Masterly Inactivity
“The Quiet Observer”

Optimal cord clamping

Continuous companionship

Undisturbed environment

Undisturbed enhanced senses

- Touch - massage
- Sight - lighting
- Hearing – music
- Smell – aromatherapy oils
- Taste – vibrant foods

- Language - positivity

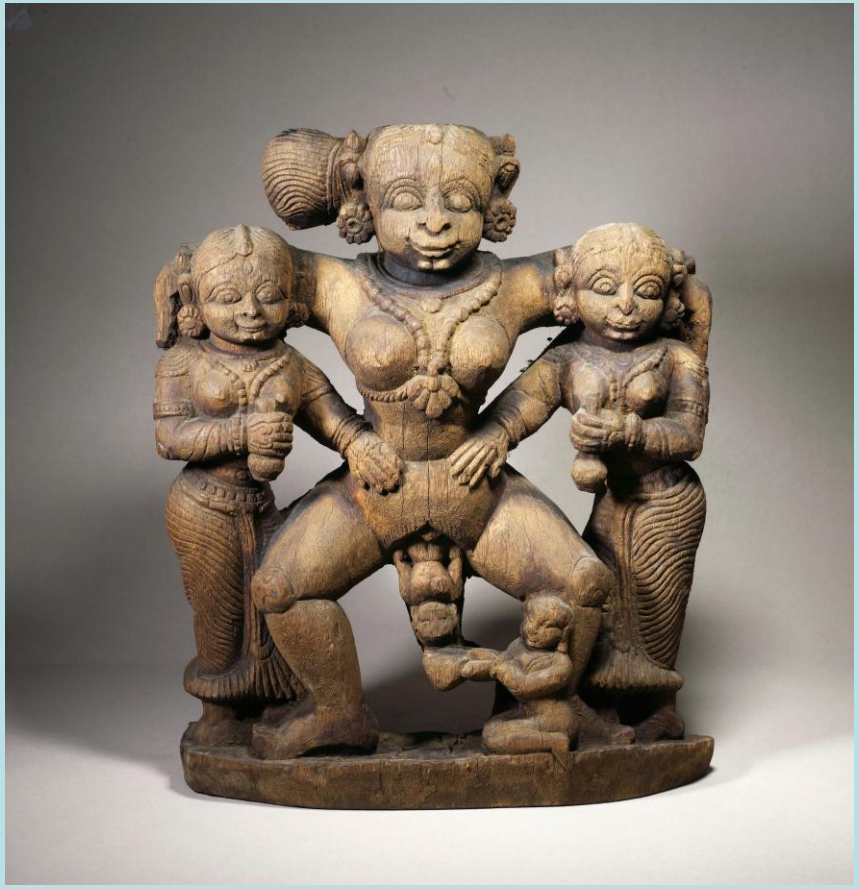
Mobility and supportive positions in labour

Physiological coping practices

- Aromatherapy
- Hypnobirthing
- Reflexology
- Herbs and tonics
- Acupuncture/pressure
- Massage
- Water

- TENS

Supportive birth positions



Immediate uninterrupted contact between mother and baby which leads to breastfeeding

Best Evidence for Undisturbed Gentle Birth Care Practices

Nature is already as good as it can be
It cannot be improved upon
He who tries to redesign it, spoils it
He who tries to redirect it, misleads it
-Lao-tzu

Remember nothing is ever what we think.