

Labour Acupressure

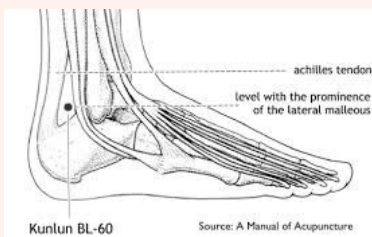
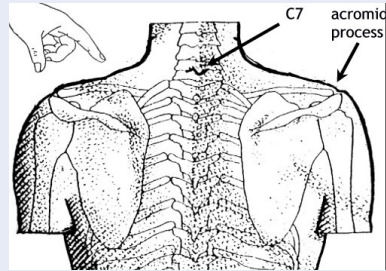
For daily use from 38 weeks into active labour

Massage these points daily for 2 mins, both sides to help bring on labour. Any questions, please contact us hello@embraceacupuncture.com.au

GALL BLADDER 21 - DECESENDS BABY

Midway between your spine & your shoulder joint on the Trapezius muscle. Repeat on other side.
Here's a [video](#) demonstration

Massage daily for 2 mins & often in 1st & 2nd stages of labour



BLADDER 60 - DECESENDS BABY

On the outside of your leg, between your ankle and your achilles tendon. Repeat on other leg. Here's a [video](#) demonstration.

Massage daily for 2 mins & often in 1st & 2nd stages of labour.

SPLEEN 6 - EFFICIENT UTERINE CONTRACTIONS

On the inside leg, place 4 fingers above your ankle, The point is just off your tibia bone. Repeat on other leg. Here's a [video](#) demonstration

Massage daily for 2 mins and massage regularly during labour until contractions are strong & regular



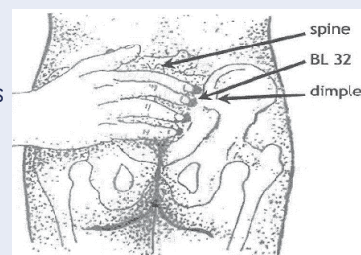
LARGE INTESTINE 4 - PAIN RELIEF

In the fleshy part of your hand between you thumb and 1st finger, in the muscle between the finger & thumb bones joining and the skin webbing. Repeat on other hand. Here's a [video](#) demonstration

Massage daily for 2 mins & massage often during labour for pain relief

BLADDER 32 - PAIN RELIEF

Midway between the dimples (above the buttocks) and the spine (please note that BL-32 is not the dimple). Or 1 index finger lengths above the top of the buttock crease, then one thumb width either side of the spine. You'll feel a small depression of the sacral foramen. repeat on the other side. Here's a [video](#) demonstration
Massage daily for 2 mins & regularly during labour for pain relief



Labour, Birth and Beyond!

BREATHING IN BETWEEN CONTRACTIONS

This technique helps stimulate the parasympathetic nervous system and help calm and relieve pain

1. Breathe in through the NOSE for 4 seconds
2. Breathe out through the MOUTH for 6 seconds.

TED TALKS TO ENHANCE YOUR BIRTHING EXPERIENCE

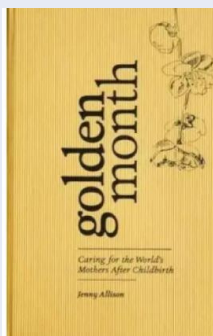


90 seconds to Change the World –Alan
Greene
Optimal time to clamp the cord

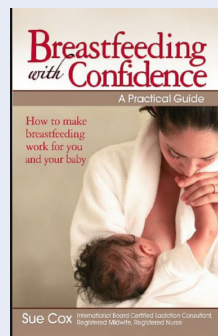


Own Your Body's Data –by Talitha Williams
Ask questions, get answers, then make
decisions.

OUR FAVE POST BIRTH BOOKS



The Golden Month by Jenny Allison
Important self care post birth



Breastfeeding with Confidence
A practical guide by Sue Cox