

Labour, Birth and Beyond Resources!

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

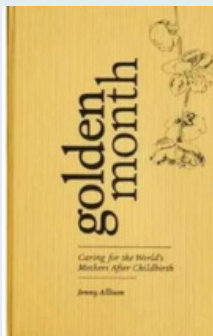


90 seconds to Change the World – Alan Greene
Optimal time to clamp the cord

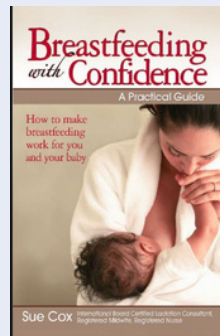


Own Your Body's Data – by Talitha Williams
Ask questions, get answers, then make decisions.

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