

Shift In Consciousness

Deep Pressure and Loose Bowels

REMEMBER:

Labor is a gradual process. Gradual might mean hours or even a day or more before active labor begins. In any case, these early signs are your body's way of asking you to store energy that you will need in labor. Take some time to think about what is about to happen, that your baby will soon arrive, what you need, and enjoy your last moments alone with your support person before your lives will be changed forever.

Stay well rested, drink plenty of fluids, empty your bladder frequently, and eat healthy, substantial meals before strong labor starts.

Be kind to yourself and trust in your body's knowledge of how to birth that has been passed down to you from so many past ancestors. Also, as you begin labor know that there are millions of other sister-women in labor all throughout the world - most with midwives!

What to do if you birth before we arrive

Some women have a history very fast labors and births and so should stay with relatives or friends after 36 weeks of pregnancy until the birth of their baby.

If your baby comes before we do, wrap baby in a warm dry towel or blanket. Talk to baby and remain calm - babies are kind to their mothers and most will only come fast if they know that their moms can do it. **YOU CAN DO IT** if need be. Just listen to your body and trust. **Call 911 if you feel you (or the baby) need help, feel afraid or are worried at anytime.**