

Early Labour  
(latent/irregular  
contractions)



Distraction  
Stay active – tidy, nest, walk, dance,  
birthing ball  
Boost your oxytocin

Use MP3 tracks if you need

Turn your focus to your body/birthing zone

First Stage  
(0-10cm)



Lengthening breath (long out breath)  
Bath/shower or warm wheat bag  
Stay active & mobile  
Protect & nurture oxytocin  
Comb or TENS machine

Second stage  
(10cm – baby  
born)



UFO – upright, forward & open  
Use down breath/poo breath to breathe  
through your body  
Soft jaw, soft hands  
Haaaaa breath for crowing

