MIDWIFE AMY

Preparing for a Calm Birth

A simple guide for expectant parents



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Introduction

Birth can feel calm

Pregnancy and birth are powerful, transformative experiences. Yet many parents approach birth feeling anxious, overwhelmed, or unsure what to expect.

The truth is that **feeling calm and confident during birth is not about controlling every outcome**. It's about understanding what is happening in your body, feeling supported, and knowing you have choices.

This guide shares a few simple ways you can begin preparing for a calmer, more positive birth experience.



Understanding Birth Physiology

Your body knows how to birth

During labour your body releases hormones that help labour progress and support you to cope with contractions.

Three important hormones include:

Oxytocin

Often called the "love hormone", oxytocin helps create contractions and supports bonding with your baby.

Endorphins

Your body's natural pain relief. These increase as labour progresses and can help you enter a focused, instinctive state.

Adrenaline

Helpful in small amounts, but too much can slow labour by interfering with oxytocin.
This is why environments that feel **safe, calm and private** can make such a difference during labour.

Creating a Calm Birth Environment

Your Environment Matters

Things that may help create a calm environment include:

- Dim lighting
- Quiet surroundings
- Feeling safe and supported
- Minimal interruptions
- Being able to move freely and intuitively
- Familiar people around you

Many parents also find comfort in:

- Music
- Warm water
- Breathing techniques
- Gentle movement



A calm environment helps your body release oxytocin

The Power of Support

You Don't Have to Do This Alone

Research consistently shows that continuous support during labour improves birth experiences.

Support might come from:

- Your partner
- A midwife you know and trust
- A doula
- A close family member or friend

When you feel supported, listened to, and respected, it becomes easier to relax and trust your body.



Preparing Your Mind

Birth preparation is not just physical

Your mind and any unresolved fears can greatly impact your birth experience.

Actively preparing can help to:

- Learn about how labour works
- Talk openly about your hopes and fears
- Consider different birth settings
- Practise relaxation or breathing techniques
- Surround yourself with supportive information

Confidence often comes from understanding your options and feeling involved in decisions about your care.



A Final Thought

Every birth is unique, and there is no single "perfect" way to give birth.

However, many parents find that when they feel **informed, supported and respected**, birth can become a deeply positive and empowering experience.

Exploring Your Care Options?

Book A Free Discovery Call

If you are exploring your maternity care options and would like to learn more about **independent midwifery care**, I would be delighted to speak with you.

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