

When and How To Push

The Homegrown Radiance Doula

Once fully dilated there could be a pause for a few minutes. This does not mean labor has halted. You are gathering yourself and transitioning into pushing. Could last 20-30 mins.”The realm of transformation”

After transition you will be in the 2nd stage of labor, latent aka “The Tides”

- Baby will continue to get into position for birth (from C shape to S shape) and contractions will resume full on.
- May feel like giving little pushes here and there.
- Some women skip this stage completely and are ready to pushing after the transition.

Once baby finds the appropriate position, you will be in the 2nd stage, active labor aka “The Breakers”

- Your baby hits the perineum and is visible aka crowning.
- You feel the urge to push. This can sometimes feel like the need to poop. If you do not feel either, standing up or changing positions can help.
- Fetal Ejection Reflex is possible. This is when your uterus pushes the baby out itself.

You will use your own effort with that of your uterus to birth your baby.

Be sure to listen to your body when to rest and when to resume pushing.

Be sure Mom feels like she has privacy and that she feels protected once she hits transition.

During the “The Tides” Mom may make low animal like birthing sounds, spontaneously.

When baby is crowning, Mom may experience a rush of adrenaline. She may bring herself upright or kneel on one knee.

If she is on one knee, she may crouch to the floor and facilitate the birth of baby. You can crouch in front and above her, protecting and witnessing her. She will birth baby in her hands or whoever she wishes.

Immediately after birth, there may be a pause where mother and baby are collecting themselves. You can place baby face down on his/her belly while mom is coming back to aka “The Return”

Labor and Birth are altered states of consciousness. In Labor your drop from Beta (daily consciousness) eventually reaching Delta (altered consciousness).

Having a private and safe birth environment is key to reaching these deep states.

Priorities & Other Notes

Let nature be your best helper. Childbirth is a very natural act.

Be calm and DO NOT hurry. Let nature take her course.

Practice focused relaxation during contractions (focus on breath).

Detach your mind from what your body is doing to get out of its way.