

## ACTIVE BIRTH PREPARATION KIT

Believe it or not the fears surrounding birth are not innate. The ways that we are raised, the way that society understands birth, the way that other mums share negative experiences about their own births, the way that the television and social media talks often about birth has made birth look more like a punishment for the woman than a blessing.

For many of us even before giving birth, we are afraid to do it, this fear grows while we are approaching the time of giving birth.

This fear can make us feel isolated and depending on the degree it may leave us impossible to imagine that we can love to give birth, that we can actually enjoy and look forward to giving birth.

The aim of this kit is to remove the fears associated with birth that weigh on our mind like a huge bag of stones and replace them with a new way of thinking to create a comforting cloud of positive memories.

You are going to develop these memories and you are going to choose the new way to understand birth.

*When we change the way we see births, the way we give birth also changes.*

In this kit you are going to find positive statements about birth and a task to do with each. The aim of this kit is to actively prepare for a positive birth and make this a routine practice of your daily life.

The more we prepare for birth, the more confident we will be, the happier we are going to feel, and the more we are looking forward to giving birth.

Depending on how far you are in your pregnancy, you can do this birth preparation daily, every two days or weekly.

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### Task: POSITIVE LIST ABOUT BIRTH

Now we are going to do...

## Relaxation Script

Remember, the key...

...ing down what you think is positive

... does not seem to come naturally.

...ny others plenty, but even if your d... is it not worth everything to get

...r baby, whatever negative c of the day you are going to meet

...etty well, or there wouldn't be

...incredible place without

...lled before at a certain ace in your mind even ses.

...matherapy has incredible

...ring birth, it can be a ngth, an essential oil or nd.

...ring this smell, make it

...es that day and smell

...u can, you do not need to focus

...record these scripts and listen to

...y will be positive once you are with wonderful memories.

...bear.

...o fears.

...our mind.

...nt.

...g,

...s.

...ts on

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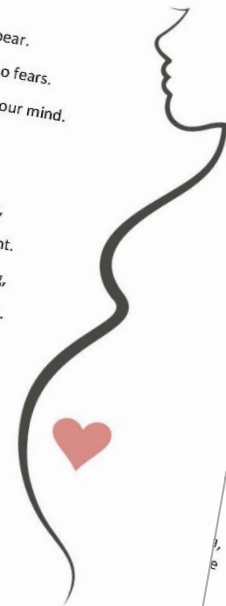
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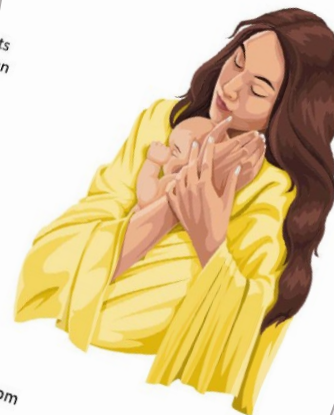
## Your baby are the perfect team

...ead is perfectly able to fit through the birth canal. rfect team to go through this journey!

...pate actively during birth. Babies can wriggle into a good d sometimes they push with their feet. fit through the birth canal, their skull is not a fixed bony plates. This allows the plates to move and overlap as the is and vagina. an adjust to fit the size of your body,

...ure. The symphysis pubis which connects the two halves age. allows more space for the baby to move through the rrent layers of the pelvis in order to pass through the

...nd is less important than the position the baby is in. If nts first, the journey will be easier and quicker. work sible.



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