

Pathway to a healthy birth



How to help your hormones do their most wonderful work from pregnancy ... to birth. Staying on the right path means helping your body's natural hormones work well for you.

Pregnancy, Labour and Birth are a Journey

Our birthing hormones are made up of

1. Oxytocin – the Love hormone.
2. Endorphins – the pain relieving hormone.
3. Catecholamines – the stress hormones – fight or flight.
4. Prolactin – the mothering hormone.

During Pregnancy

Pregnancy is a time to plan for a safe, smooth childbirth.

Low levels of stress hormones help you and your baby stay healthy.

What will help you stay on the pathway?

Choose the care provider and birth place that supports your body's abilities while avoiding unneeded tests and treatments.

Find a doula to help you stay calm while you give birth.

Limit stress during pregnancy when possible.

What can pull you away from the pathway?

Choosing the care provider and birth place that intervene in natural processes when you and your baby are healthy.

Not having skilled personalised support while giving birth.

Feeling stressed during pregnancy.

Towards the end of pregnancy

Hormones prepare you for safe and smooth childbirth, breastfeeding and bonding.

What will help you stay on the pathway?

Let labour begin on its own when possible.

What can pull you away from the pathway?

Inducing labour (or having a caesar) before your body is ready to give birth and your baby is ready to be born.

Early labour

Hormones prepare you for a smooth labour and birth.

Hormones help avoid unneeded interventions and side effects.

What will help you stay on the pathway?

Stay home until labour is strong (active labour) while staying in touch with your care provider.

Stay calm and relaxed.

Get support from a doula.

What can pull you away from the pathway?

Going to the hospital too early before labour is strong (active labour).

Feeling stressed and anxious.