

# NEUROSCIENCE of the Birthing Brain

Feel it build.  
Feel it peak.  
Feel it fade.

My body is  
designed to  
do this.

Oxytocin stimulates uterine  
contractions and pushes baby  
towards cervix

Head of baby pushes  
against cervix

Nerve impulses from cervix  
transmitted to brain

Brain stimulates pituitary  
gland to secrete oxytocin

Oxytocin to  
the breast – milk  
ejection reflex

Oxytocin carried in  
bloodstream to uterus

I am powerful and my body  
was made to give birth.

Your contractions cannot  
be bigger than you.