

The Hormones of Birth

Understanding your Hypnobirthing body



The Parasympathetic Nervous System

- This is our normal state
- Restores balance
- Controls the digestive and resting system
- This will encourage your progress in labour

The Fight or Flight Response



- A temporary reaction
- It primes the individual for fighting or fleeing
- Produces the release of catecholamine commonly known as **ADRENALINE**

The Hormones of Labour

- Oxytocin – love hormone – speeds up labour 😊
- Endorphins – natural pain relief 😊
- Adrenaline - slows down labour 😞

<https://www.aims.org.uk/journal/item/undisturbed-birth>

Top Tips for Positive Hormones

- Eat dark chocolate!
- Surround yourself with the people you love
- Keep your birthing environment dimly lit
- Use relaxation techniques to reduce stress
- Use positive words and images (ie. birth affirmations) to help you stay in control and focused

Birth Affirmations



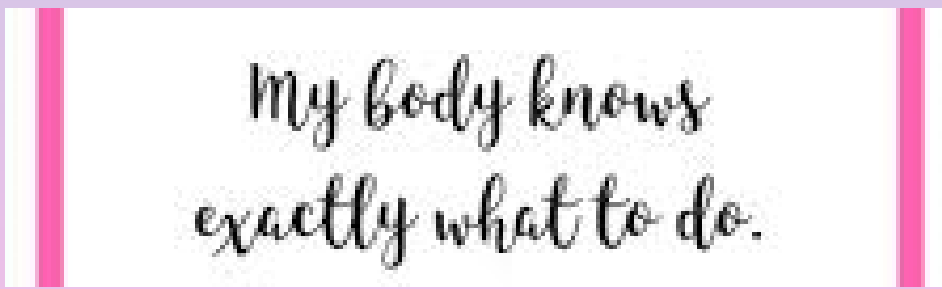
I am built
for birth



i am
capable
and
strong



RELEASE & RELAX
let your body
birth your baby



My body knows
exactly what to do.



My baby is safe



Each surge
brings my
baby closer
to me