



Empowered Motherhood

with
PATTI GOOD



Avoiding Induction - Top Tips

How does a baby know when to be born? The latest research shows that 'molecular mechanisms within foetal lungs initiate labour'. Wow! that means your baby knows exactly when it is 'cooked' and ready for the outside world.



So what's the deal with induction?

Chemical induction will cause your uterus to contract but not open. This means that your baby's head could be pushing against hard, unrelenting muscle for hours. Not fun for either of you! This can be avoided in many cases by following the simple tips below....

1 - State your preferences often and early

Getting clear on the kind of birth you want is crucial to a calmer, easier birth experience. Make sure you mention your preference to not be induced early and often.

2 - Safety first

In the absence of any medical indication AND with safe monitoring by your care team, it is safe to wait. In the absence of a medical indication, BUY TIME..

3 - Trust your body, trust your baby

Many women have a very strong intuition about trusting their body. They understand that their body has just grown eyeballs, fingernails and a full cardiovascular system and is not going to somehow go into full system failure when it comes to getting the baby out.

4 - Natural techniques rock!

- Sex. Semen contains prostaglandins so it can help to thin the cervix. Nipple and clitoral stimulation, kissing and sex can also help to stimulate the release of oxytocin which encourages contractions

- Acupuncture. This is one of my favourites because it also so effective at managing the 'mental aspect' of waiting for baby. Firstly go to someone who is trained in acupuncture for pregnancy, then I would book 3 sessions. One around your due date, the next a few days later and then a few days after that. This way the sessions can assist the body in preparing for labour. And even if you don't go into labour after a session, it means that your body will be much better prepared to cope with the induction if/when it happens.

- Spicy food can stir the digestive processes in they body and also stir your birthing muscles into action.



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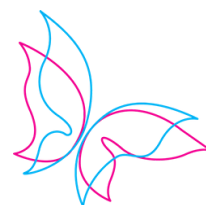
Avoiding Induction - Top Tips cont...

5 - Fear Release

Energy psychology techniques are kick-ass at helping you release both major and minor fears from your mind as well as your body! They are simple, can be done with an experienced practitioner or by yourself and they are super fast and effective.

BodyTalk, EFT (emotional freedom technique), The Journey, Reflective Repatterning are all methods currently available.

I offer the 'My Best Birth Program' to help you release any fears and prepare for an empowered birth experience. You can check it out at www.pattigood.com



6 - Great Support

This may be in the form of a partner who is really on board as a result of HypnoBirthing or another great ante-natal class you have attended. Or it may be a doula or an independent midwife. Knowing and trusting your caregiver can really make the difference in standing your ground to avoid an unnecessary induction.

And remember....!

- Only 5% of babies are born on their due date
- The window of gestation for 95% of normal babies is 265 - 300 days. Yes, that's over a month of what is considered normal!
- You don't take a cake out of the oven before it is cooked so why do we take baby's out before they are ready?

For more details and support...

Visit: www.pattigood.com
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Youtube: <https://goo.gl/vgXbs4>

