



Promoting normal birth

There are things that you can do to promote normal labour and birth:

- Attend parent education workshops
- Stay home as long as possible in early labour
- Continuous support
- Be upright and active
- Shower/ bath
- Mindfulness and relaxation techniques
- Music
- Massage
- Heat packs
- Dim lighting
- Aromatherapy
- Eat and drink as you feel
- Believe in yourself!

Talk to your midwife for more ideas



Natural ways to promote labour

Oxytocin is our “love hormone”, released during labour and breastfeeding. There are things you can try which may increase your natural oxytocin. Increased oxytocin may encourage your body to go into labour.

It is recommended to start these from 36 weeks of pregnancy

- Antenatal expressing / nipple stimulation
- Aromatherapy
- Acupressure and/or acupuncture
- Walking and upright positions
- Hydration (water is best)
- Massage
- Raspberry Leaf Tea
- Sexual intercourse/ loving physical contact
- Stretch and sweep by midwife or doctor

Discuss with your midwife for further information