

# HOW TO BOOST YOUR ENERGY DURING LABOUR



1. Deep breathing
2. Relaxation
3. Confidence
4. Dive into your labour, instead of resisting or controlling it
5. Surround yourself with love and send loving thoughts to your baby
6. Eye contact with partner or any other person who accompanies us
7. Welcome contractions one at a time, abandon yourself to it and let it go
8. Welcome comforting words and/or touch (massages)
9. Feel protected, confident, strong in your vision of childbirth. Ask for help, if you need it
10. Allow yourself to live out your emotions, to express them; this helps the energy to circulate throughout the body. This frees the intensity of birth on all levels (Power)
11. Recognise and accept the intensity of birth on all levels (Power)
12. Everything is appropriate for me and my child, in this moment
13. Humour
14. Make a nest for yourself. Favorite music, spread your energy in the room, create a peaceful serene environment
15. Provide fruit juices, herbal teas and honey, dried fruit, etc. That keeps up your energy
16. Work together with your child, make yourself a PASSAGE and visualise the route your child is coming down on.