

BIRTH

It's incredible to share a body with someone you've never met. I remember daydreaming about my baby's face, hair color, and smile. I consumed all the knowledge I could about the physiological demands of labor + birth and imagined a beautiful birth experience. I didn't have that my first birth, but my second birth was pretty close to what I imagined! Here are some tips + products to research to have a more natural, empowered birth.

labor products:

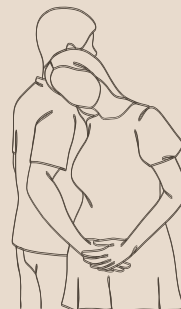
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For the Body



For the Mind



For your Partner

how does birth work?

First, let's quickly go over what happens during birth! There are of course many variations of what can happen depending on your personal situation, however this is the basic framework of how birth works. Keep in mind, this is just an overview! I will have resources linked at the end of this section for you to go more in depth.



<https://www.nichd.nih.gov/health/topics/labor-delivery/topicinfo/stages>

early labor

- * The opening of your uterus, called the cervix, starts to thin and open wider, or dilate.
- * Contractions get stronger, last 30 to 60 seconds, and come every 5 to 20 minutes.
- * You may have a clear or slightly bloody discharge, called "show."

active labor

- * Contractions become stronger, longer, and more powerful.
- * Contractions come closer together.
- * Your cervix starts dilating faster.
- * Your baby starts to move into the birth canal.

- * Your cervix reaches full dilation, meaning that it is as open as it needs to be for delivery (10 centimeters). You may feel the urge to push (as if having a bowel movement) to help your baby move through the birth canal.
- * You may feel pressure on your rectum as your baby's head moves through the vagina.
- * Your baby's head starts to show in your vaginal opening (called "crowning").

- * Your placenta is delivered. The placenta is the organ that gave your baby food + oxygen through the umbilical cord during pregnancy.
- * Contractions begin 5 to 10 minutes after the baby is delivered.
- * The placenta separates from the wall of the uterus and also comes out the birth canal. The placenta will come out on its own.
- * Typically, it takes about 30 minutes for the placenta to exit the vagina. However, it can take longer. Breastfeeding helps placental delivery.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3647729/>

A normal physiologic labor and birth is one that is powered by the innate human capacity of the woman and fetus. This birth is more likely to be safe and healthy because there is no unnecessary intervention that disrupts normal physiologic processes.¹⁷ Some women and/or fetuses will develop complications that warrant medical attention to assure safe and healthy outcomes. However, supporting the normal physiologic processes of labor and birth, even in the presence of such complications, has the potential to enhance best outcomes for the mother and infant.¹⁸⁻²¹

Normal physiologic childbirth

- is characterized by spontaneous onset and progression of labor;
- includes biological and psychological conditions that promote effective labor;
- results in the vaginal birth of the infant and placenta;
- results in physiological blood loss;²²
- facilitates optimal newborn transition through skin-to-skin contact and keeping the mother and infant together during the postpartum period; and
- supports early initiation of breastfeeding.¹

benefits of natural birth

- * Optimal function of the neuroendocrine system enhances the release of natural oxytocin and beneficial hormones in response to stress.
- * These hormones promote effective labor patterns and protective responses, including enhanced endorphin levels, facilitation of cardio-respiratory transition and thermoregulation of the newborn, successful lactation, and enhanced bonding behavior between the mother and infant.
- * When there is optimal physiologic functioning, **women are less likely to require interventions to artificially augment labor, which can potentially interfere with their ability to cope with pain.**
- * When labor progresses spontaneously there is a **reduced likelihood of fetal compromise or need for instrumental/surgical intervention.**
- * Normal physiologic birth includes emerging from childbirth feeling physically and emotionally healthy and powerful as mothers.
- * Infants benefit from the ability of their mothers to respond to their needs and from the lack of exposure to medications that can affect neurological behavior.

factors that disrupt birth

The following factors disrupt normal physiologic childbirth:

- induction or augmentation of labor;²³⁻²⁵
- an unsupportive environment, i.e., bright lights, cold room, lack of privacy, multiple providers, lack of supportive companions, etc.;^{26,27}
- time constraints, including those driven by institutional policy and/or staffing;²⁸
- nutritional deprivation, e.g., food and drink;²⁹
- opiates, regional analgesia, or general anesthesia;^{30,31}
- episiotomy;^{32,33}
- operative vaginal (vacuum, forceps) or abdominal (cesarean) birth;^{6,34}
- immediate cord clamping;³⁵⁻³⁷
- separation of mother and infant;³⁸ and/or
- any situation in which the mother feels threatened or unsupported.³⁹

what can you do?

During pregnancy, create a birth team that understands + supports optimal function of childbirth. Not sure where to start? Read about Healthcare options in the First Trimester section of the [Motherhood Guide](#). While interviewing healthcare providers, consider the following factors that influence normal physiological childbirth:

For the woman:

- Her individual health status and physical fitness;
- Autonomy and self-determination in childbirth;⁵⁸
- Personal knowledge and confidence about birth, including cultural beliefs, norms, and practices and education about the value of normal physiologic birth;⁵⁹
- Fully informed, shared decision-making; and
- Access to health care systems, settings, and providers supportive of and skilled in normal physiologic birth.⁶⁰

Does your provider educate + empower you to make informed medical decisions? Is the culture of their practice one that supports natural childbirth? Ask other women in the waiting room that are further along than you about their experience. Are they empowered?

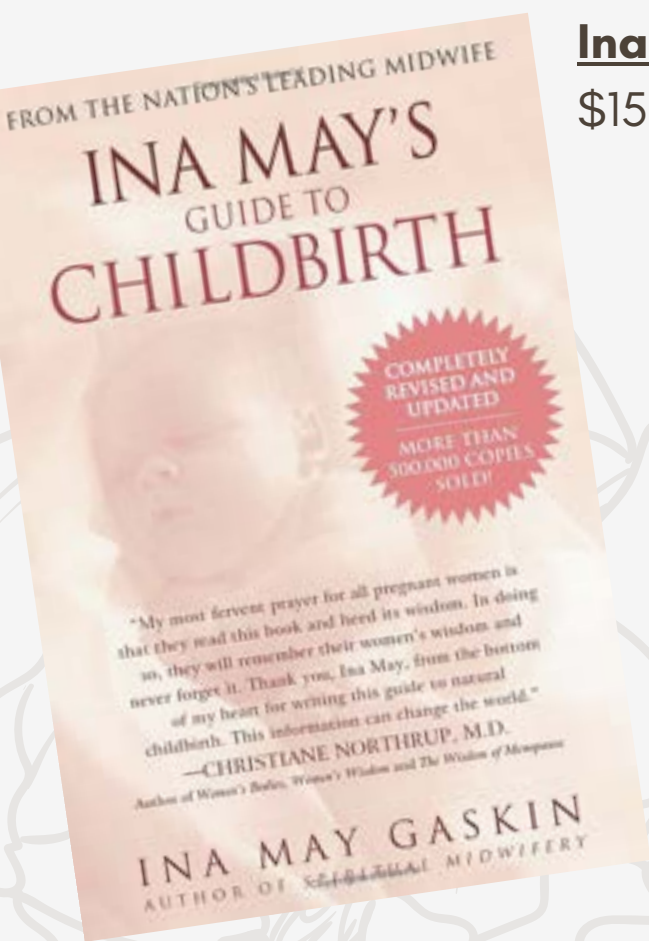
Build a healthcare team that is competent in natural childbirth. Are they confident in a woman's ability to give birth? Do they know how to naturally support a woman's body to cope with pain? Do they enhance or diminish fear of the natural process?

For the clinician:

- Education, knowledge, competence, skill, and confidence in supporting physiologic labor and birth, including helping women cope with pain;
- Commitment to working with women through education to enhance their confidence in birth and diminish their fear of the process;
- Commitment to shared decision making; and
- Working within an infrastructure supportive of normal physiologic birth.⁶⁰

further reading

Here are some excellent resources I recommend every pregnant woman read before giving birth! They will provide deeper insight into each stage of labor and how you can support the natural progression of childbirth. Knowledge is power and will eradicate fear of the unknown.



Ina May's Guide to Childbirth

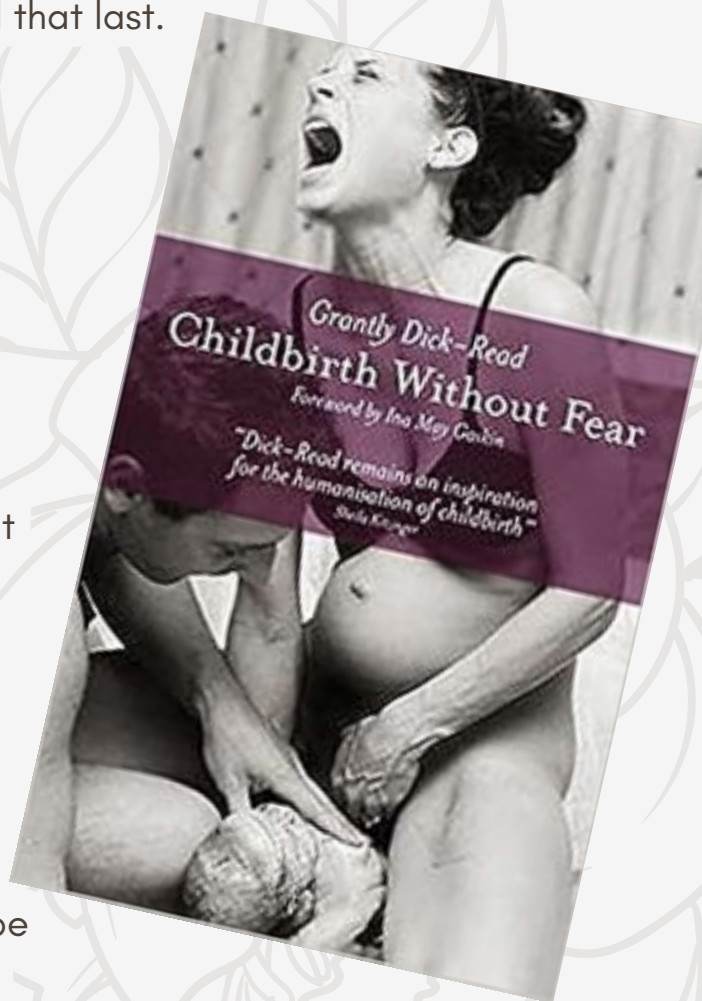
\$15.99

If you only read one book to prepare for childbirth, let it be this one! I really didn't know anything about labor beyond what I saw in movies until I read this book. The author has over thirty years of childbirth experience and takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention. I primarily love this book for the physiological emphasis of birth, however it contains much more insight for almost every kind of birthing situation! Don't be afraid to skip the first section with the birth stories. I read that last.

Childbirth without Fear

\$27.07

When I first saw the cover on this book, I cringed because the woman looks like she's in pain. However, after reading it, I realized she's not in pain. She's experiencing a surge of empowerment + absolute euphoria that naturally occurs during childbirth. I didn't experience this my first birth, but I did my second. I've achieved many accomplishments in my career and received awards few people have. However, none of that compares to the moment I gave birth on my own terms in my own time. It was incredible. I hope every woman can experience that for every birth!



Brave New Birth

\$14.97

Although this book is geared towards home birth, the information shared is valuable to all women preparing for birth. And here's why: no matter what you have planned for your birth environment, there is ALWAYS a chance that circumstances will lead to an unplanned home birth. I have two friends that unexpectedly gave birth at home by themselves and had no idea what was happening. Take the time to learn how birth progresses to not only be aware, but be prepared. Even when I was living in a city, a woman down the street from me gave birth at home unexpectedly during a snowstorm. Fear can easily take over in a time like that and make the process incredibly traumatic and painful. Try to avoid that by understanding how you can support your body no matter the situation. Also, this book is written as if you were talking with a friend. It makes it much easier to learn if you are just learning about birth.

looking for more?

I've sprinkled excellent birthing resources in the next few sections that will make you a birthing expert! Be sure to click on the logo of the birth resources and peruse the resource's website for paid + free information. Some have free podcasts, youtube channels, Instagram profiles, and digital downloads for you to research!

types of birth

Here is an overview of the many options you have when it comes to giving birth. As you can see, the variations are endless! Going in depth for each one is beyond the scope of this guide, however all the basics covered in this section can be applied to just about every type of birth. I do go more in depth on home birth and c-section birth in other sections of the [Motherhood Guide](#). I debated adding a hospital section, however your birthing environment in a hospital will largely depend upon current hospital policy + public health guidelines. No matter the birth you plan, be sure to go through the other sections for awareness - birth plans are just plans!

Birth Center Birth

- Freestanding Birth Center often run by midwives.
- Hospital-affiliated Birth Centers that still operate under hospital policy.

Water Birth

Most likely at home or at a freestanding birth center because most hospitals only allow labor in water, not birth.

Medicated Birth

Most likely occurs in the hospital. Involves the use of pain relief medications such as epidurals or intravenous drugs to manage pain.

Natural Birth

Can occur at home, in the hospital, or a birthing center. Focuses on natural pain management techniques like breathing exercises, movement, and relaxation.

Planned or Elective Cesarean Birth

Requires a surgical setting in a hospital with a surgeon. Personal preferences or medical indications are reasons for this type of birth.

Gentle Cesarean or Family-Centered Cesarean

Allows parents to be more involved during surgery such as watching the birth or immediate skin-to-skin for mom and baby.

Unassisted Birth or Freebirth

When a woman gives birth without any assistance from anyone (including midwives and doulas). Often done at home.

Vaginal Birth After Cesarean (VBAC)

For women that give birth vaginally after having a previous c-section. Most likely carefully monitored for ruptured uterus risk.

Home Birth

The oldest form of childbirth! When a woman gives birth in her home with little medical intervention. Requires commitment to stay low-risk during pregnancy.

Because normal physiological childbirth “is characterized by [the] spontaneous onset + progression of labor,” I won’t be covering any natural induction methods. I personally believe labor will occur when your body + your baby are ready. Trying to initiate labor before your body is ready could cause a host of issues later in labor or after delivery. However, there are ways to support your body once labor starts!



BABYGO Birthing Ball \$29.95

When both my labors started, the birth ball was the only place I wanted to be! I wasn’t comfortable on the couch or laying down. I craved movement, but didn’t want to stand to conserve energy. I would sway on a birth ball and track my contractions on an app while doing my breathing exercises. Birth balls are great for early labor and for alleviating pain if back labor occurs. I had back labor for my first birth. I distinctly remember yelling at my husband that “my back is breaking!” It was horrid, but laboring on all fours or while resting my forearms on a birth ball helped turn my baby to give my back a break. Be sure to have someone else inflate it + make sure you can rest your feet flat on the floor with your hips slightly over your knees. The ball for this model is too full as you can see her heels are lifted off the floor.

Simple Modern Stainless Steel Tumbler with Handle and Straw Lid \$29.99

Hydration is key in labor! Dehydration can lead to longer labor and prevent your body from doing what it needs to do. I love water bottles with straws during labor. My husband is excellent at making sure I sip water throughout labor. Straws make it super easy to do that without making me move from a preferred laboring position. I still remember the image of a straw appearing in front of my lips while leaning over my bed during my home birth + my husband gently whispering to take a drink. I didn’t have to move and the cool water was soothing after a longer contraction. That’s another plus about this tumbler. Its insulation will keep your water nice + cool!



goumikids Bamboo + Cotton Robe \$65.00

I bought one of those fancy “labor gowns” for my first birth with all the snaps and wore it maybe five minutes before ripping it off. I labored most of my first labor with just a bra on (no pants) even though the hospital staff kept putting me in a hospital gown. I just kept taking it off because my skin was so sensitive after accepting Pitocin. It was meant to speed up my labor, but it just made my contractions uncontrollable + my body felt beyond irritated. I demanded the IV be removed after only 20 minutes. For my second birth, I wore a bra + robe just like this right up until my son was born. It was the perfect amount of coverage + breathability. I loved it for postpartum too when sporting the adult diapers.

Mama Natural Birthing Comb For Labor Pain

\$15.99

I plan to try this for my next birth! The birthing comb provides a natural way to manage labor intensity by using acupressure + the gate control theory to reduce the perceived intensity of labor pain. According to the gate control theory, your mind can only process so many physical sensations at once. The “gate” refers to your nervous system that either allows or denies pain signals into your brain. Read more about it [here!](#)



Mama Natural

An excellent resource for natural birth!



Kitsch Satin Hair Scrunchies

\$7.99

I wish I was the type of woman that labored with my hair down or in a cute braid, but that is the last thing I care about while in labor! As soon as the contractions pick up, my hair instantly goes up in a bun on top of my head. I don't want a single strand of hair brushing my face and get annoyed if I have to keep putting my hair up. Find a good hair band you can depend on and keep it stocked!

Simply Eden Tallow Lip Balm

\$9.50 for 2 pack

Chapped lips are the worst during labor + tend to occur more often in the hospital setting. I remember constantly applying lip balm with my first birth especially after hours of deep breathing. I love Simply Eden Tallow's lip balms and plan to use them for my next birth. These are great to keep in your birth bag or stashed around your house because it's hard to predict when labor will ignite and you might be spending a few contractions in one part of your house.



food for labor



Find a nut + date bar like this one to nibble on between contractions for increased energy levels. I personally didn't eat anything for both my labors and think I should have. By the time my babies were born, I was physically spent and keeping my head up to adore their newborn faces was a feat! I plan to eat more this next labor to nourish my body as it births my baby.

Another way to get some quick energy is with honey sticks. I bought these for my home birth, but again, I didn't want to eat anything so I didn't use them.

However, I do want to try and incorporate these into my next labor to boost my energy.



I made a “labor-aide” for my home birth from a DIY recipe and only drank one sip. It was revolting and the last thing I wanted while in labor! However, this time around I'm thrilled to have these electrolytes on hand. I have had a glass daily during pregnancy - orange pineapple is my favorite. Use discount code “JUSTTHEINSERTS10” for 10% off.

natural pain medications

I don't say I had a medication-free birth for my second birth because I still used medication, just not pharmaceuticals! Here are some options to discuss with your healthcare provider whether you intend to have a home birth or hospital birth.



New to homeopathy? Click [here](#) for a quick-start guide from Dr. Green Mom



Chamomilla: for painful contractions when irritable or even verbally abusive to others.



Belladonna: for severe, hot, throbbing pains + the need to bear down even before it's time.



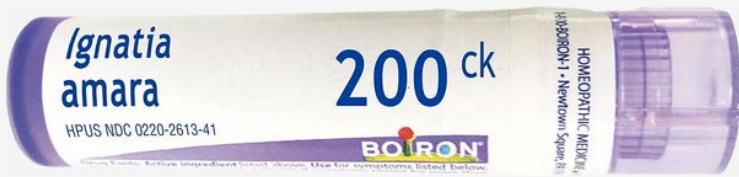
Arnica: for pain, contractions, after birth, bleeding, and that overall feeling of being "beat up."



Ipecac 30: for nausea during labor which can be paired with ginger or orange essential oil.



Caulophyllum 30: if labor has stalled during transition. You can also diffuse ylang-ylang essential oil.



Ignatia 200: to calm your anxiety during labor or after delivery. Rose essential oil also helps in a warm basin or diffused.

Essential oil use with homeopathy? It's typically avoided because they can "antidote" each other, however the essential oils mentioned above are not neutralizing like mint, camphor, or tea tree. Click [here](#) for more info.



Caulophyllum 200: to help deliver the placenta. My placenta delivered naturally mere minutes after my son was born.



Kali Phos 200C: for back labor or absolute exhaustion.

Looking for more guidance on homeopathy during labor? My mom took Joette Calabrese's "Feminopathy" course when I was pregnant and was prepared to offer homeopathic remedies my entire labor + after delivery. My midwife was very impressed!



Great to keep on hand if you experience postpartum hemorrhaging.



Bach flower remedy is great if you have a stressful labor + need to refocus.

To relax the muscles + ease back labor pain, try this massage oil.



for hospital births

I was adamant about having birth in or near a hospital for my first pregnancy. Even though I read about home birth, I didn't trust my body to know what to do for the first time giving birth. Now, as you'll read in the [Homebirth section of the Motherhood Guide](#), I deeply regret my decision to be in a hospital. However, I have many friends that have had beautiful, natural births in a hospital - it can be done! Here are some tips + products to keep in mind if you plan a hospital birthing environment. Remember, just about everything else shared in this guide can be applied to the hospital too!

- * **Bring familiar items.** Your own pillow, sheets, or robe can make the hospital room more comforting. I still remember the false fragrant smell of my hospital sheets from my first birth! And like I shared earlier, I kept taking off the hospital gown because it made my skin itchy.
- * **Dim the lights.** Turn off those bright overhead lights! Giving birth shouldn't feel like you're in a Costco. Bring soft, dim lights like [LED candles](#) or string lights. This'll create a more calming + intimate atmosphere.
- * **Hang affirmations in the room** to remind you that you were designed for birth + you can do this! This is a great activity for your birth partner or doula.
- * **Print + display your visual birth plan** (or preferences) on the wall to gently remind the hospital staff your intentions for birth. Here is a [great example!](#)
- * **Play music + relaxation playlists on a speaker.** I used headphones for the bulk of my first labor, but eventually they made my ears sore (remember, I was in labor for almost two days!) Also, having calming music playing on a speaker made everyone in the room more calm too. Same with the lighting! When hospital staff walked in, they naturally matched the atmosphere in the room.
- * **Diffuse essential oils** like lavender, chamomile, or peppermint. You can also use these [inhalation sticks](#) if your hospital doesn't have diffusers.
- * **Bring natural pain management tools** like a handheld massager to release tense muscles. Hot + cold packs, a rebozo scarf, and a birthing ball are great tools, too! Some hospitals may have some in the room already so be sure to inquire.

Be sure to ask for your hospital's policy on all medical interventions + medical products prior to going into labor. Ask for the exemption forms up front to read through them at your leisure, not when you're covered in afterbirth like I was!

Radical Doula Positive Birth Vibes Hoodie

\$40.00

I adore this hoodie! This might not be the best thing to wear during labor, but this would make a great gift for your doula or midwife if they attend your hospital birth. Try to find ways to create a positive birth atmosphere in your hospital room, that way anyone who enters will be encouraged to embrace the natural design of birth. I have spoken with many labor + delivery nurses. The high workloads, long hours/shift work, emotional toll, lack of resources, communication challenges, administrative burdens, workplace culture, and lack of autonomy contribute to low job satisfaction. Unfortunately, this environment may be evident when you arrive at the hospital which is why it's important to protect your birth environment as much as possible!



NATURAL BIRTH IN PROGRESS

Please enter quietly and
speak softly. Thank you!



In addition to soft lighting and calm music playing in the background, tape a simple sign like this one outside your door. It doesn't have to be fancy! You can also add "the mother's name is ___ and the father's name is ____" plus "the doula's name is ____" or "please see birth plan hanging on wall or at nurse's desk" - whatever you feel necessary to help hospital staff respect a positive birth environment!

“Believe me: if you are told that some experience is going to hurt, it will hurt. Much of pain is in the mind, and when a woman absorbs the idea that the act of giving birth is excruciatingly painful – when she gets this information from her mother, her sisters, her married friends, and her physician – that woman has been mentally prepared to feel great agony.” – Stephen King in *The Breathing Method*

I love that Ina May Gaskin put the above quote in the introduction of her book. It perfectly captures the Reticular Activating System (RAS) which is a part of your brain with many functions including processing senses and sending messages to your brain. Additionally, the most interesting function, in my opinion, is how it connects the subconscious and conscious parts of your brain.

You may have heard about RAS on social media while trying to explain “Lucky Girl Syndrome” which is when only good things happen to someone. However, the way the RAS filters your surroundings, it might just be those expecting good things to happen will only see the good around them. Alternatively, those that expect only bad things to happen around them, will only filter all the bad things in their life.

The same is true with birth. If you only hear from social media, TV, and your sphere of influence that pregnancy is a weakness and birth will be incredibly painful, then you will have a painful birth (even with medication). When we consume fear and scary birth stories, we train our brain that’s what we should be alert to and draw our attention to only the negative. We then live in a fight-or-flight mentality and have chronic stress hormones surging our bodies. **The hormones that naturally support birth cannot dwell in a body consumed with fear.**

what can you do?

Prepare for birth mentally. And I’m not talking about toxic positivity where you don a pair of rose colored glasses your entire pregnancy + hope for a positive birth experience. Mentally preparing for birth is hard work. It demands your intention. It requires daily prioritization. And it will be one of the best things you can do!

First, **unfollow any social media accounts that don’t support natural birth or make you angry/fearful.** You don’t need that in your feed! I personally had to unfollow a lot of political and news accounts when I was pregnant with my son because I was living in fear + anger. It wasn’t worth the cortisol spikes to be aware of the craziness occurring outside my community. Keep a note on your phone of the social media handles if you want to eventually follow them again – I would suggest waiting till after your milk supply is established.

Next, **find a daily meditation or hypnobirthing app + schedule time every day to do it.** Better if you can do it at the same time every day. I always did mine when I put my daughter down for her nap. Not sure what hypnobirthing is? Keep reading!

VISUALIZATION + DEEP RELAXATION TECHNIQUES

Don’t let the term “hypnobirthing” scare you. If you imagine someone swinging a pocket watch in front of you or chanting weird incantations, that is definitely not what hypnobirthing is! **At its core, hypnobirthing is visualization + deep relaxation techniques to reduce fear associated with childbirth.** I followed a robust hypnobirthing course my first pregnancy that guided me to “shut off” my pain sensors and allow my body to relax when contractions started. When I arrived at the hospital, the nurses on staff almost told me to go home not realizing my contractions were three minutes apart. They didn’t believe me or my husband until they strapped me to a monitor! My calm demeanor was largely due to the deep breathing exercises I learned from hypnobirthing. Unfortunately, the hospital setting slowed my labor and I didn’t give birth till 44 hours later.

Although it didn’t work 100% for me, it did help me tremendously in early labor and gave me a way to reset my mindset when medical interventions caused more harm than good. A close friend of mine said the deep relaxation techniques she learned from hypnobirthing helped her during an emergency c-section. She had hoped for a natural hospital birth, however the snowball of interventions caused a host of issues. Even still, she was grateful for the techniques she learned + applied them to her situation no matter what happened!

something was still missing

I love the concepts of hypnobirthing, however now I recommend finding a faith-based resource for you to utilize in your situation. It's the main reason why I believe the first hypnobirthing course didn't work as well as I had hoped. It didn't resonate deep enough for me and missed a critical piece of who I am + how I maintain mental and emotional balance every day of my life. Why wouldn't I want faith incorporated in birth?

Now, I'm fully aware we are a diverse community with many different faiths. I'm incredibly glad you are here no matter if we share the same faith or not. Even if we don't have the same faith, read my experience below to understand why you should find a faith-based resource that fits your specific situation.

As previously stated, my first hypnobirthing course was good, but not great. I needed something that rooted my birth with my faith because my faith is my foundation for everything else in life. It made sense to trust my Creator for the final event of creating life! If you have a different faith than me, find positive birthing resources with your faith to deeply root your birth beyond the physical element. It will remind you that your pregnancy, birth, and baby have a purpose + you were designed for birth. You can do this. Your baby can do this. And no matter what happens in birth, you've done the mental + spiritual work to be prepared for change. You will meet each challenge with confidence, not fear. Just like we talked about the RAS above, you will have trained your brain to remain calm to encourage hormones that support labor to take over.

Christian Hypnobirthing App

\$4.49 monthly subscription

These scripture-based audio tracks help condition your mind + body to trust in God, and come into a relaxed, faith-filled state. Being in this state helps the body produce oxytocin (the hormone responsible for an efficient labor) and endorphins (your body's natural pain relief).

The relaxation techniques used in Christian Hypnobirthing can be applied no matter what kind of birth you're having, whether it's an unmedicated physiological birth, a cesarean, or anything in between. If you believe that God is with you throughout your pregnancy, and that birth is a positive and wonderful opportunity to connect with Him and your baby, then that will have a massive impact on your birth experience. I loved this app to prepare for my second birth. The app is easy to use + incredibly soothing!



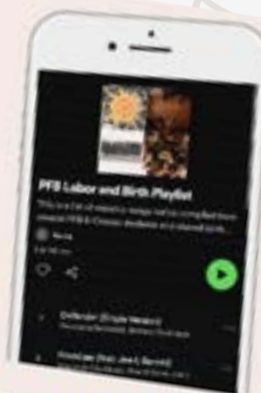
PAIN FREE BIRTH

When I asked for our community's favorite birthing resources, Pain Free Birth's instagram, website, and courses (more later) were wildly recommended! The founder, Karen Welton, offers several freebies including this collection of empowering scriptures applicable for childbirth. You do have to provide your email, however you can save them on your phone or print them to display in your kitchen or bedroom!

EMPOWERING SCRIPTURES
FOR CHILDBIRTH

Additionally, Karen created a birth playlist on Spotify full of spiritual songs. I personally love the Spotify playlist "Sang on Sunday" which was playing softly in the background during my home birth. My son was born while "How Great Thou Art" was playing and is now forever my favorite hymn. You can also create your own playlist and save songs you come across during pregnancy to build your own birth playlist!

SPIRIT FILLED SPOTIFY
PLAYLIST





a 5-part workshop

TO IMPART HIGH-LEVEL VISION AND SPIRIT-FILLED ENCOURAGEMENT FOR YOUR HOME BIRTH JOURNEY

The “Trust God, Trust Birth” course from Sister Birth focuses on home birth, however the faith-based concepts can be applied to any type of birth. Also, the author has provided this resource for whatever you can pay (as little as \$10). I’ve created a training course + know how much work goes into it. It’s amazing this resource is offered at such a low price! Here’s more information:

Trust God, Trust Birth

THIS SELF-PACED WORKSHOP INVITES YOU TO CATCH GOD’S VISION FOR YOUR BIRTH AND CONFIDENTLY OWN IT FOR YOURSELF.

The moment you join, you get **instant access** to the teaching sessions and worksheets.

you'll learn...

- ✔ HOW TO GET YOUR HEAD CLEAR OF FEAR AND PAST BAD BIRTH EXPERIENCES SO THAT YOU CAN RECEIVE GOD’S BEAUTIFUL TRUTH ABOUT BIRTH.
- ✔ WHAT BIRTH’S ORIGINAL DESIGN IS AND HOW TO PROTECT SPACE TO LET IT WORK WITHOUT DISRUPTION.
- ✔ WHY HOME BIRTH IS MORE THAN A MERE CHANGE IN LOCATION AND HOW TO OWN IT SO THAT YOU CAN ALSO REAP ALL THE MANY BENEFITS.
- ✔ THE TWO MAJOR THINGS MOST BIRTH PLANS ARE UTTERLY LACKING AND HOW YOU CAN BUILD THOSE TWO THINGS INTO YOUR BIRTH PLAN.
- ✔ HOW I HARNESSED CHRISTIAN, FEMALE COMMUNITY FOR MUTUAL SUPPORT AROUND BIRTH, AND HOW YOU CAN TOO.



POSITIVE AFFIRMATIONS

Big fan of positive affirmations over here! I first learned about them while I was active duty military. After a few months of being in a toxic work environment, I sought the help of a mental health professional. He helped me understand how the body responds to danger (actual or perceived) + how to deal with difficult people. One of the tools he recommended was positive affirmations. They were pivotal in how I reacted to people or events that were outside of my control.

For my second birth, I purchased pregnancy + birth affirmations to display around my home starting as soon as I found out I was expecting. What an amazing tool! I still remember being in labor looking up and seeing one of the cards on my nightstand.

Bloom + Bliss Pregnancy Affirmation Cards
\$20.00

Bloom + Bliss Birth Affirmation Cards
\$20.00

Wooden Card Holders
\$8.99 for 6 pack

Indie Leigh & Co Positive Affirmation Cards
\$24.99

This is another great option! Try to find cards with simple affirmations. You most likely won't remember a long passage or have the mental ability to read more than a few words during labor. Even my husband picked up on a few sayings from displayed cards and was able to encourage me when I needed it most!

BIRTHING COURSES

My husband and I attended an in-person birthing class my first pregnancy that was held at the hospital I gave birth in. It was helpful as a first-time mom, however looking back, it barely scratched the surface on what I need to know before birth. We also took Spinning Babies' [parenting class](#) which was very helpful! Thankfully, there are now an abundance of virtual birthing courses you can take to prepare for labor. I won't be able to cover all of them (there are a lot), but here were the most recommended by our community when I asked on social media. I am currently taking the Pain Free Birth + Faith-Filled Childbirth courses. I haven't taken the rest, but I do value the emphasis on informed consent on their websites + socials.

10% off



PAIN FREE BIRTH

Join thousands of women who have transformed their birth experience from fear and trauma to joy and expectation.

Our best-selling childbirth e-course is the only one that teaches the spiritual AND practical keys to having a pain free, ecstatic birth. Make birth your greatest achievement instead of your greatest fear!

Pain Free Birth E-Course

\$357.30 with discount "JUSTTHEINSERTS" for 10% off

Offers 10+ hours of teaching in 9 video modules. Includes hands-on activations, breathing exercises, PFB workbook, sample birth plans, scripts to advocate for yourself, and full labor practice with positions. If you'd like to take her free masterclass first, [click here](#). It offers three keys to a pain-free birth. Quick note: I personally didn't experience pain my second birth till I hit transition. I 100% believe it's possible to have a pain free birth and intend to my next birth! Karen goes through how to do that in this course.

Mama Natural Birth Course



Mama Natural Birth Course

\$264

I read Mama Natural's book when I was pregnant with my first baby. What an amazing resource! If her course is anything like her free resources on her website, then I'd imagine it's worth every penny.

20% off



Christian Hypnobirthing Faith-Filled Childbirth Course

\$79.20 with discount "JUST" for 20% off

This is another great course to weave faith into birth! With over 4 hours of educational videos, this course helps you understand how our bodies were designed as well as teaches you techniques to relax, overcome fear, and build a faith-filled

mindset. Additionally, the course shares ways to physically prepare for birth, make informed decisions, and feel more connected to God + your baby throughout pregnancy and labor. I've shared previously that pregnancy + birth personally tend to unearth past trauma caused by my biological father. Resetting my mindset to focus on the goodness of my heavenly Father (versus the failures of my earthly one) reminds me I am loved, I am supported, and I can do wondrous things (like giving birth) through my Creator who gives me strength.

Sister Birth Labor Pain Remedy Course

\$37



Great budget-friendly option! I love that this course is designed for everyone including first time moms, c-section or epidural moms, and moms that have endured previous birth trauma. I had to do a lot of mental work during my second pregnancy to release the anger toward how my first birth unfolded. If I had not worked through the bitterness, resentment, and shame, then my second birth would have followed in my first birth's footsteps.

When I was pregnant with my first baby, I had a client that “fired” her husband half way through her labor. She said he was apathetic to the pain she was experiencing and frustrated that her body was “taking so long” to birth their baby. Finally, she told him to leave and asked her mom to help. She gave birth within the hour of her mom getting there after many hours being unsupported by her husband. I still grieve for my previous client because no woman should have to endure that mental + emotional challenge during birth! How your partner reacts during birth will largely depend on personality and your relationship, but a big part of it is also preparation. Does he know the basics of birth? Has he ever seen a natural birth or has every women in his family had a c-section? Ask him a few questions now to gauge his level of familiarization. Then, research the below options recommended by our community for him to read before you give birth:



The Birth Partner Book

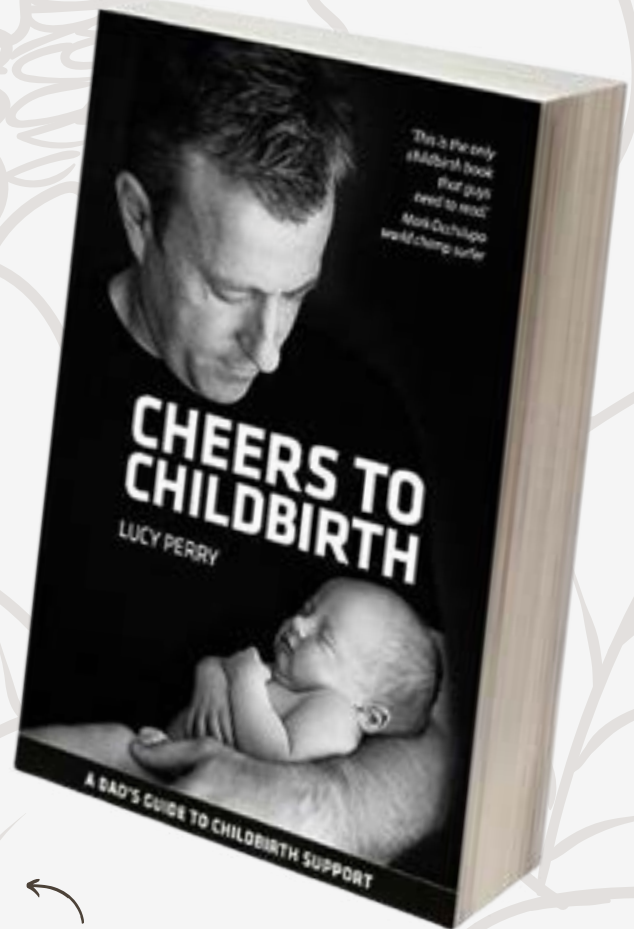
\$13.59

Many people recommended this book! It covers: preparing for labor and knowing when it has begun, normal labor and how to help the woman every step of the way, epidurals and other medications for labor, pitocin and other means, including natural ones, to induce or speed up labor, non-drug techniques for easing labor pain, cesarean birth and complications that may require it, and breastfeeding/newborn care. Now, it's obvious the author hasn't read inserts so be sure to read all inserts yourself.

Cheers to Childbirth Book

\$4.95

Intended for Australian dads, but the concepts apply across the globe. This childbirth book offers a mix of hilarious + tear-jerker birth stories together with practical information on childbirth and how to support a woman for the best labor and birth experience possible. Applicable for home births and hospital births. For the dads that might think birth is a spectator sport, here is a great guide to cover the basics!



← \$59 Childbirth Education Course for Men

What originated as in-person childbirth classes for dads in pubs across Australia, is now an online course that any dad can take! Here's what is covered:

- The do's and don'ts: What never to say to a woman in labor
- Active pain relief techniques to support your partner during childbirth
- Advocacy skills: How to stand up for your partner if tensions arise
- Tips for making childbirth faster and easier for your partner
- Your role in each stage of labor and birth
- The crucial first hours after birth and their impact on your baby's future health and bonding

PAIN FREE BIRTH

Another freebie from [Pain Free Birth](#) that you only have to provide your email for access. I downloaded this cheat sheet for my husband - what a great tool to have even as a woman that has already had two births!

Additionally, Pain Free Birth offers a [Birth Partner Bootcamp](#) course for \$149 that goes in depth on every aspect covered in this cheat sheet.



BIRTH PARTNER CHEAT SHEET