

FACT SHEET

Active Birth

Keeping active during labour and childbirth has a range of benefits including shorter stages of labour, less chance of needing an epidural and better pain coping strategies.

Being in an upright position during the first stage of labour has been associated with stronger and more efficient uterine contractions.

When you are in labour, the flight or fight reflex is activated and adrenaline starts to build up. If you are active, you can burn this adrenaline off and it then converts to endorphins and oxytocins which are our happy labour inducing hormones! However if you stay sedentary, this adrenaline builds up and then converts to cortisol, a stress hormone. Stress can slow labour down and therefore being sedentary can extend your time in labour.

Our Active Birth class covers

- > The theory and stages of labour
- > Why being active is important
- > Active movement techniques
- > Massage
- > Positioning during labour
- > Stress balls
- > TENs machine for labour

Our class is very empowering and is useful even if you have already completed your hospital birth classes.

