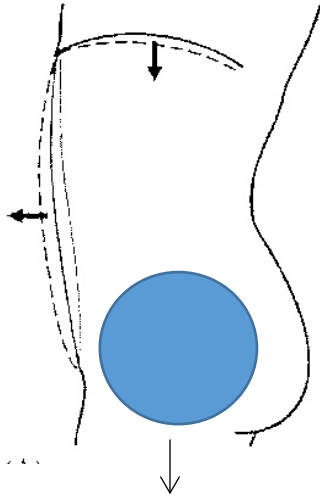
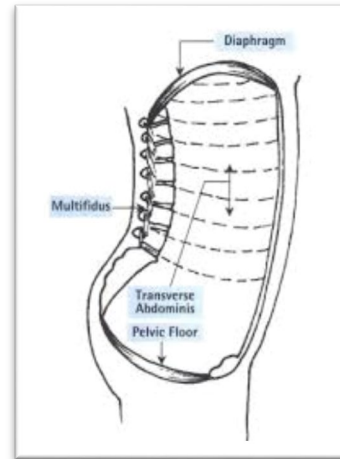


Breathing techniques for 2nd stage of labour



Diaphragmatic breathing



Abdominal Cylinder

Imagine your pelvic floor as the gate at the bottom of the pathway you have created for your baby to move down. You want that gate opening in front of your baby's head not closing against it!

Directions for pushing:

- Breathe in deeply and allow your tummy to expand
- As you breathe out really slowly through pursed lips, keep your tummy out and push down towards your back passage as if doing a big bowel motion
- **NB** do not push toward **the front** of your Pelvic floor.
- It can help if you make a long low vowel sound or moaning sound as you do this. Childbirth is hard work and it helps if you make an effortful noise, like a weightlifter or a female tennis player!
- Aim to push 2-3 times with every contraction.
- Your midwife or doctor will guide you through this process.
- It may be necessary to hold your breath to push at times also
- As your baby's head is crowning, gently pant to allow a slow stretch and a gentle release of your pelvic floor muscles around baby's head.
- Remember there are no standards to be achieved during labour. Just do your best and look forward to meeting your baby for the 1st time!

Practise bearing down while pulling in your belly. Now do the same with your belly out, it should feel much easier this way? You can practise this in a more gentle way on the toilet when emptying your bowels to help you get the hang of it.