



Notes to bring with you

BIRTH WITHOUT FEAR



**BIRTH
WITHOUT
FEAR**

METHOD



for an emotionally SAFE birth



Your practical guide

The Birth Without Fear Method



Breathe

Breathe softly and **silently**
 Slowly out, slowly in
 End each contraction with a soft and deep sigh



Heavy

Let your body sink and become heavy
 Smooth forehead, loose jaw, heavy in the shoulders, buttocks, thighs
 Say and think heavy and **doowwn**



Sound

Sound deeply, evenly and clearly
 – Throughout your entire exhalation
 Pushing contractions: sound mmm with your mouth closed, **deeply**



Think

Think positively: I can do this, I am brave!
 Say yes by sounding **yees**
 Think of your baby



Latent phase ○ ●

Rest

40s

Rest

Active phase ● ● ●

Rest

Now ↓ Sigh

60s

Now ↓ Sigh

60s

Rest

Pushing phase ● ● ● ●

Rest

Now ↓ Sigh

60s

Now ↓ Sigh

60s

Rest

Now ↓

60s

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