

10 tips to transcend the pain of childbirth

Giving birth is a transition period in the life of a woman, a couple and a family. It is with joy that I share with you my 10 favourite tips to transcend the intense sensations of childbirth.

1. Educate yourself

Even though scientific research shows conflicting and inconsistent results with prenatal education, when you learn a variety of practical tools to help you work with the sensations of labour, you are more likely to experience pleasure, joy and satisfaction. Fill your toolbox with more than one technique because your needs may change during the different phases of your birth. If you've only prepared one tool and for some reason, you aren't experiencing relief, you might feel distressed. Therefore, learn how to use all the techniques that activate your innate neurophysiological and hormonal mechanisms.

2. Be supported by a kind and loving person

All scientific studies have demonstrated that when women are continuously supported by a kind and loving person, not only do they perceive less pain but also, they experience less medical interventions, including C-sections. These effects are obtained regardless of the supporting person's background. Nevertheless, it is recommended that your partner be knowledgeable in the use of nonpharmacological methods, calm and capable of creating for you a sense of safety and trust. If your person is experiencing stress or is stressful, this may increase your stress and pain because these hormones are contagious.

3. Be active during your birth

The intense sensations you feel during childbirth are there to guide you. They teach you how to move to best accommodate your baby's progression in your pelvis. When you eliminate these sensations with the use of the epidural, for example, you lose an important key that helps you understand the dynamic between your body and your baby. Accept your body's guidance and look for movements and positions that create comfort.

4. Sing HU

HU is a powerful mantra to help you focus your attention. When you sing HU, your pulmonary and perineal diaphragms move. They create space in your pelvis thus facilitating the rotations of your baby. When you sing HU, you become one with the

Universe. Observe the calming and soothing effect you feel. Furthermore, singing HU out loud will create a sacred space that health care professionals will feel the need to respect.

5. Jiggle

When you create a pleasant stimulation of the painful area, you block part of the painful signals that are transmitted to the brain. Ask your partner to massage your buttocks and your thighs by jiggling them. This will create relaxation and wellbeing in your perineum and your entire body.

6. Use water

Many positive effects can be achieved from bathing. Water, at a comfortable temperature, creates a deep relaxation and reminds us of pleasant moments experienced throughout our daily life. Moreover, the pleasant stimulation of the water on the entire body, blocks parts of the painful signals send to the brain. This creates instantaneous relief. French Canadian midwives believe that bathing is as efficient as an epidural without creating the adverse undesirable effects of the epidural. It is known as one of the best nonpharmacological methods to reduce pain. Showering or bathing can be used during all periods of birth. To maximize your comfort, buy or rent a birth pool. It's affordable and easy to set up. Because of it's depth, it will enable you to immerse your entire body whether you are on all four, sitting or lying down.

7. Use ice

During a rush or a contraction, put your hand or another part of your body in a bowl of freezing water. The second painful stimulation created by the ice will produce an important quantity of endorphins, a powerful analgesic neurotransmitter. You will feel immediate relief all over your body except on the part you've immersed in the ice-cold water. You can practice this technique during each rush.

8. Stimulate acupuncture points

Science has shown us how efficient acupuncture can be to facilitate childbirth and to correct problematic situations. I suggest we use these same acupuncture points to create a second pain during the rushes. By doing so, you will produce the endorphins related to the second pain and obtain the benefits of traditional Chinese medicine. That way you reduce pain and facilitate birth. To use this technique, you must wait for the rush to become very intense before you start creating the second pain in the acupuncture points. Otherwise, the stimulation of the acupuncture point will become the first pain and the intensity of the contraction will remain the same.

9. Talk to yourself

We know that thoughts create emotions that translate in our body as tensions. Our thoughts therefore affect our perception of pain. During a rush, if you say to yourself that you are calm, that you will succeed, and that women have been giving birth since the beginning of times, you will experience joy, satisfaction and relief during your rushes. If on the contrary, you anticipate the contraction, you complain, you tighten up and you repeat to yourself that you won't succeed; your perception of pain will increase. Therefore, it is very important that you hardwire calm and trust in your brain. If you've experienced trauma or stress with pain or during a previous birth, it is vital that you free yourself of these experiences prior to your birth. All the work you do to remove these blocks will help you transcend the sensations of birth.

10. Tap

The emotional freedom technique (EFT) combines traditional Chinese medicine and psychological approaches. This technique implies that you tap various acupuncture points while talking about the negative emotions you are experiencing with a specific situation. If you don't know the complete EFT recipe, you can tap the side of your hand (the Karate chop point) with all your fingers while you're expressing what you feel. By stimulating this point, you are rewiring the brain, reducing the amount of cortisol (a stress hormone) and working towards reframing the situation.

My online course

Hands-on

With my online course (30 short videos – 4 hours), you'll learn how to activate these techniques and many more. This is not a theoretical course. On the contrary, because I want you to get the support you need from your partner or a significant person, I've created a hands-on program to help build your toolbox, step by step.

Prepare your spirit

To help you prepare inwardly for your journey, I've created a variety of EFT scenarios to help you overcome the fear of pain, C-sections, tearing, induction or having a breech baby.

Prepare your body

I'm a big fan of yoga, in particular Iyengar yoga because of its precision. I've created a 20 minute video to help you balance and align your pelvis. Whether you're a seasoned

yogi or a beginner, this will set help create space and alignment in your pelvis.

The path to pleasure

Sex is a powerful tool to reduce pain. Conscious sex produces the hormones that enable the process of birth, attachment and breastfeeding. You'll learn different practices to help develop your awareness of your sacred feminine, during pregnancy and birth.

Create the birth you want

I'll teach you how to use your dreams, visualize, make informed decisions and specially build a strong and respectful team to support you in creating the birth you want.

Through my online course, you will learn how to activate all of these techniques and so much more. Allow me the privilege to guide you in your life transforming experience of birth.

With gratitude and love.



Julie Bonapace