

Breathing Techniques for Childbirth

Natal Hypnotherapy – Effective Birth Preparation

Deep physical relaxation and beneficial breathing

A vitally important step towards a more comfortable birth is to learn how to breathe deeply and relax your body to such a point where there is no tension in your muscles.

By learning how to do this during pregnancy using hypnosis and practicing yourself using self-hypnosis you will condition your body to become limp during a contraction.

This will help:

- Channel your energy to your uterus
- Your blood pressure stay low
- Your breathing to be more effective
- Your baby receive plenty of oxygen
- The muscles of the uterus have no “competition” from tension in your other muscles
- Ensure you stay calm, focused and relaxed

The most important points to remember, no matter what else you do, are to:

1. Breathe slowly, rhythmically and deeply, imagining that each breath goes all the way down to your baby.
2. During contractions, make sure that all the muscles in your body are as relaxed as possible, so channelling all your energy to your uterus.

Breathing Techniques

You have been breathing all your life and by now should be quite good at it!

When it comes to giving birth, you do not need to learn any complicated or altered breathing pattern as this can add more “consciousness” to giving birth, so taking you away from your primal instincts. The more you can follow what your body is asking of you the more likely you are to breathe effectively.

There are only two things that you need to know about breathing. The first is to breath down to your abdomen or down to your baby and the second is to breath rhythmically and slowly.

Abdominal Breathing

Throughout the birthing process the more you breathe steadily, evenly and deeply, breathing down to your tummy, feeling it rise and expand, the better it will be for you and your baby. This kind of breathing is totally natural and normal when you are in a relaxed state.

The only difference during the birthing process is that you become very focused on your breathing, you listen to it and observe it so that you can consciously, deliberately ensure it is calm, rhythmic and deep.

This kind of breathing is synonymous with relaxation, and as you are aware, relaxation is **THE KEY** to a comfortable birth experience. By listening to your breathing, and keeping it steady, rhythmical and deep, you keep tension away, and with no tension, the uterus can do its job far more effectively.

Partners – Matching and Pacing Breathing

During labour, one of the key things to be looking out for is if there is any change in her breathing patterns. This can indicate a degree of anxiety, tension or fear. If this were to happen, one of the quickest and most effective ways to help her relax, is to slow down and exaggerate your own breathing pattern so that she will naturally get back into synch with you.

If Mum’s breathing has become faster and shallower, then simply doing loud, slow, deep breaths will remind her in a nonverbal way, to get back in to a quiet, deep rhythm.