*Notes to bring with you*

**BIRTH WITHOUT FEAR**

# BIRTH WITHOUT FEAR

## M E T H O D

for an emotionally SAFE birth

Your practical guide

# The Birth Without Fear Method

## Guide
Closeness
Repeat
Press/stroke
Try for 3 contractions
Do it together

## 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 **dooown**

## 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 **yeees**

Think of your baby

**Hello!**

**Latent phase**

Rest

Rest

40s

**Active phase**

Rest

Rest

Now    Sigh

Now    Sigh

60s

60s

**Pushing phase**

Rest

Rest

Now    Sigh

Now    Sigh

Now

60s

60s

60s

60s

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