

P.E.A.C.E for birth

Like with pregnancy, your body will go through a significant shift, when you birth your baby. Because of this, giving birth will bring on a lot of new, unfamiliar sensations. Some people will experience parts of it as 'pain', while others glide through with more ease. When thinking through the contraction or surge process, it can be helpful to keep the following in mind. The sensations you will feel are:

P

Purposeful

Your baby and your body are working together to do a very important job.

E

Essential

You need to walk this path, in order to meet your baby.

A

Anticipated

You know that you will experience these new sensations and likely know when the next surge will arrive.

C

Ceasing

Surges never last forever. Drawing on your relaxation techniques, between surges will help your baby and body climb the next one.

E

(un) Exceptional

This is what your body is supposed to and needs to do. Harness the powerful energy of all the birthing people, across time and space, that have been in your shoes before you.