

Key Points for Expulsion of the baby

Gentle Release:

Mother focuses on relaxing her pelvic floor muscles while letting her uterus push the baby through the pelvic bones and musculature. She adds her own pushing forces only as guided by her intuition and body. As baby crowns, she keeps her mouth open and does not push, letting her perineum unfold. Oming, humming or singing allows this to happen spontaneously.

Spontaneous Pushing

When mother feels she needs to push with the body's urges.

Exhale pushing:

Breathe deeply until urge to push asserts itself, then taking a deep breath, mother slowly exhales in a "huhhh" sound while curling her pelvis under and flexing the upper abdominal muscles. A bulging of the perineum should be visible and felt by mother.

At some point she may arch her back to let the baby come under the pubic arch, and this should not be discouraged.

As baby crowns, she keeps her mouth open and does not push, letting her perineum unfold.

Breath-hold pushing:

Breathe deeply until urge to push asserts itself, then taking a deep breath, mother holds her breath briefly (3-5 seconds) with an open mouth as she begins curling her pelvis under. Then she releases her breath as she slowly exhales in a "huhhh" sound while flexing the upper abdominal muscles and bulging the perineum outward.

At some point she may arch her back to let the baby come under the pubic arch, and this should not be discouraged.

As baby crowns, she keeps her mouth open and does not push, letting her perineum unfold.