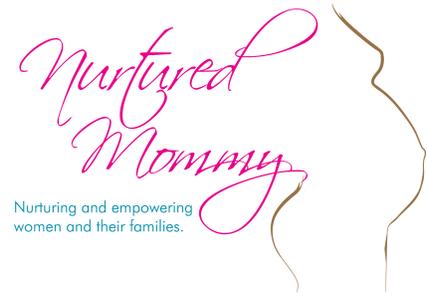


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## 10 Tips for Loved Ones Entering the Calm Birthing Space

1. Enter the birthing space calmly and quietly.
2. Do not engage in physical touch unless you ask the birthing woman's permission first, and ask while in between contractions/uterine surges.
3. Ask any and all questions only in between contractions/uterine surges, and whenever possible, ask the doula or other support person first, rather than addressing the laboring woman directly and interrupting her focus.
4. Only make encouraging, loving, supportive comments - otherwise, help keep the birthing space as calm and quiet as possible.
5. Do not bring up anything that could be potentially stressful or that would engage the birthing woman's intellectual mind too much. She should be staying in a more instinctual, animalistic, mind-space where she doesn't have to think much or engage in conversations un-related to her calm birthing process.
6. Be patient. Birthing very often takes much longer than most people expect.
7. Do not mention pain, pain medication, or interventions. She knows all her options and it needs to be up to her to bring up alternatives if she feels she is changing her mind about her plan.
8. Please help set the tone in her birthing environment and keep the lights dim and distractions to a minimum.
9. Please continue to be calm and quiet as the baby is emerging and afterwards. It is helpful to a newborn's transition into this new world for them to clearly hear the familiar voices of their parents.
10. Plan on touching or holding the baby only after the baby has nursed and the baby's parents have each had a turn to bond. Unnecessary touch from anyone else early on can be overstimulating to the baby and feel like an intrusion to a new mother who has just worked so hard to birth her baby and needs time to connect and nurse before the baby becomes overstimulated or sleepy.