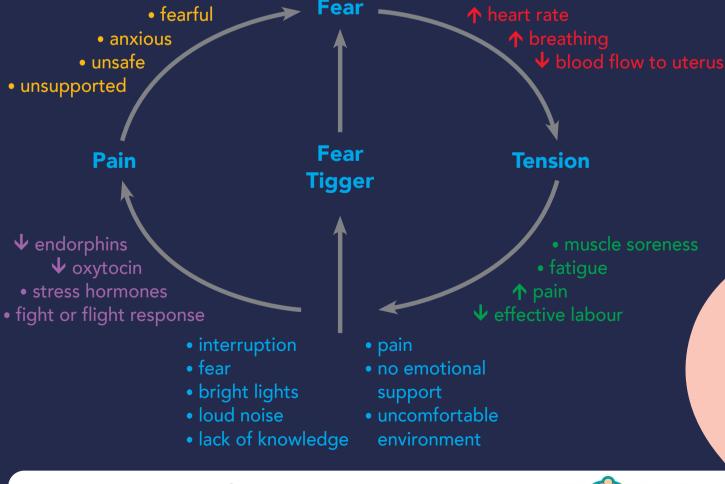
Thoughtful Childbirth for Everyone Labour Calm Fear Cycle Calm – Safe Cycle Calm 💄 **↓** heart rate relax safe breathing ↑ blood flow to uterus • calm peace confidence **Calm** Relaxation Safe **Trigger** • muscles relax and loosen ↑ endorphins cervix opens/dilates ↑ oxytocin ↑ effective labour • emotional support dim light quiet respect • warm room positions knowledge massage relaxation calm, low stress visualisation environment Fear - Tension Cycle • fearful • anxious unsafe



Expectant Mother's Guide Journey App







