***BIRTH BREATHING: BREATHING BABY DOWN***

***Mother Directed Instinctive Birthing!***

When you feel very full, have the urge to push and/or have been told you are now 9-10 cm dilated: This is your **BIRTH URGE! N**ow is the time to

"**Breathe baby down**".

You now **change your breathing pattern**-away from the slow inhale/slow exhale breathing.

You are now going to center all your energy and breath downwards-toward your baby-as if your breaths were helping gently move baby out from behind.

Place the tip of your tongue where the front teeth and palate meet.

This allows your jaw to recede and relax completely.

Take in a short strong deep breath through your nose.

As you exhale through your nose, exhale strongly and firmly and evenly (not letting it all go at once)

Let the energy from your breath flow down through the back of your throat and down through your body behind your baby in the form of a “J”: down and forward.

**Allow all the muscles in the vaginal area to open.**

Don’t hang on to a breath beyond its effectiveness and keep those lower muscles relaxed!

As you exhale and bear slightly down, visualize your vagina opening like the petals of a rose-gently opening, allowing for baby to easily come down.

Repeat the process as the surges continue. Rest in between surges.

As you direct your breath all the way down to your baby and perineum, your body is working with you and for you.

As baby crowns, he/she can emerge ***easily*** as you then bear down a little more firmly now, but still gently, allowing baby's head to come out, then your vulva will gradually distend without discomfort, as baby's body emerges, often with only a few more gentle bearing downs.

Your **Miracle** is here!!!!