

## **EARLY LABOUR**

- REST
- EAT
- TAKE A WALK
- HAVE SEX (PROVIDED YOUR WATER HASN'T BROKEN)
- PRACTICE YOUR RITUALS

## **ACTIVE LABOUR**

- KEEP UP THE RITUALS AS LONG AS THEY ARE WORKING
- EAT AND DRINK
- KEEP RELAXED
- KISSING, AN OPEN MOUTH IS AN OPEN CERVIX

## **TRANSITION**

- JUST KEEP BREATHING!
- STAY CLOSE TO YOU PARTNER
- STAY CALM!

## **BIRTH OF THE BABY**

- BREATHE THE ENERGY DOWN
- J BREATH
- TAKE BREAKS WHENEVER THEY ARE NEEDED
- THERE IS NO NEED TO PUSH!

