

#1 DOWNLOAD

# NATURAL BIRTH

MEGA PACK PRINTABLE

A SIP OF TRUTH

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# OUR BIRTH STORY

A I started feeling contractions around 3 AM on Delivery Day. I mostly felt crampy, kind of like my stomach was bothering me. I could sleep but every 20 minutes or so I would wake up again feeling a light cramping sensation. I told hubby to go to work because I knew I could be in early labor for a while.

I had a routine OB/GYN appointment scheduled for that morning at 10:30 AM. I went in and told them that I had been contracting since early morning. At that point, I was dilated to about 2CM. My midwife said that I could have our baby that day or, because I was a first-time mom, it could be a couple of days. Contractions were about 10ish minutes apart then and were still mild, and felt like period cramps.

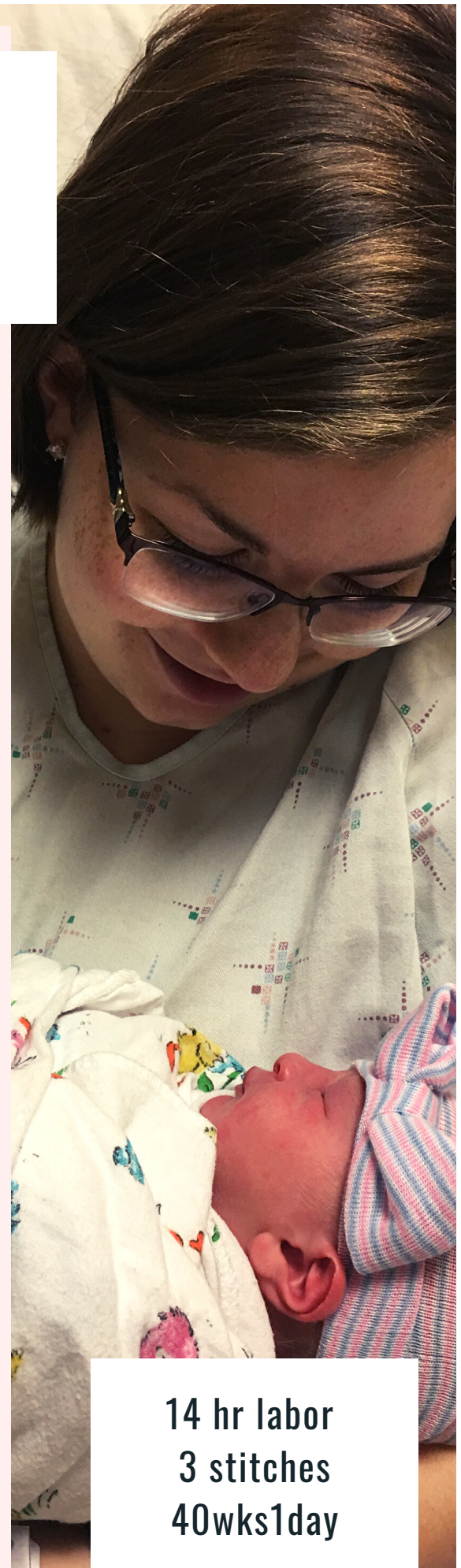
I went home and straightened up the house a little bit, resting during contractions. I did my hair, then had a snack. By this point, contractions were every 7 minutes so my husband decided to come home from work to be with me.

We relaxed on the couch together while I gently labored. I knew that I wanted to get into the whirlpool tub at the hospital but I didn't want to go in too early because I was told it could slow labor. We left the house when my contractions were 4-5 minutes apart.

When we arrived to the hospital (20 minutes away), my contractions had sped up to being roughly 1 minute apart. At 4:30PM, I was 10CM dilated and I didn't realize it but I was pushing. It honestly just felt like I was going to crap myself.

Contractions were overwhelming but not scary at all. The word pain doesn't really properly describe the sensation. Contractions just felt like immense pressure. My body did just what it needed to and started pushing without me having to even think about it.

40 minutes later, our baby girl was in our arms and I felt wonderful! We enjoyed her first hour of life skin to skin with me...which she found to be the perfect opportunity to poop on me. What beautiful memories we have of our first delivery!



**14 hr labor  
3 stitches  
40wks1day**

## HOW TO PREPARE NOW FOR BIRTH

# 7 Natural Birth Tips

## PREPARE YOUR MIND

- Practice HypnoBirthing
- Watch Educational Videos
- Take a Birthing Class
- Research like a mad woman
- Use Birth Affirmations

## RESEARCH YOUR HOSPITAL

- What can you bring along?
- What do they give you?
- Ask about the specifics of your birth plan

## LABOR AT HOME

- calming environment
- eat and drink freely at home
- free movement
- no monitoring / cervical checks
- interventions are impossible

## PREPARE YOUR BODY

- Drink RRL tea & eat dates
- Chiropractic care
- Stay active with MommaStrong & stretching
- Eat like an athlete

## WRITE A BIRTH PLAN

- Have a written plan for how you'd *like* for your birth to go and stick to it!
- If necessary medical interventions arise, rip it up!

## HIRE A DOULA

- Doulas can help mothers to achieve the birth they desire.
- One of women's biggest regret? Not having a doula.

## AND DON'T FORGET...

You need to relax and release your birth plan just as much as you need to prepare.

**Perfect preparation does not mean a perfect outcome.**

# 63 things to LOOK INTO BEFORE BIRTH

## CROSS THEM OFF AS YOU GO

- birthing techniques
- hypnobirthing
- home birth vs hospital vs birth center
- what you can bring to the hospital (clothes, essential oils, etc)
- watching birth with a mirror
- water birth
- midwives vs OBGYNs
- medical rights (you CAN say no to things like hep lock, cervical checks, IV, etc)
- hands-off birth
- coached pushing vs not
- birth plan
- doula
- squats for labor prep
- counseling for past sexual trauma
- birth photography
- premature birth
- pitocin pros and cons
- pitocin for afterbirth use
- how to labor at home
- Miles Circuit
- Spinning Babies
- fetal ejection reflex
- how to breathe during labor
- epidural pros and cons
- longlasting risks of epidurals
- how to un-stall stalled labor (minimize interventions and pressure)
- episiotomy pros and cons
- vaginal breech birth
- vaginal twin births
- how to recover from emergency c-section
- cascade of interventions
- placenta encapsulation
- RhoGAM shot pros and cons
- safe placenta delivery (no cord traction or yanking)
- delayed cord clamping and lotus birth
- skin to skin / kangaroo care
- fundal massage
- after birth cramping
- pooping after birth
- 5/5/5 rule after birth
- depends diapers for after birth
- pelvic floor care after birth
- postpartum depression signs/symptoms
- postpartum anxiety signs/symptoms
- breastfeeding (this course is a must)
- cluster feeding
- local lactation consultants
- engorgement
- mastitis
- breastfeeding snacks
- tongue ties / lip ties
- pumping (how, why, why not)
- circumcision
- eye ointment/antibiotics pros and cons
- vitamin K shot pros and cons
- delayed baby bath
- alternative sleep training
- dangers of crying it out for babies
- co-sleeping
- cloth diapering
- proper carseat safety
- baby led weaning
- baby wearing
- respectful parenting (Janet Lansbury)

Mother's Name: \_\_\_\_\_

Mother's DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

EDD: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Partner's Name: \_\_\_\_\_

**Important Medical Information:**

**I do NOT want...**

✗ \_\_\_\_\_

✗ \_\_\_\_\_

✗ \_\_\_\_\_

✗ \_\_\_\_\_

✗ \_\_\_\_\_

**I DO want...**

✓ \_\_\_\_\_

✓ \_\_\_\_\_

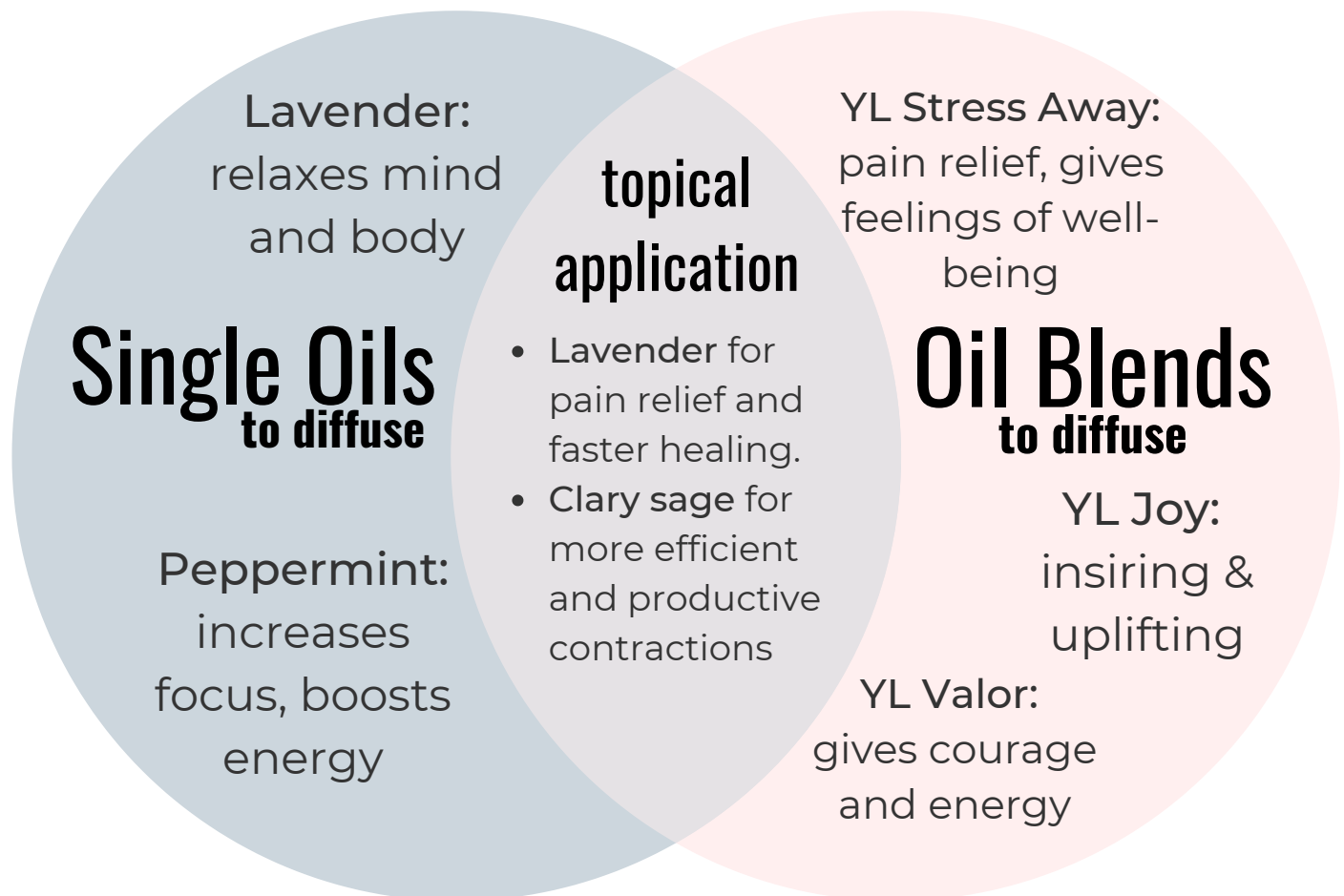
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# Essential Oils To Use During Natural Birth



Always, always, always dilute with a carrier oil when using essential oils topically during pregnancy. (Aim for a 1% dilution: 1 drop per 1 tsp of oil.)

Essential oils are extremely concentrated and should be used with caution - and common sense!

Not sure where to buy oils? Check out my [6 must-have essential oils and the companies](#) (yes, plural) that I trust and buy from.



**I WAS  
MADE TO  
BIRTH.  
  
I CAN DO THIS!**



**GOD DID NOT  
MAKE ANY  
MISTAKES  
WHEN HE MADE  
MY BODY.**

Psalm 139:14

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**GOD GIVES ME  
STRENGTH  
WHEN I HAVE  
NOTHING LEFT.**

Isaiah 40:29



**I TRUST MY  
BODY AND  
MY INTUITION.**

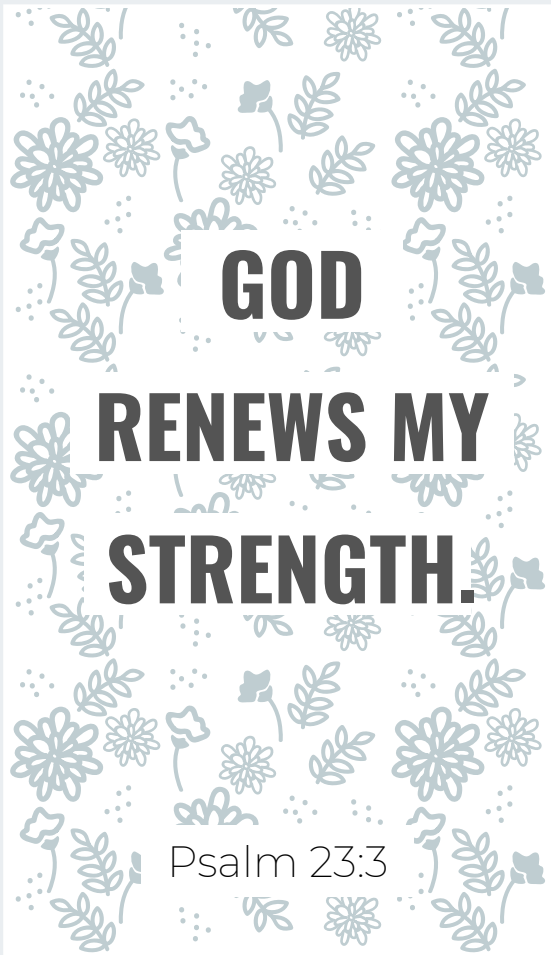


**PAIN RISES  
THEN  
PAIN FALLS**



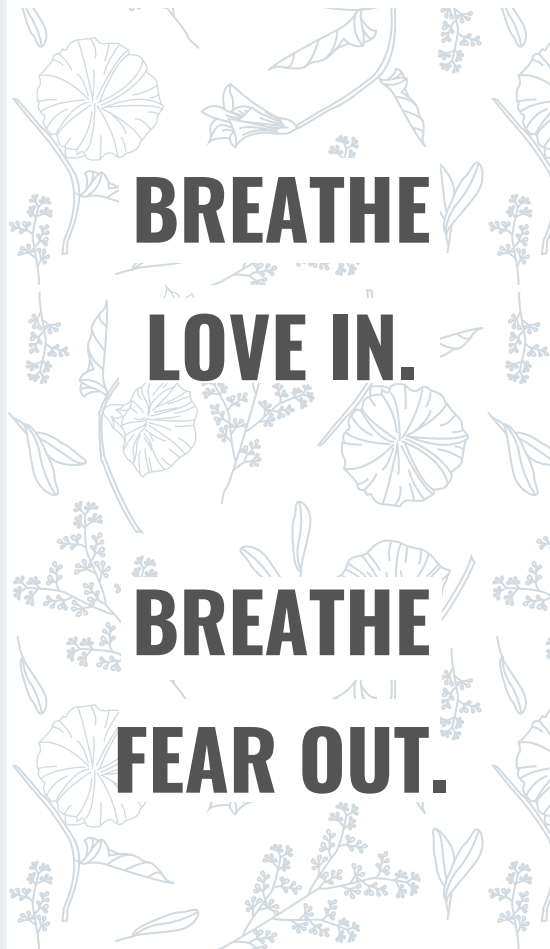
**GOD  
RENEWS MY  
STRENGTH.**

Psalms 23:3



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**BREATHE  
LOVE IN.  
BREATHE  
FEAR OUT.**



**I CAN DO  
ANYTHING  
FOR ONE  
MINUTE.**





**MY BODY  
KNOWS HOW  
TO BIRTH MY  
BABY.**



**MY BABY AND  
MY BODY ARE  
SAFE AND  
STRONG.**

*Natural Birth Mega Pack Printable*



**GOD GIVES  
POWER TO  
THE FAINT.**

Isaiah 40:29



**RELAX.  
RELEASE.  
REST.**

**I RIDE EACH  
CONTRACTION  
LIKE A WAVE.**

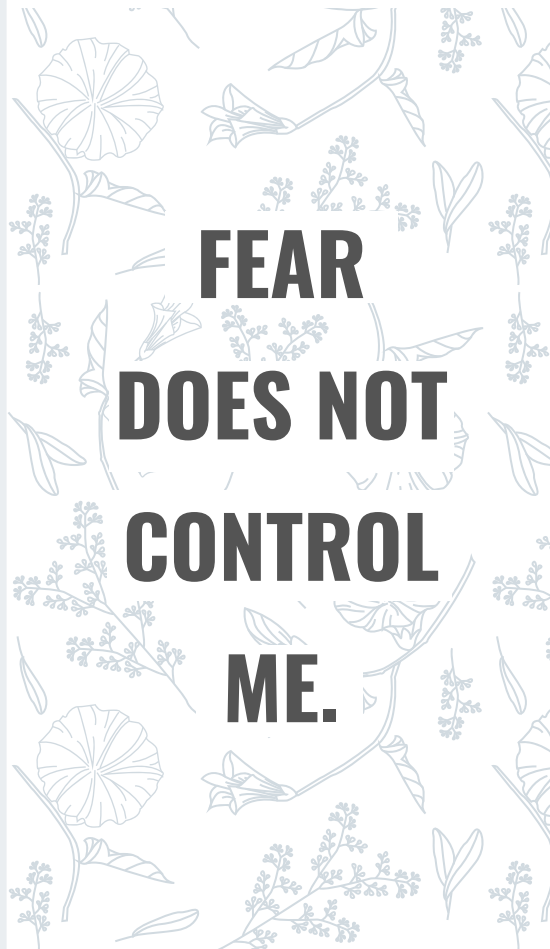


**MY MIND  
IS QUIET  
AND STILL.**



*Natural Birth Mega Pack Printable*

**FEAR  
DOES NOT  
CONTROL  
ME.**



**EACH WAVE  
BRINGS MY  
BABY CLOSER  
TO ME.**



You've devoured the free information in this printable but you want **MORE.**

**you want MORE...** confidence & knowledge to have a natural birth.

**you need MORE...** practical tips & how-to's from a *real* professional.

**& you deserve it.**

### **This online birth course is for...**

expecting moms who desire a natural birth (unmedicated), but are nervous about what's to come.

- Maybe you are a first-time mom, and you just don't know what labor's going to be like, but want to be prepared!
- Maybe you had an epidural with your first, but you **TOTALLY** wanna go without one this time.
- Maybe you've had a C-section, and you **SO** desire to have a natural vaginal delivery.

### **How will this course help me?**

First, Liesel Teen (L&D and course creator) is going to educate you about the birth process and what to expect when you go into labor. Next, you'll learn how to get through birth, and **FINALLY** she will get you super **PUMPED** for it to happen!

**Enroll into the #1 affordable online birth course now.**

**10% DISCOUNT CODE:**

**EXPERIENCEDMAMA**