



Breastfeeding Covers



it provides wonderful pain relief.” And the buoyancy of the water not only helps women move more easily, the water also provides deeper relaxation. It’s an easy, completely natural way to alleviate pain without resorting to drugs.

However, Lois stresses that water births must be supervised by a midwife skilled in water birth. A woman can get out of the birthing pool during labour if she’s not comfortable, but a baby must be born either completely in, or completely out, of the water.

“If a woman is in water, her hips and vagina must be fully submerged until the whole baby is delivered,” she says.

“The mother must understand that incomplete submersion is dangerous as it could cause her baby to gasp for air and then aspirate water.”

Lois adds that many hospitals and birth centres are providing water birth facilities, so if it’s something you’re

interested in, it’s well worth finding out if your care provider offers water birthing.

“It is growing – more hospitals are realising the benefits for babies and mothers,” she says.

www.birthjourney.com

When medicine intervenes

Sometimes, all the planning for a natural birth must be replaced by modern medicine for the safety of both you and your baby. Caesareans or other procedures you hadn’t planned on may be recommended. Keep in mind your doctor or midwife knows what’s best for you and will do whatever it takes to ensure your baby is born healthy and safe, but remember to talk to them in advance about any alternative birthing plans you may have.

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