



## Pregnancy & Postnatal



## Birthskills

Would you like to feel more confident and empowered for the challenge of labour and birth?

Are you interested in learning active skills that you can use in labour and beyond?

Do you want to know more about TENS as a form of pain relief?

With all the new experiences that pregnancy brings, labour may be the one that makes you the most nervous, and the one that you have the most questions about. The approaching birth of your baby is a time of great anticipation and excitement but also perhaps some trepidation. Knowledge is power and preparation for labour and birth can help reduce any concerns you and your partner may have.

Labour is an important step toward welcoming your new baby into the world. Even for those who've already had a baby, it's important to revise and learn new skills that may not have been used during a previous labour and birth, or when a vaginal birth is being considered after a caesarean delivery.

Women's & Men's Health Physiotherapy has a long and proud association with Cabrini Health Maternity providing pre and post-natal services since 1994. Our Physiotherapists are involved in childbirth education classes for women having their baby at Cabrini Hospital. The Cabrini Maternity Services page on our website outlines this in more detail.

Some couples birthing at Cabrini choose to have a one on one physiotherapy birthskills session, as it is tailored to their individual needs and provides further opportunity for practice. We also provide individualised education and practice for women and their support people who are birthing at other hospitals.

Birthskills can be used throughout pregnancy, during labour and for the demands of life with your new baby. There is recent strong evidence for the effect of TENS in labour and knowledge of how to administer this enhances effectiveness. Research shows that moving freely in labour improves a woman's sense of control, decreases her need for pain medication, and may reduce the length of labour.



## What Will My Physiotherapy Program Involve?

- Education using verbal, visual and written tools with take home material
- An opportunity to practice birthskills such as relaxation, touch and massage, movement, breath awareness and positioning for comfort
- Knowledge regarding when and how to apply these skills to pregnancy, labour, birth and the post-natal time
- Instruction in set up and the use of Transcutaneous Electrical Nerve Stimulation (TENS) as a method of labour pain relief


## How Often Will I Need To Attend?


Birthskills sessions may be a one off or you may want to attend again after having a chance to read and practice so that you can clarify and consolidate your skills and confidence.


## What Can WMHP Do For Me?

Your body is perfectly designed for labour and birth and you will naturally know what to do when it's time for your baby to be born. We can help you feel confident in your own abilities, and develop knowledge and skills that can be used during your pregnancy, labour and to cope with the physical demands of caring for your baby. We look forward to being part of your support team and are passionate about seeing women and their partners empowered to approach this memorable life experience with confidence.

## Why Choose Women's & Men's Health Physiotherapy?

 We're a group of female Physiotherapists who specialise exclusively in the area of Women's Health and birth education

 Through a personalised, experiential and practical session, we empower you and your support person to develop skills for birth that help to break the stress response and panic cycle that can occur in labour

 In conjunction with your Obstetrician and Midwife we will help you to approach labour and birth with confidence so this incredible life experience is a positive one



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