

Transition Tips

Transition means your baby is nearly here. You've done it! At this point the muscles in your body will begin to move your baby down running in gentle peristaltic waves, gently, as you continue to breath until you feel the urge to push. Listen to your body, tune into your body, imagine your body opening up wide and creating a spacious passage for your baby to move through.

For Mum

Stay with your breathing, in each moment. “In this moment I am well, in this moment, I welcome my baby”

Listen to what your body is telling you

Encourage yourself

Turn your attention inwards

Get ready to welcome your baby

Open your mouth gently and soften your jaw

For Dad

Stay calm, let go of any of your own judgments and worries, stay focused and encouraging. Be loving and strong. “I love you and I am here for you”

Trust that all is as it should be

Recognise the signs of transition

Understand that your baby is nearly here

Stay calm and strong

Tell your partner you “love her, believe in her and are there for her”.