



PREGNANCY & BIRTH

Quick Guide

What every expecting parent should know, answered simply.

Supporting parents with knowledge, care, and confidence. We're here for you.

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1 BODY

Your Body Is Changing

- Take cool showers and run cold water over your hands and feet to improve circulation.
- Elevate your legs at the end of each day.
- Change position often if you sit for long periods.
- Gentle daily movement keeps you feeling comfortable.

2 ANATOMY

Your Pelvis Is Designed for Birth

Your pelvis moves and adapts depending on your position.

It is not rigid, the coccyx (tailbone) shifts backward, creating more space for your baby.

This is why labor positions matter. Ask your midwife about them before delivery day.

4

HORMONES

Understanding the Pain Cycle

How you feel shapes how your body responds. The same labor can follow two very different paths.

THE TENSION CYCLE

Fear & stress



Adrenaline & cortisol rise



Muscles tense



More pain

THE CALM CYCLE

Feeling safe & supported



Oxytocin is released



Your body relaxes



Easier labor

Each contraction has one purpose, bringing your baby into the world.

3

MINDSET

Supporting Labor Naturally

Your brain plays the key role.

01

Dim, calm lighting

02

**Positive
encouragement**

03

**Gentle movement
& breathing**



Try them and thank us later.

5

SAFETY

When to Go to the Hospital

Call right away if you notice any of these.

You notice any bleeding.

Your baby's movements decrease.

Your water breaks.

When in doubt, always call your healthcare provider.

6

PLANNING

Birth Plan Questions

A birth plan helps you communicate your preferences clearly. Start here:

? What environment makes me feel calm?

? What type of support do I want during labor?

? Which positions feel comfortable to me?

? Who will accompany me during birth?



Make sure to bring your birth plan to the hospital.

You Matter Here Too

- Whatever you feel is valid, there is no wrong way.
- Not yet feeling connected? That is completely normal.
- For many fathers, the bond begins at that first hold.
- Your calm presence is one of the greatest gifts you can give.



Newborn Facts

Umbilical cord

The drier the umbilical cord stays, the faster it falls off, so keep it as dry as possible.

Breastfeeding

Supports healthy oral and jaw development, helping shape the palate and muscles needed for proper speech and dental alignment later on.

Newborn vision

Babies can only see about 25–30 cm.

So get close, and let them see you.

Néssence Perinatal Clinic

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