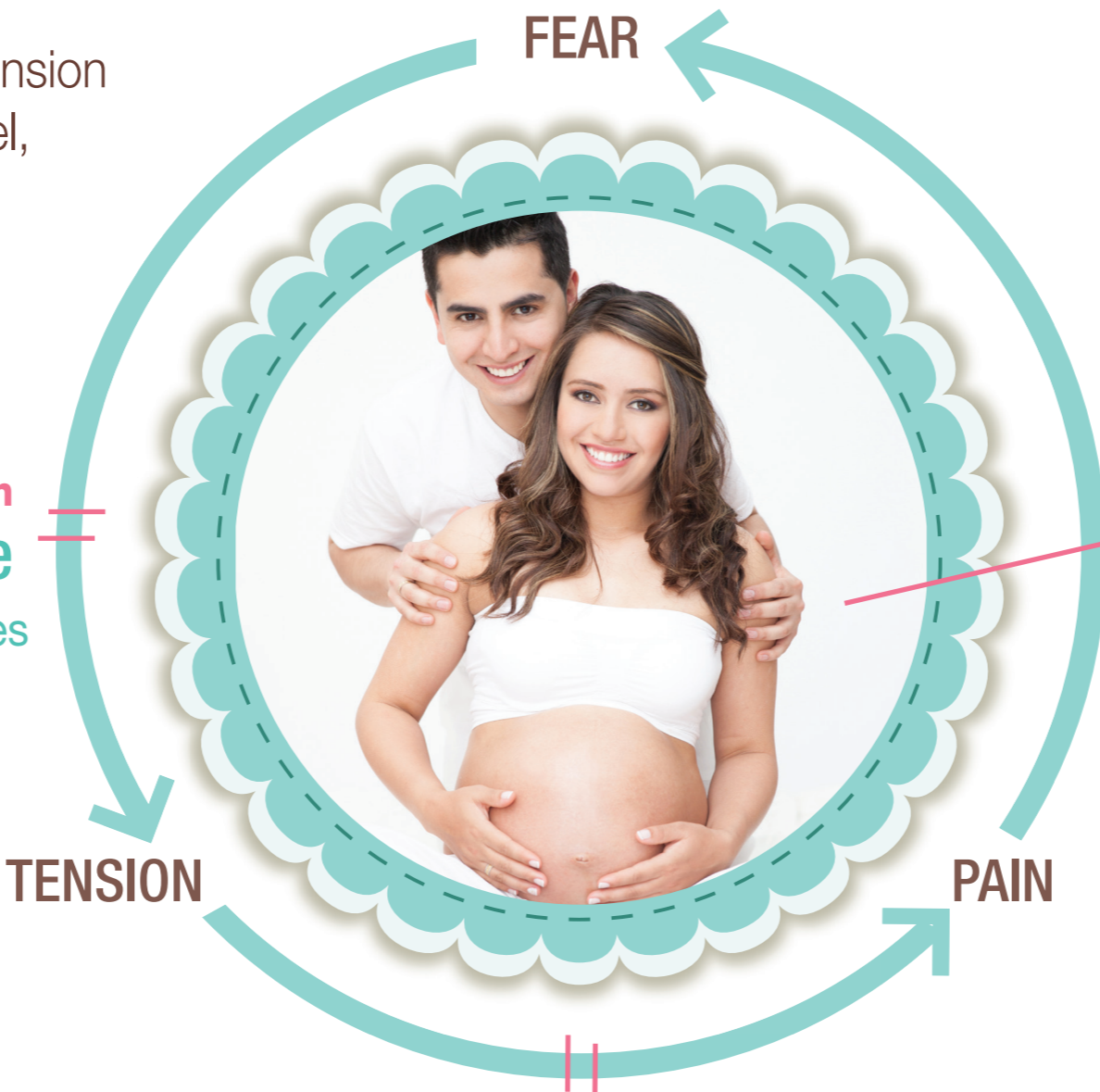


Childbirth Education makes a difference

The vicious cycle of pain-fear-tension in labour – the more pain we feel, the more scared we become, the more we tense up, the more pain we feel ...

Break the fear cycle with Knowledge

- Attend childbirth education classes
- ↓ catecholamines (stress hormones)
 - ↑ oxytocin (love hormone)



Transition through Birth to skin to skin



Break the tension cycle with Relaxation + Massage + Positions + Water + Visualisation

- ↑ endorphins (pain relieving hormones)
- ↓ catecholamines (stress hormones)
- ↑ oxytocin (love hormone)

Find a childbirth educator in your area
www.expectantmothersguide.co.za

