



The Labor Preparation Guide

CONTENTS

1. Introduction
2. How to Use This Guide
3. The YogBirth Core Philosophy
4. Daily Foundations for Labour Readiness
5. Preparing the Body for Natural Labour
6. Movement, Positions & Natural Labour Tools
7. Mindset, Labour Stages & When to Go to Hospital
8. Breastfeeding Techniques
9. What to Buy for Mother & Baby
 - During Pregnancy
 - Post-Delivery
10. Postpartum Depression & Anxiety
11. Testimonials
12. A YogBirth Closing Note

Disclaimer - This guide is intended for educational purposes only and does not substitute professional medical advice, diagnosis, or treatment. We recommend consulting your doctor and the YogBirth team to ensure these practices are safely and appropriately personalized for your unique health journey.

INTRODUCTION

YogBirth Labour Preparation

Labour is not something your body suddenly figures out on the day of birth.

It is a process your body, hormones, emotions, and nervous system begin preparing for weeks in advance.



Yet many mothers approach labour feeling:

- unsure of what is normal
- fearful of pain or complications
- disconnected from their body's signals

The **YogBirth Labour Preparation Guide** was created to change that experience.

This guide blends:

- medical awareness
- natural physiological preparation
- movement, breath, and nervous system support

The intention is simple:

To help you walk into labour feeling **prepared, grounded, and confident in your body.**

HOW TO USE THIS GUIDE

This guide is meant to support you gently, not overwhelm you.

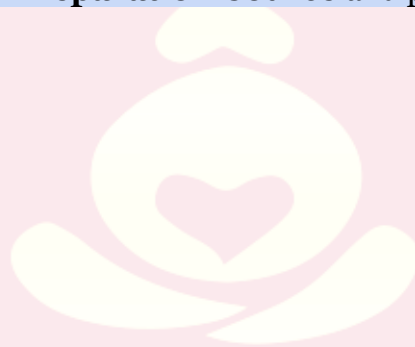
- Begin with the **Daily Foundations** and practice them consistently
- Read the labour tools **before labour begins**, not during pain
- Use movement, breath, and positions as labour progresses
- Revisit sections as your body signals different needs

You are not forcing labour.

You are preparing your body to respond when it is ready.

Labour is a process your body can prepare for.

[Click here](#) to access our **Labour Preparation Course** and practice at your own pace.



YOGIBIRTH
Your Holistic Pregnancy Partner

THE YOGBIRTH CORE PHILOSOPHY

Body • Mind • Energy

Labour unfolds smoothly when all three layers are supported.

THE YOGBIRTH PHILOSOPHY MIND, BODY & SOUL



BODY

Your Holistic Pregnancy Partner

Your body needs:

- cervical softness
- pelvic space
- effective contractions
- optimal baby positioning

Support comes from:

- upright posture
- daily movement
- hydration and nourishment
- rest and gravity-friendly positions

MIND

The cervix responds directly to your nervous system.

Fear, tension, or feeling rushed can slow labour.

Calm, privacy, and trust allow opening.

YogBirth focuses on:

- breath awareness
- fear release
- visualization
- emotional reassurance

ENERGY

Labour is an opening process.

Breath, rhythm, sound, and surrender allow energy to move downward and outward.

When energy flows, effort reduces.

DAILY FOUNDATIONS

Start Daily from Week 35

- Hydrate well through the day
- Eat warm, nourishing meals
- Move for 20–30 minutes daily
- Sit upright, avoid slouching
- Practice 5–10 minutes of breathwork
- Sleep side-lying with pelvic support
- Do a short emotional check-in each evening

Small daily practices create powerful labour readiness.

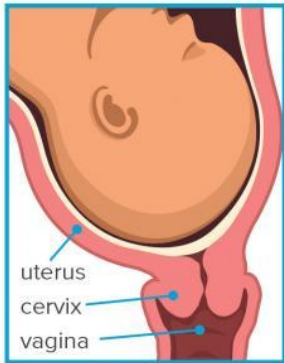
Anxious about your labour journey?

[**Take this 60-second quiz and get gentle, personalised guidance just for you.**](#) 🧡

PREPARING THE BODY FOR NATURAL LABOR

Cervix, Baby Position & Hormones

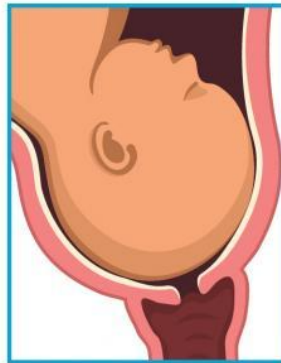
Cervical Effacement



Cervix is not effaced or dilated



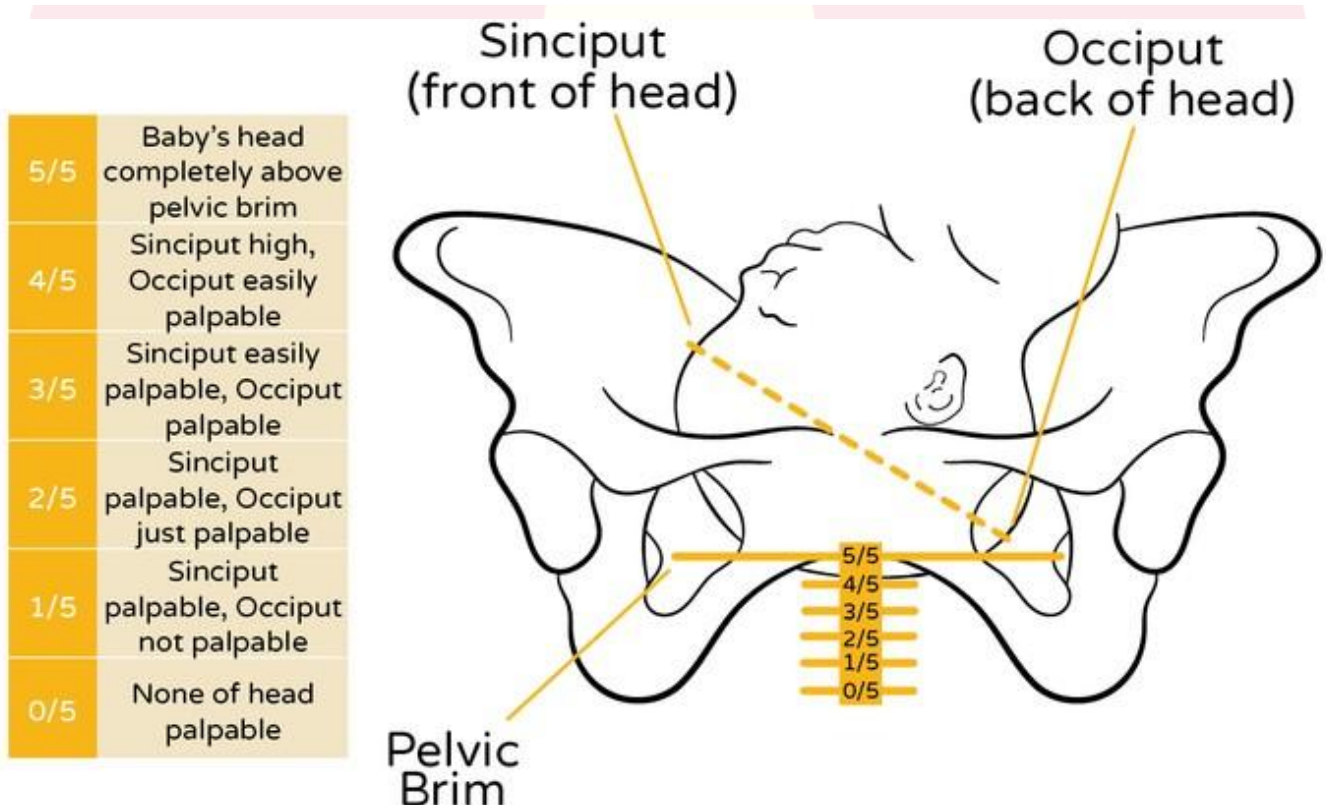
Cervix is 50% effaced and not dilated



Cervix is 100% effaced and dilated to 3 cm



Cervix is fully dilated to 10 cm



Labor begins when **three forces align**:
your **cervix**, your **baby's position**, and your **hormones**.

The Cervix: The Gatekeeper of Birth

The cervix is the soft doorway between your uterus and vagina.
For labor to start naturally, it needs to:

1. **Soften** – from firm to stretchy
2. **Efface** – become thin and flexible
3. **Move forward** – from back-facing to front-facing
4. **Dilate** – open fully for your baby's head

Softness always comes before opening.

Baby's Role in Starting Labor

Your baby is not passive in birth.

When baby's **chin is tucked, head is down**, and **aligned with your pelvis**, their head presses gently on the cervix.

This pressure tells your body: *It is safe to begin.*



Hormones That Start Labor

- **Oxytocin** – creates contractions and connection
- **Prostaglandins** – soften and open the cervix

Relaxation, love, safety, touch, and pleasure help these hormones flow.

From Week 35 Onwards: Gentle Preparation

You are not forcing labor.

You are **inviting readiness**.

Your body already knows how to give birth.

You are simply clearing the path.

Have questions about your labour journey?

Book a one-on-one call for personalised guidance and reassurance - [Click here](#)

MOVEMENT, POSITIONS & NATURAL LABOR TOOLS



Why Movement Matters

Movement creates space.
Space allows baby to descend.
Descent helps the cervix open.

Stillness delays labor.
Gentle motion encourages it.

Birthing Ball: Your Best Labor Companion

Use a correctly sized ball so knees are at hip level.

Daily practices:

- Rocking side to side
- Circles and figure-8s
- Gentle bouncing
- Supported squats
- Kneeling forward with ball support

These movements:

- Help baby rotate
- Increase pelvic space
- Reduce back pain

Acupressure & Reflexology

Specific points on hands, feet, and shoulders stimulate:

- Pituitary gland
- Oxytocin release
- Cervical dilation

Firm pressure for 10–30 seconds per point is enough.

Sleep Positions That Support Labor

Before contractions begin:

- Sleep on your side, preferably left
- Pillow between knees and ankles
- Belly tilted slightly forward
- This gives baby room to reposition

Once contractions begin:

- Semi-reclined position (45°) may help intensify labor
- If labor stalls, return to side-lying

Sleeping positions do not *force* labor.

They **support alignment**.

What Slows Labor

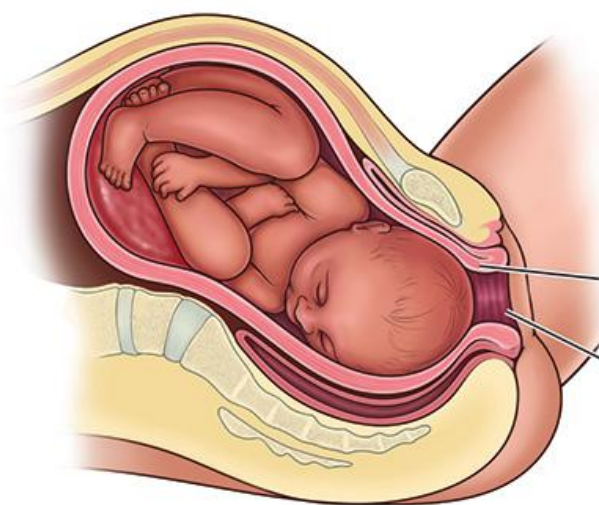
- Stress, fear, anger
- Dehydration
- Full bladder or bowels

Nervous about labour pain and how you will cope?

[Take this 60-second quiz and get gentle, personalised guidance just for you. 💕](#)

MINDSET, LABOR STAGES & WHEN TO GO TO HOSPITAL

Stages of labor



Stage 1

Labor (contractions)

Dilated cervix

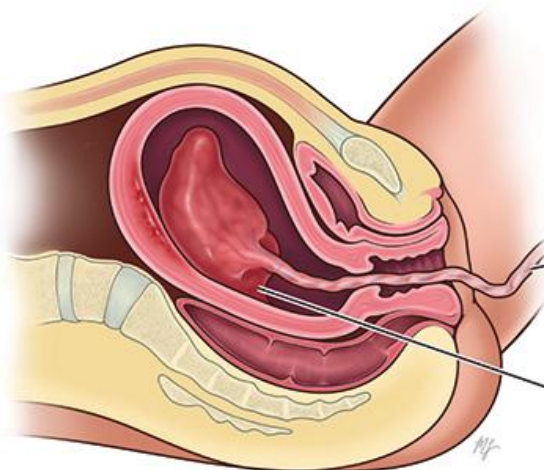
Vagina



Stage 2

Pushing and birth

Head of baby
crowning



Stage 3

Delivery of placenta

Umbilical
cord

Placenta

Birth Is 80% Mental, 20% Physical

Fear tightens the cervix.
Trust softens it.

Your pain tolerance grows with:

- Breath practice
- Visualization
- Movement
- Partner support

The Three Stages of Labor

Stage 1: Cervix Opening

- Early labor: up to 3 cm
- Active labor: 3–10 cm
- Transition: intense but short

Support tools:

- Walking, rocking, dancing
- Birthing ball
- Warm showers
- Breathing patterns
- Mantras and visualization

Go to hospital when contractions are:

- 3–4 minutes apart
- Last 45–60 seconds
- Consistent for 1 hour

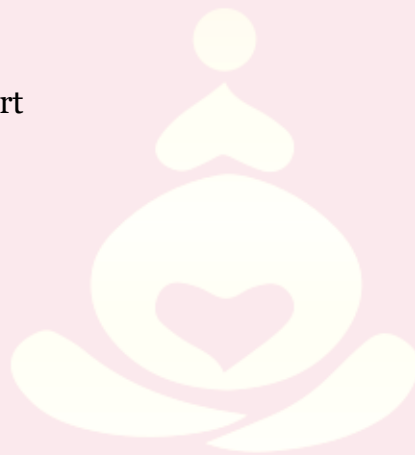
Stage 2: Pushing Your Baby Out

- Trust your body's urge
- Do not push before readiness
- Lean forward
- Use gravity

Breathing baby out is often gentler than forceful pushing.

Stage 3: Placenta Birth

- Happens naturally in most cases
- Skin-to-skin
- Delayed cord clamping
- Begin breastfeeding if possible



Yogbirth Yoga and Breathwork Guide for Labor Preparation

a) Goddess Pose -

- Opens up hip flexors
- Strengthens lower body



b) Malasan Pose -

- Improves digestion
- Strengthens knees
- Activates Pelvic Floor



BREATHWORK

Hee Labour Breath -

- Smile and breath your labour pain away



Candle Breath -

- Feel a state of Zen
- Release stored tensions



[Click here](#) to access a one-on-one call and ease your preparation with breathwork and yoga

BREASTFEEDING TECHNIQUES

A Simple, Supportive Guide for Mothers

1. Start Early

- Begin breastfeeding in the **golden hour**, within the first hour after birth
- Skin-to-skin contact helps baby latch naturally
- Breastfeeding is encouraged even after a C-section unless medically restricted

2. How Breastfeeding Works

- Baby's suckling releases **prolactin** (milk production) and **oxytocin** (milk release)
- Milk production depends on **demand**, not breast size
- Milk release depends on **calm, safety, love, and support**

You are not just feeding your baby.

You are bonding, regulating, and comforting.

3. Latch & Position Basics

- Bring **baby to breast**, not breast to baby
- Touch nipple to baby's nose or lips to trigger rooting
- Wait for baby to open mouth wide, then guide chin-first onto breast
- Baby's lips should be flanged outward, chin pressed into breast
- After feeding, nipple should look round and soft, not pinched

Common positions:

- Laid-back (great for newborns)
- Cradle or cross-cradle
- Side-lying (useful at night)
- Rugby/football hold (after C-section or for larger breasts)



4. Feeding Rhythm (Early Weeks)

- Offer first breast for **30–40 minutes**, then second breast
- Feed every **1–3 hours**, based on baby's cues
- Keep track of which breast was last used

Wet diapers guide intake:

- Day 1: 1 wet diaper
- Day 2: 2 wet diapers
- Day 3: 3 wet diapers
- Day 5 onward: 6 or more per day

5. What's Normal (Don't Panic)

- Very small amounts of milk in the first week are normal
- Baby's stomach is tiny; colostrum is enough
- Babies may lose up to 7% of birth weight initially

- Babies often **cluster feed**, especially in evenings
 - This does not mean low milk supply
 - It helps increase milk production

6. Nipple Care & Comfort

- Mild soreness in the first 2–3 weeks is common
- Use nipple shields if needed
- Apply lanolin cream or coconut oil
- Use cold packs or chilled cloths after feeds
- If pain is severe or persistent, seek support

7. Flat or Inverted Nipples

- Breastfeeding is still possible
- Gentle nipple massage twice daily in late pregnancy helps
- Breast shields, pumps, or hand expression can support latching

Stop massages and consult your doctor if contractions occur.

8. Colostrum & Early Milk

- Colostrum is thick, yellow, and highly concentrated
- It protects baby's gut and immunity
- Small amounts are sufficient
- Antenatal colostrum harvesting can be done from **36–37 weeks** if advised

9. Pumping & Bottle Feeding

- Avoid pumping in the first month unless needed
- If bottle-feeding breast milk:
 - Use **slow-flow nipples**
 - Practice **paced bottle feeding**
 - Hold baby upright
 - Never prop the bottle

This prevents overfeeding and nipple confusion.

10. Signs Baby Is Well-Fed

- Regular wet and dirty diapers
- Strong cry and active movement
- Baby releases breast naturally
- Breasts feel softer after feeds



11. When Feeding Feels Hard

Babies may refuse the breast due to:

- illness, reflux, teething
- routine changes or stress
- forceful milk flow



Try:

- feeding in a different position
- skin-to-skin contact
- calming the baby before feeding
- gentle persistence, not force

Support makes a difference.



WHAT TO BUY FOR MOM & BABY

Pregnancy → Post-Delivery (YogBirth Guide)

WHAT TO BUY DURING PREGNANCY

(Prepare Calmly Before Baby Arrives)

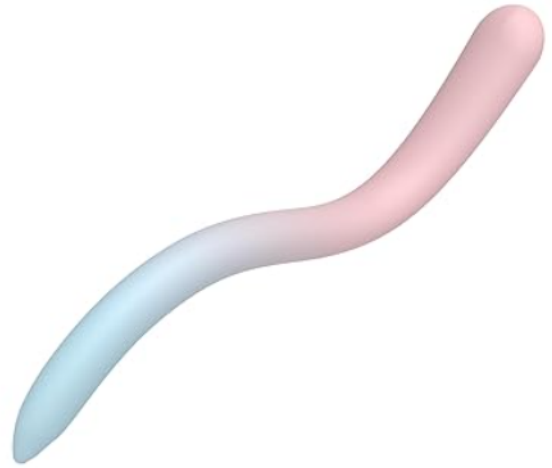
Hospital Bag Essentials (Must Have)

- Adult diapers (easier than large pads post-delivery)
- Comfortable nursing bras or stretchable bras
- Loose gowns or front-open nightwear
- Slippers and warm layers
- Water bottle (steel, copper, or glass)
- Energy snacks: dates, dry fruits, dark chocolate
- Vanity kit (basic skincare, lip balm, hair ties)

Labour & Body Preparation

- **TENS machine** for labour pain management
- Heating pad (for back and hip relief)
- Perineal massage stick (start learning usage before birth)
- Kumkumadi oil for stretch-mark prone areas
- Postnatal abdominal belt (for after delivery)





Baby Safety (Buy Before Birth)

- **Car seat (mandatory before hospital discharge)**
- **Mattress protectors (for baby and adult beds)**

Tip: Check with your hospital what they already provide before packing.

Want personal hand-holding in your labour journey? - [Schedule a call with us.](#)

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Your Holistic Pregnancy Partner

WHAT TO BUY POST-DELIVERY (Essentials First, Extras Later)

FEEDING ESSENTIALS (BABY)

Essentials

- Drool bibs (0–3 months)
- Cotton or water-resistant bibs (4–6 months+)
- Slow-flow bottle teats (to avoid nipple confusion)
- Silicone or glass bottles (avoid plastic)
- Burp cloths or large napkins

Once Solids Start

- Feeding chair (sturdy, easy to clean)
- Silicone food feeder (for teething relief)



Helpful

- Bottle warmer (for expressed milk)

BREASTFEEDING ESSENTIALS (MOTHER)

Essentials

- Nursing bras
- Nipple shields (for pain or latch issues)
- Lanolin cream or coconut oil
- Dim night lamp (sensor-based preferred)

Helpful

- Nursing pillow or firm pillow
- Cooling pads for nipples (or DIY frozen cloth)

If Pumping

- Electric breast pump (double pump saves time)
- Milk storage bags
- Steam sterilizer

SLEEP & COMFORT (BABY)

Essentials

- Bedside bassinet or sleeping pod
- Swaddle cloths or velcro swaddles
- Cotton blankets (avoid fleece)
- Caps, mittens, socks

Helpful

- Humidifier (especially with AC or dry weather)
- Mustard-seed head cushion (to prevent flat head)

DIAPERING ESSENTIALS

Essentials

- Disposable diapers or cloth diaper inserts
- Diaper rash cream (or coconut oil)
- Water-based wipes (no alcohol)
- Changing mat
- Dedicated diaper dustbin
- Diaper bag with spare clothes



Diaper Bag Essentials



At Home

- Lukewarm water + cotton (preferred over wipes)
- Mattress protectors

BATHING & HYGIENE (BABY)

Essentials

- Baby bathtub with recliner
- Hooded baby towels
- Gentle baby wash and shampoo
- Cold-pressed massage oil
- Muslin cloth for tongue cleaning

Helpful

- Soft hairbrush
- Baby nail clipper or nail filer

- Baby thermometer
- Gripe water (emergency use)

Avoid baby powders. Babies do not need them.

MOBILITY & SAFETY

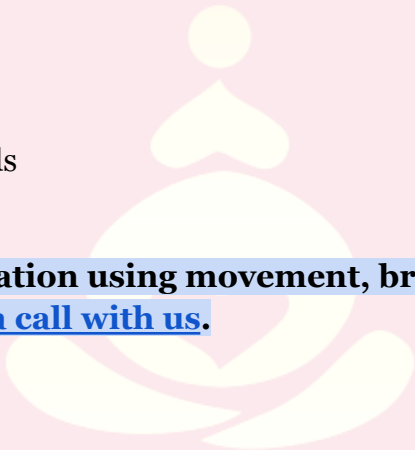
Essentials

- Soft baby carrier
- Stroller with recline or bassinet option
- Baby monitor
- Play mat or play gym

From Crawling Stage

- Baby-proofing items
- Socket covers, corner guards
- Drawer latches

Need gentle, body-led preparation using movement, breathwork, mindset tools, and partner guidance - [Schedule a call with us.](#)



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POSTPARTUM RECOVERY (MOTHER)



Essentials

- Peri bottle and Sitz bath
- Cooling pads or padsicles
- Adult diapers

Helpful

- Donut cushion
- Compression socks
- Ayurvedic oils for massage
- Warm clothing and shawls

YOGBIRTH BUYING GUIDELINES

- Avoid plastic wherever possible
- Buy essentials first, extras later
- Read reviews carefully
- Wash all baby clothes before use

When to Seek Immediate Help

- Green, black, or foul-smelling waters
- Reduced baby movements
- Severe headache, blurred vision
- Heavy bleeding

Not sure what you actually need for yourself and your baby - and what you can skip?

Check out the link on what Zohra, co-founder of YogBirth, shares about what to buy for mom and baby, with clarity, practicality, and a mother-first approach - [Click here](#)

POSTPARTUM DEPRESSION & ANXIETY (PPD/PPA)

Postpartum depression and anxiety are **real and common mental health conditions**, different from temporary baby blues.

They can affect **both mothers and fathers**.

- About **1 in 7 mothers** experience PPD or PPA
- About **1 in 4 fathers** also experience emotional distress after birth
- Symptoms may be mild, moderate, or severe

In some cases, emotional overwhelm can interfere with daily functioning or bonding.

This is **not weakness**. It is a health condition that needs support.



Why It Happens

- Hormonal shifts and physical recovery after birth
- Sleep deprivation and constant caregiving

- Identity changes and new responsibilities
- Relationship stress or lack of emotional support
- Isolation and reduced time for self-care

Common Signs

- Ongoing sadness, anxiety, irritability, or mood swings
- Crying spells
- Loss of interest in daily activities or the baby
- Excessive worry or panic without clear reason
- Difficulty sleeping or thinking clearly
- Feelings of guilt, hopelessness, or worthlessness



Healing & Support

- Speak openly with trusted family or friends
- Seek counseling if symptoms last beyond **2–3 weeks**
- Medical support may be needed in more severe cases
- Rest, nourishment, and gentle self-care matter
- Set realistic expectations and take one day at a time

Every labour journey is unique.

For customised labour preparation guidance, [click here to access](#) a private call and learn which breathwork and yoga practices will best support your body for birth.

TESTIMONIALS

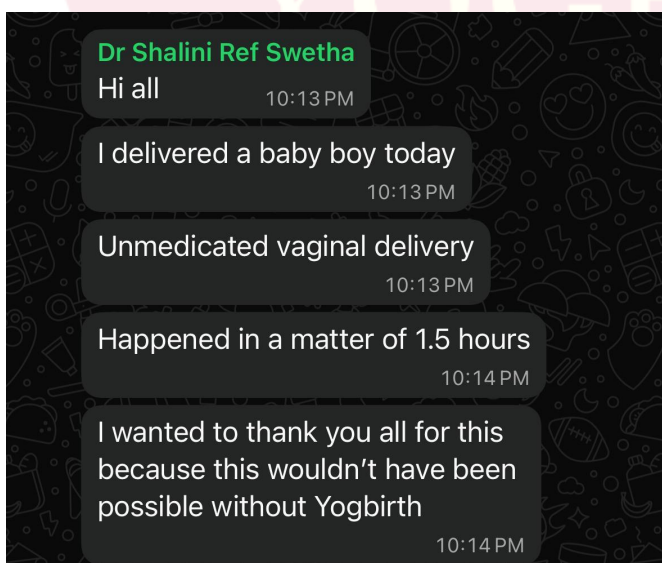
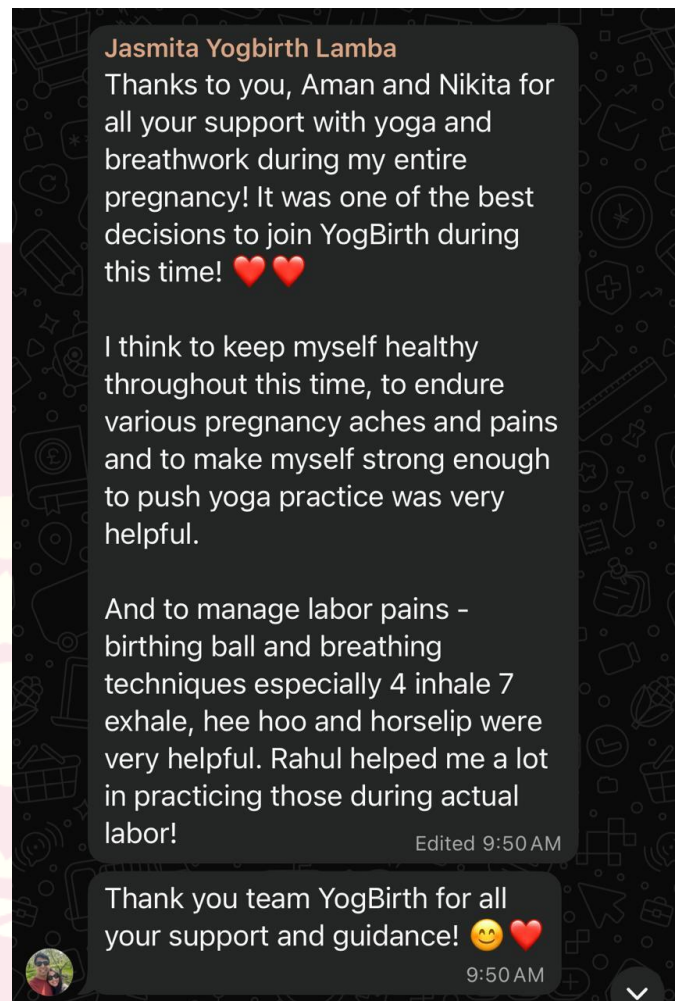
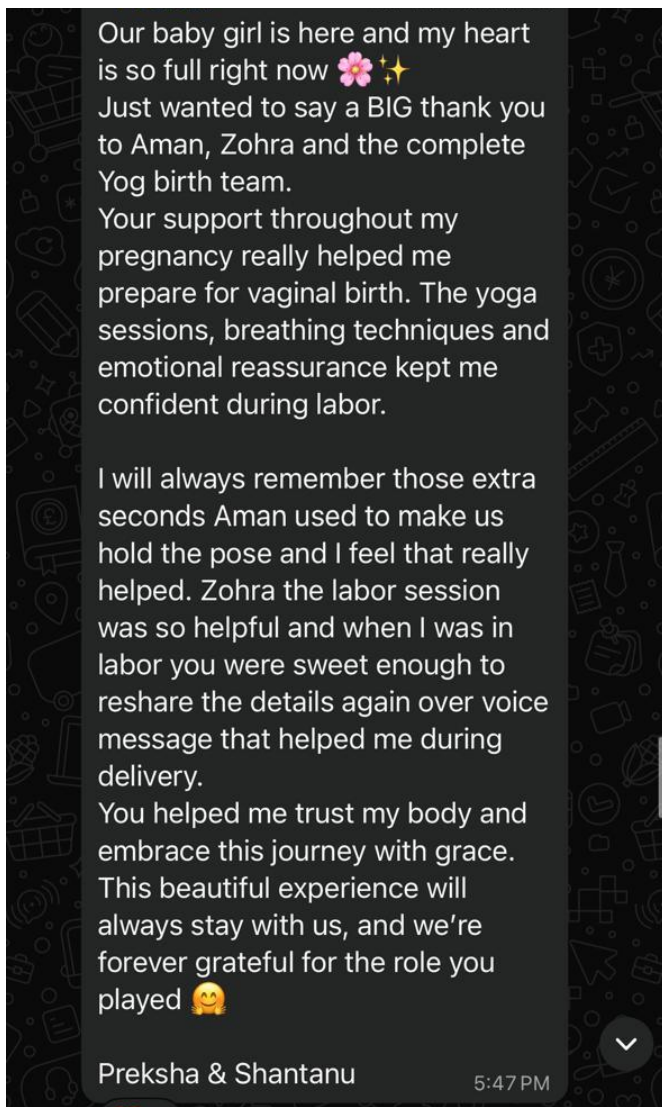
We have gently supported many mothers just like you through their fertility and pregnancy journeys, helping them feel safe, confident, and deeply cared for.



It would be our honour at YogBirth to walk beside you too and support you with the same love, wisdom, and commitment.

We'd be honoured to support your journey.

REAL EXPERIENCES FROM OUR YOGBIRTH COMMUNITY



A YOGBIRTH CLOSING NOTE

A Gentle Reminder for You

Dear Mother,

You are not behind.
You are not failing.
Your body is not broken.

A powerful birth is not defined by how it looks.
It is defined by informed choices, inner calm, and support.

Every breath you take, every moment you pause, every loving decision you make is already preparing you for birth.

There is no “perfect” way for labour to unfold.
There is only *your* way, guided by your body, your baby, and the quiet wisdom within you.

Some days you may feel strong and ready.
Other days you may feel tender, emotional, or unsure.
All of it belongs. All of it is welcome.

This journey is not about control.
It is about trust, surrender, and allowing yourself to be held.

Your baby is not late.
Birth unfolds when mind, body, and baby feel safe.

We at **YogBirth** are honoured to walk beside you in this sacred transition.
May you feel deeply supported as you soften, open, and step into motherhood.

Join the YogBirth Labour Preparation Community

Your Holistic Pregnancy Partner

Ways We Support You

- **Labour Preparation Consultation**

Gentle, body-led preparation using movement, breathwork, mindset tools, and partner guidance - [Schedule a call with us](#).

- **Recorded Labour Preparation Course**

[Click here](#) to access the course and get personalised guidance in your journey

Mothers learn with us daily through:

- ✨ Prenatal yoga for pelvic mobility
- ✨ Breathwork for calm, focus, and pain coping
- ✨ Labour positions and movement
- ✨ Birth mindset and emotional readiness

- ✦ Nervous system safety and confidence
- ✦ Postpartum awareness and recovery prep

A supportive community, gentle guidance, and care as you step into birth.

Follow us here:

👉 Instagram: [Yogbirth](#)

👉 LinkedIn: [YogBirth](#)

Get in touch with us -

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