

The Sterling Birth Method

Pushing Preferences

Directed vs. Non-directed

Open vs. Closed Glottis

Don't hold breath vs. hold breath

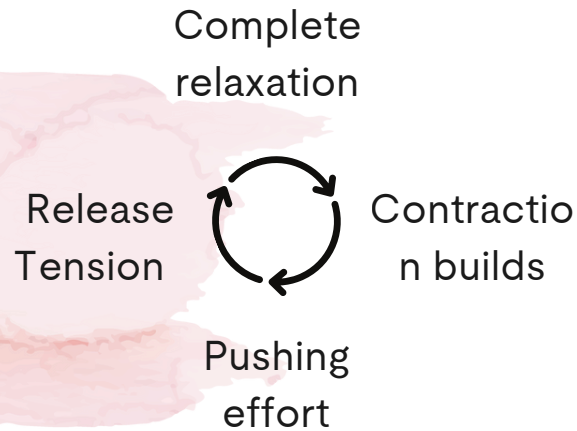
Pushing Feedback

- Internal (feel baby coming down vagina)
- Tactile (feel baby with hand in vagina)
- Visual (look with mirror)
- Auditory (someone else looks/feels and tells you)

Positions I'd like to try

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Cyclic Relaxation Pushing



Relax the pressure on yourself.

You only control 50% of the project (sometimes less)!

Get pushing feedback.

Tune into your contractions, if possible, and start pushing after the onset of the contraction.

Push in a position that feels comfortable and powerful to you.

Completely relax between contractions, let go of all tension (jaw, shoulders etc)

