

# SUPPORT FOR INDUCED BIRTH

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From the hypnobirthing classes you will have guessed that induction is not an easy business. Your uterus has grown in size from a pear to a watermelon, holding your baby, fluid and a placenta. Your cervix, the neck of the uterus has been the one thing keeping all that baby and fluid in. Suddenly at the end of pregnancy we're expecting it to do the complete opposite and let the baby out. This entails a fair amount of work even in a normal labour where your body is naturally ready to let that baby go.

The cervix has to start softening, an internal, hormonal, inflammatory process that starts breaking down the fibres in the cervix, enabling it to soften, thin out and begin opening. Once the cervix has softened, the tube shape becomes flatter against the baby's head and eventually with the start of surges it is gently eased open, expanding from 1cm to around 10cms.

If you are being induced then you are trying to get your body in labour by artificial means before it is ready to do this naturally. So it can be a much slower, difficult process. Some mums are really lucky and respond positively to the methods of induction; perhaps because they were nearly ready to go into labour anyway. But for most first time mums it can be a s-l-o-w process. It's important to understand the process and be prepared emotionally and practically ([check out the essential reading link](#)). If you've agreed to induce labour you will have done so after careful consideration and with good reason. Going into it optimistically and in control can play a major part in an induction's success and how you feel about it, I believe.

Create an oxytocin-conducive atmosphere wherever you are: turn down the lights, put on your favourite relaxing music, surround yourself with positive imagery and words. Remember to use the massage techniques you'll have learned and create a cosy, comfortable space. Ground yourself with your breath, hypnobirthing helps you to remain calm and work with your body, so put to good use all that you've learned and practiced. A more choreographed labour means rhythm and ritual will really help.

**Please remember: YOU DON'T HAVE TO BE INDUCED.  
IT IS ULTIMATELY YOUR CHOICE AND DECISION.**

*A thought...*

Labour can evolve in so many ways that 'planning' just isn't possible, that's why we talk about birth preferences. Understanding how your body is capable of birthing your baby and how to support it is one part of preparation. The other part is being open to the journey that lays before you. Being open means adapting to each step on that journey. Having an induction and / or an epidural may be a step on that journey. It doesn't mean you're giving up, giving in, forfeiting your rights or abandoning your instincts. It means you are a free thinking woman, able to take responsibility for the path you are treading bringing your baby into the world.

## positive induced birth stories

- \***"His birth was far from the natural birth I had imagined and I had an amazingly positive experience"**
- \***"Hypnobirthing prepared me to cope with the unexpected"**
- \***"the experience was animal and amazing - I went into my own little zone and my body took over."**
- \***"We eventually knew when to go with the flow"**
- \***"Positive, calm, informed choices will help you to feel relaxed and prepared for the challenges ahead"**
- \***It might not have been exactly the birth I'd imagined, but it felt completely right nonetheless.**

## [Affirmations for an induced labour](#)

### essential reading

**Midwife Thinking** post describes the process of induction

### support groups

AIMS [www.aims.org.uk](http://www.aims.org.uk)

A UK charity with helpline and info publications - highly recommended!

Birthrights [www.birthrights.org.uk](http://www.birthrights.org.uk)

have insightful fact sheets about your rights in birth

*bold links are all clickable*