

HORMONES – THE BIRTH HEROES



OXYTOCIN– THE ULTIMATE BADASS

POWERS- Fills you with love, makes you feel euphoric, contracts your uterus, tells your breasts to release milk, bonds you to baby. It can do all of this in pregnancy, during labour/birth and after!

WHERE TO FIND- Anywhere there's laughter, love, snuggles, massage, wanking and all the good stuff! Try some chocolate and a funny movie!

WEAKNESSES- Hates being observed, being around strangers and unfamiliar places. VERY shy.
Everybody loves Oxytocin (except that pesky adrenaline), you want to encourage Oxytocin to show her face as much as you can!

ADRENALINE– THE PART TIME VILLAIN

POWERS- Makes you alert, blocks oxytocin, increases heart rate and gets ready for fight or flight.

WHERE TO FIND- In places with fear or anxiety, and at the end of labour where she decides to do some good! Love her or hate her she has her uses and she's not always evil!

WEAKNESSES- Can't help but get involved when they think you're not feeling safe and calm.

Uh Oh! When it's not the right time, his presence will slow or stop birth making the process longer and less comfortable.



MELATONIN– THE SIDEKICK

POWERS- Uses the power of darkness to boost her friend Oxytocin and help labour and bonding along.

WHERE TO FIND- In quiet dark spaces with privacy. At night, when the hustle and bustle of the day has ended.

WEAKNESSES- Hates bright lights, screens and being watched.

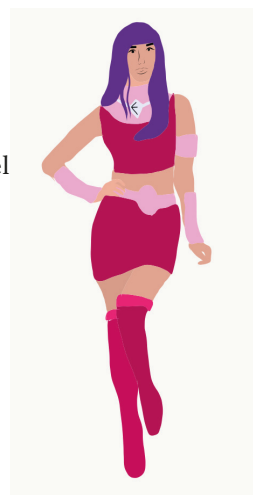
TIP- Switch off the lights in your birth space!

ENDORPHINS– THE LIFE OF THE PARTY

POWERS- Can give you a buzz, a dose of pain relief 200x stronger than morphine. Makes you feel calm and in control.

WHERE TO FIND- Brought on by physical contact and massage. Encouraged by love and laughter.

TIP- Encourage endorphins in early labour and save them for later!



RELAXIN- MS STRETCH

POWERS- Makes your body bendy and flexible to help your pelvis open up to accommodate baby. Does the same for baby to help you both work together smoothly.

WHERE TO FIND- All over your body throughout pregnancy!

WEAKNESSES- Can unfortunately lead to injury during pregnancy as things stretch a little further than usual, be careful not to lift anything too heavy!



PROLACTIN- THE NURTURING PROTECTOR

POWERS- Brain washes you to want to care for your baby no matter how tired you are, no matter what they need. Compliments oxytocin and aids bonding with baby. Encourages your body to make milk for baby.

WHERE TO FIND- At its strongest at the point of birth and just after. Also during the night whilst breastfeeding.

PROSTAGLANDINS- THE HIDDEN HELPER

POWERS- Softens your cervix and can bring on surges.

WHERE TO FIND- Around an irritated cervix and hiding in semen!

HINT- This is what sweeps are aiming to stimulate and what is found in a synthetic form in some types of induction methods.

