



SOUND  
BIRTHING

*Mind-Body, Birth*

An Introduction to Anxiety-Free Childbirth

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Samantha Vaive PhD

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Birth. Better.

You are going to give birth! How exciting!  
But maybe also...scary?  
If you are feeling scared, you aren't alone.

Before the pandemic an  
estimated 15% of women  
developed a pathological fear  
of childbirth. After the  
pandemic the number rose to  
62%  
Neither percentage is okay.

Because I am going to let you in on a  
secret...

CHILDBIRTH DOESN'T HAVE TO BE EXTREMELY  
PAINFUL !

# Let's Talk About the Big Lie

Childbirth does not have to be  
extremely painful!

How painful  
childbirth feels is  
related to what  
you've learned and  
how you feel about  
childbirth

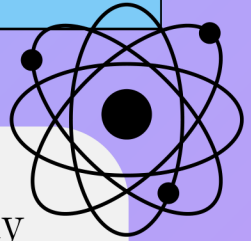
And in our society  
we--falsely--learn  
that childbirth is  
extremely painful

We can combat childbirth pain by viewing childbirth  
from a biopsychosocial perspective

# What does Biopsychosocial mean?

Biopsychosocial means looking at any experience in three ways

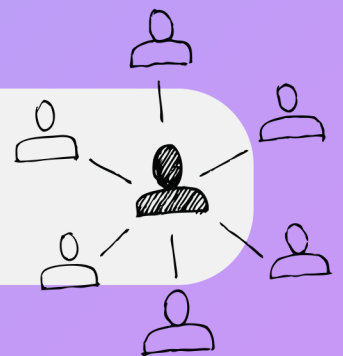
Biological: what is physically happening in your body



Psychological: how are you feeling mentally/emotional



Social: how your environment is effecting you



All of these are connected and will impact each other to shape your experience



If you feel sad  
(psychological)

And you visit a  
friend  
(social)

And the friend  
makes you laugh  
(biological)

So you feel  
happy...

You are experiencing a interaction between the biological, psychological and social that results in a feeling of happiness

In Other Words,  
Your Mind and Body are  
Connected!

Which impacts your experience of childbirth

## Quiz One

1. Fear of childbirth is common
  - a. True--many people experience fear of childbirth
  - b. False--only scaredy cats are afraid of childbirth
2. Childbirth is always super painful all the time
  - a. True
  - b. False
3. Biopsychosocial means there is a connection between
  - a. biology, psychology, and social media
  - b. biographical books, psychosomatic symptoms, and socialites
  - c. biology, psychology, and social
4. How a person feels mentally cannot impact how they feel physically?
  - a. True
  - b. False
5. A biopsychosocial perspective can combat childbirth pain
  - a. True
  - b. False

# Let's Talk About Cortisol

Cortisol is commonly called the stress hormone

It's not always bad, but too much of it is linked with some bad things



Longer labor



Preterm birth



Difficulties with feeding



Low attachment



Low birth weight



Post-Traumatic Stress

AND

Pain feeling more painful

The nervous system has many parts. Some of these parts are evolutionarily very old and not designed for modern times.

### Sympathetic

This system is known as the Fight/Flight/Freeze system. This system kicks on when reacting to a threat.

### Parasympathetic

This system is known as the Rest and Digest System. This system kicks on after a threat to repair the body and return to a state of normalcy

In today's society, our Sympathetic Nervous System can be activated all the time by invisible, unending stresses like unsupportive work environments, "super parent" pressure, or just looking at social media. We need to actively work to convince the body to relax.

When you fear childbirth the Sympathetic Nervous System turns on.

It's a little more complicated than this but for now this is the important part 😊

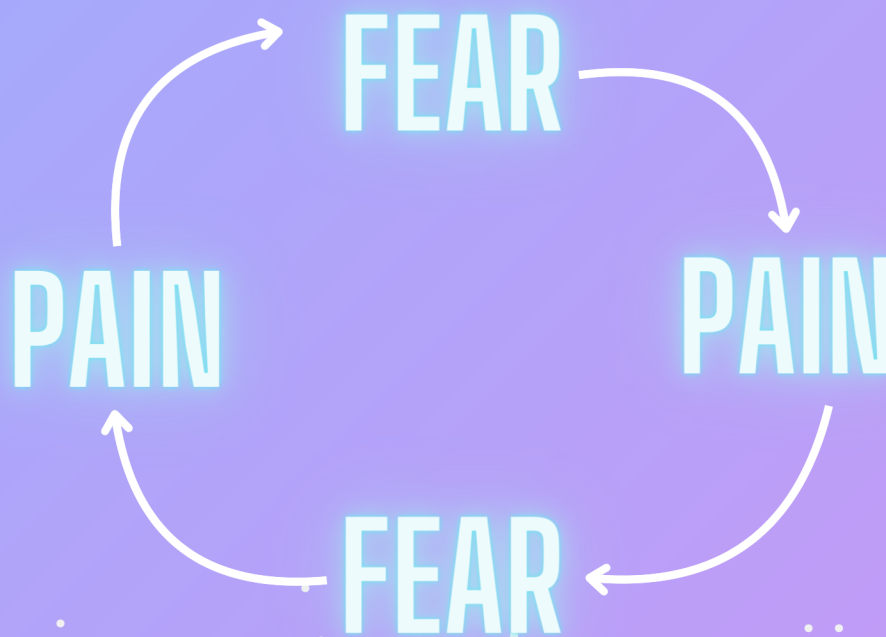
**You can NOT Fight, Flee or Freeze Childbirth!**

The only way is to face it head-on!

The best way to do this is with education, empathetic understanding, and conscious relaxation

# The Fear-Pain Cycle

When you see screaming childbirth depicted in the media, or you hear stories of people having horrible births, your mind learns that childbirth is horrible and painful. This leads to fear—because births depicted in media are scary!—fear leads to anxiety, which increases cortisol levels. That makes pain feel more painful. Which leads to more fear, which leads to more cortisol which leads to more pain, and on and on...



This leads to a self-fulfilling prophecy. You think childbirth will be painful so it is painful.

# Quiz Two

1. The nervous system is very old and not designed for today's invisible stress
  - a. True
  - b. False
2. High levels of cortisol can make pain feel more painful
  - a. True
  - b. False
3. The body knows how to relax and will always do this naturally without help
  - a. True
  - b. False
4. The "stress hormone" is
  - a. Oxytocin
  - b. Pitocin
  - c. Cortisol
5. Which of the following helps to face childbirth head-on?
  - a. Empathetic understanding
  - b. Education
  - c. Conscious relaxation
  - d. All of the above

You can reduce the  
experience of pain!

Research shows  
that education  
reduces the fear of  
childbirth

When you know childbirth doesn't have to  
be awful you can stop the fear-pain cycle

Complimentary Alternative Medicine offers  
researched backed way to reduce  
childbirth pain. CAM includes:



Massage



Aromatherapy



Distraction  
Techniques



Yoga

Pregnancy-safe Yoga has been  
shown to decrease labor length,  
experience of pain, fear/anxiety,  
and medical interventions!



There's more to know before you go!

...into labor

1

Medical interventions are not necessarily bad, but they can have consequences. Getting educated on the possible impacts medical interventions can have biologically and psychologically will help you be prepared.

2

Having a support team is so important for having the birth you deserve. Who can you count on?

3

In addition to a support person(s) an advocate is vital. They make sure your needs are being heard and respected. Doulas make great advocates and many work on sliding scales.

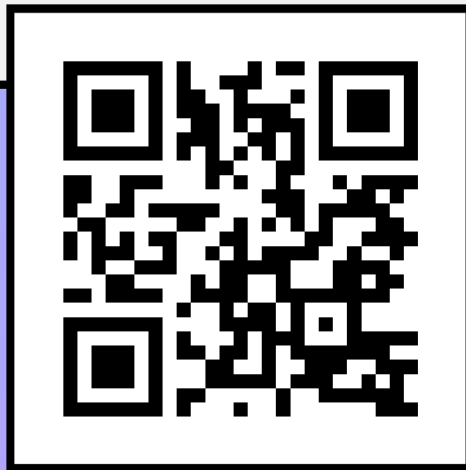
Always remember! You are the expert when it comes to you and your body!

## Quiz Three

1. You can reduce the experience of pain during childbirth
  - a. True
  - b. False
2. Yoga during pregnancy can help decrease
  - a. Labor length
  - b. Fear
  - c. Medical interventions
  - d. All of the above
3. A support person and an advocate are the same thing
  - a. True
  - b. False
4. Medical interventions never have consequences you should be prepared for
  - a. True
  - b. False
5. You can learn more at [sound-birthing.com](https://sound-birthing.com)
  - a. True!

# Ready to learn more?

Go to [sound-birthing.com](https://sound-birthing.com) to sign up for an online course today.



Want a more personalized approach?  
Sound Birthing offers a variety of program styles to meet your needs, including:

- individual virtual session
- in-person groups workshops
- virtual group workshops
- retreats