



# Childbirth Professionals INTERNATIONAL

## What to know about having a big baby...

### **Movement during birth is more important than the baby's size.**

Labor is not meant to happen lying down. If a woman lies in her hospital bed for hours upon end, her labor often slows and descent of the baby through the pelvis stalls. Move your body into positions of comfort throughout labor, this will move your baby big or small into the proper position for birth.

### **A woman's pelvis and body are made to stretch.**

Pregnant women are filled with the hormone relaxin which softens and stretches the bones and ligaments of the pelvis so that you can give birth to whatever size baby you are meant to have. A common pregnancy complaint is the aches and pinching of the hipbones as women walk or lay on their sides to sleep. The aches and pains that you feel are evidence that your body is stretching in preparation for birth.

### **A baby's skull bones are not set in place.**

This means that as a baby comes through the birth canal the bones of the skull are compressed and they mold so that the smallest diameter of the head can pass through unimpeded.

### **Accurately predicting the size of your baby before birth is not possible.**

Ultrasound predictions are well known to be unable to determine the size of a baby after the second trimester. Birth weight estimates can err by plus or minus a pound.

### **Medication does effect labor progression and the descent of baby.**

In some women who receive the epidural or other labor medications their body stops laboring normally. Women who receive medication are often required to remain in a hospital bed and lack of movement can prevent a baby from rotating and descending properly, stalling labor.

### **Your mental state can stall labor.**

If a woman does not feel confident or if she is afraid, then her labor can be slow or stalled. If a woman has been raped or sexually abused, that can impact her labor. Women must be supported and feel safe in order to labor effectively. Any form of stress or negativity during labor can initiate the fear-flight response, which stops labor. Being told your baby is too big is not a positive message.

### **What would have happened to the human race if babies were too big to be born?**