

INSTINCTIVE BIRTHING

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Instinctive birthing is much more than just a process or a method for “getting baby out” at the end 9 months. Instinctive Birthing is a natural, normal, healthy, emotional, and spiritual experience. It has its own innate rhythm and flow. Our program is based on the premise that a healthy woman, carrying a healthy baby, having a healthy pregnancy, and experiencing a healthy labor can reasonably expect to be able to birth her baby calmly, safely, more comfortably and in a shorter length of time. We are not alone in assuming the previous premise and we definitely were not the first. In 1891, an obstetrician living in Buffalo New York authored a book entitled “Easier Child Birth” - an unusual title for that period of time. Even more surprisingly, is the fact that this concept existed as early as 370 BC when Hippocrates stated, “Birth is a natural, normal human function that needs no meddling interference.” His contemporary, Aristotle, subscribed to a similar belief and further states, “we must be aware of the mind body relationship in birth and must also consider the emotional factor.

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