

Second Stage - 'Pushing'

What to look out for

- Rather than being told to push by their care provider, research recommends letting people choose to push as they wish.
- NICE guidelines state that 'midwives should encourage the woman to follow directives of her own body (in birthing phase) rather than to seek direction from carer.'
- Your body knows what it's doing. Breathe your baby out (less likely tear). Follow any urges to change position, put a hand down to touch your clitoris, vulva or babies head.
- If you feel like you need to push then push, do what your body is telling you to do.
- That pushing urge may be doing another job, putting more pressure on cervix or changing baby position.
- If no urge to push, it may just not be time! 10 cm dilated doesn't mean it's time.
- Less likely is that baby's position perhaps is not initiating that reflex, in this case coached pushing may be necessary.