

YOUR BEST

*Birth Plan*

DR JORDAN ADAMS

*"This is how we take the fear out of birth: by honoring and embracing all the many possible variations that birth encompasses. In this way, every birth is a natural birth. Each of us is part of nature, not separate from it, and nature is always stunning in its variety. Your birth, then, is part of the natural world, however it unfolds."*

*Lauralyn Curtis*

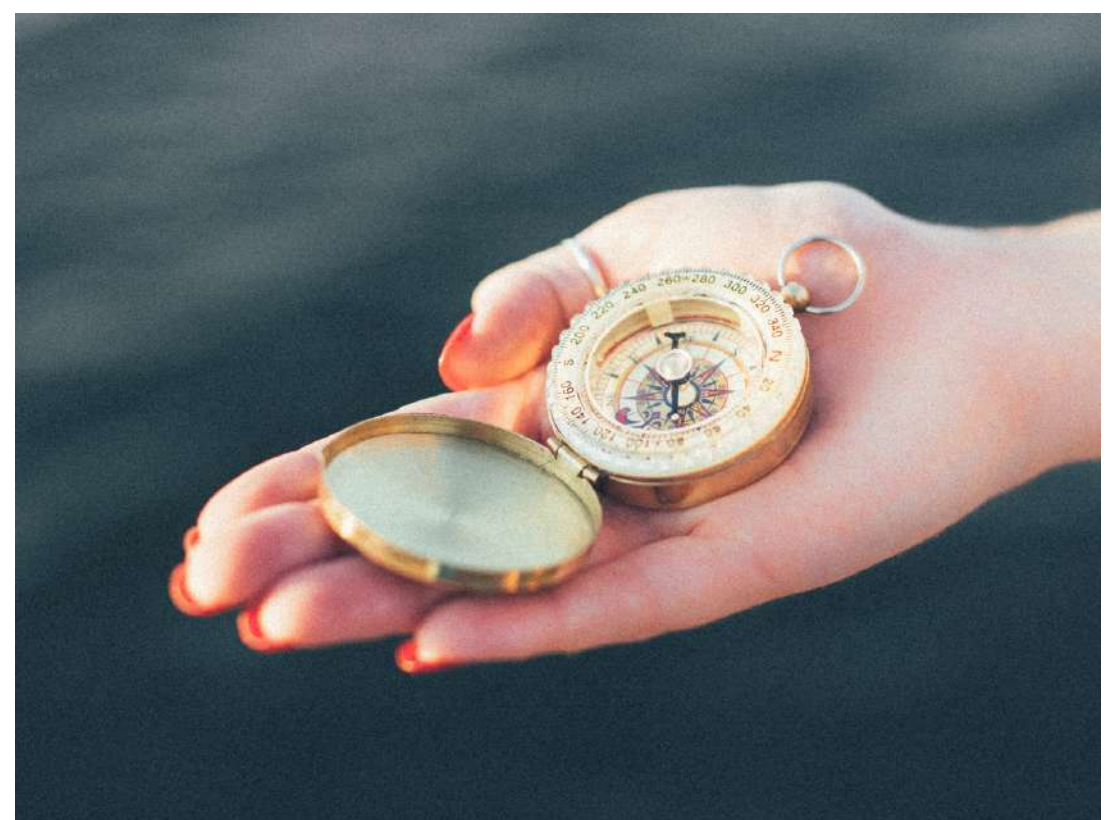


# PREPARATION

***An effective plan always begins and ends with preparation. It is the blueprint for the beginning of a new creation and the roadmap for a journey. In the case of an expectant mother, preparation encompasses the duration of an entire season of her life - the pregnancy season. Preparation is something that should be actively sought after, not an afterthought. It is the building block for the successful integration of her birth plan.***

At its root, the word "preparation" refers to the active process of getting ready for something. In the case of pregnancy and birth, there is A LOT to get ready for - physically, mentally, and emotionally. It is a huge undertaking to start to prepare for a new addition, regardless of if it is a first born child or one of many.

This E-book is your companion in preparing for your birthing day. It is designed to keep things simple while still empowering you, the birthing mother, to have the best birth experience you possible can, whatever that means for you.





# HEAD SPACE

## FEAR - TENSION - PAIN

### WHAT'S THE DEAL

Being pregnant can be scary. Facing labor, especially if you're a first time mom or if you've been left with traumatic experiences from previous births, can be scary. Not knowing what to expect can be scary. Simply knowing that your body is about to give birth to a human can be scary. But fear does us a disservice in birth. There is an event in human physiology referred to as the Fear-Tension-Pain cycle, meaning that fear creates tension, tension increases the body's sensation of pain, pain creates more fear, and so on. Our thoughts and attitudes matter not only at an emotional level, but also at a physiological level.

### WHY IT MATTERS

THOUGHTS matter - they matter BEFORE, DURING, and AFTER labor. Our mind is powerful! Our thoughts and attitudes play a huge role in impacting the pregnancy journey and the birth process, and that impact takes shape long before delivery day. Heightened anxiety levels prior to and/or during labor lead to fear, fear creates aberrant and unnecessary muscle tension, and that tension then interferes with and slows down the natural processes of labor because the body can't open the way it is design to. As the body resists labor it experiences pain, and the pain then feeds and perpetuates the fear and anxiety that was initially felt. It becomes a vicious cycle that can keep a mom exhausted and ensared.



### ACTION APPLICATION

Achieving a deeper appreciation and open acceptance for the beautiful and natural process that childbirth is takes months of dedicated training and sometimes even a hard look at our life. Birth isn't so much about getting something OUT is it is about going INward and coming HOME to ourself. It's about looking at our fears and our stresses, facing them head on, and reclaiming our strength so that we can walk the pregnancy and birth journey with ease and confidence. Some tools you can use are: prenatal yoga, meditation, breath training, hypnobirthing, lamaze or bradley classes, massage, chiropractic care, affirmation, and journaling.



# STRUCTURE



***“Everything grows rounder and wider and weirder,  
and I sit here in the middle of it all and wonder  
who in the world you will turn out to be.”***

***- C. Fisher***

There are few stages in life more demanding and more transformative than that of pregnancy and birth. In just 9 short months, even though it can feel like an eternity, an expectant mothers' body shifts and changes to accommodate the growth of a child. With this rapid growth can come new aches and pains. This is common, but it doesn't have to be normal. You can actually have a comfortable pregnancy experience, and it begins with taking care of your physical structure.

Ensuring a well-calibrated spine and a balanced pelvis is a critical component of a well-structured birth plan for an optimal pregnancy experience and the best possible birth outcomes.

As it relates to birth, dystocia (difficult labor) can be caused by many factors, including poor uterine function and baby malposition. Many cases of dystocia have a common underlying factor - sacral misalignment and ligamentous tension. As the sacrum shifts into a rotational misalignment, it can result in tightening and torsion of the utero-sacral ligaments, contributing to increased tension in the pelvis, which can then impact labor progression and baby positioning.

Prenatal chiropractic care, specifically the Webster Technique, works to reduce sacral misalignment and SI joint dysfunction in order to normalize physiology and restore normal balance of the mother's pelvis.



# MOVEMENT

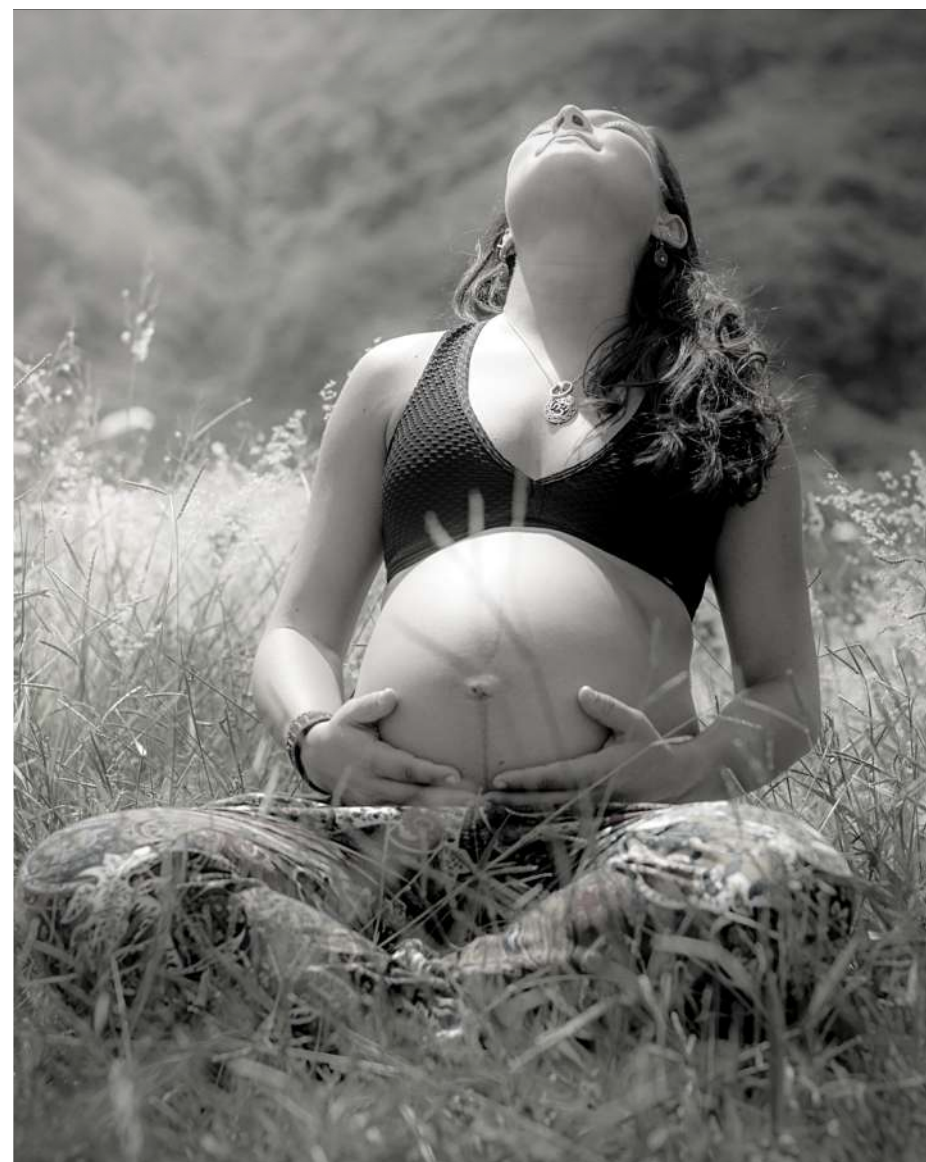


## WALK

Daily walks of 30 minutes were one of my GO TOs during my pregnancy, and it is one of the two physical things I always recommend to expectant moms. Not only is it generally considered a risk-free activity for most moms, but it has a wealth of benefits, including: cardiovascular health, emotional health, digestive health, natural vitamin D boost, decreased stress, decreased risk of gestational diabetes, and lower risk of pre-eclampsia.

## YOGA

In preparing for birth, it is important to learn how to relax and invoke the parasympathetic nervous system. Prenatal yoga provides the opportunity for women to dive into both physical and emotional preparation for birth and motherhood. Not only does prenatal yoga address the unique needs of the pregnancy journey through specific stretches, but it also offers mindfulness and relaxation. Additionally, it can be a great source of community where expectant moms can get to know other women in the same stage of life and to gain support from these women.



## CAUTION

Consistent movement takes shape as physically training the body for the demands and work of labor. Labor is a marathon, and we have to make sure our bodies can carry us through the challenge. However, with that being said I am not suggesting that this means all pregnant women need to run out and join boot camp, throw weights around or literally train for a marathon, especially if they don't typically exercises to that level of intensity. I always advise caution and easing into activities. Also be mindful that today's trend of "Strong as a Mother" can be taken to a damaging extreme. Speak with your healthcare provider before beginning any new activities.







# ACCEPTANCE

***Be mindful.  
Be present.***

***Whatever is going to happen is going to happen - it is still a miracle.***

***You only get one chance to birth that baby, and you can still allow yourself to enjoy that birth, even if it doesn't follow your "plan."***



You can have a plan, but you also have to be flexible and release any attachment to your plan. If you wind up stuck and hyper-focused on executing the perfect plan, then you can't be present with what is happening and the process that is unfolding. At the end of the day, the aim is to have a healthy baby and a healthy mom. That's going to look different for every birth.

The best birth plan is one that honors the miracle of the pregnancy and birth journey and that empowers the mom to be an active participant in this journey. It is about nourishing body, mind, and soul throughout pregnancy, connecting to self and the baby, embracing gratitude for the miracle of life, and even learning to let go of control.



# RESOURCES

## AFFIRMATIONS

- 300,000 women will be giving birth with you today.
- RELAX and breathe and do nothing else.
- Labor is hard work and I CAN do it.
- The experience of labor and birth is a great gift.
- Birth will go exactly as it should.
- This is what my body was DESIGNED to do.
- Birth is an easy and natural occurrence for which my body has been perfectly designed.
- I love my baby and I am doing all that is necessary to bring about a healthy birth.
- I keep my mind on acceptance and surrender

## BOOKS

Birth From Within - Pam England  
Childbirth Without Fear - Grantly Dick-Read  
Ina May's Guide to Childbirth - Ina May Gaskin  
Nurture: A Modern Guide - Erica Cohen  
The Big Book of Birth - Erica Lyon  
Hypnobirthing Home Study - Kathryn Clark

## GENERAL TIPS FOR LABOR

- Educate yourself on labor signs and management so you know what to expect
- Practice different pain management positions WITH your partner
- Be picky about who you allow to be a part of your birth
- Relax BETWEEN contractions and relax INTO contractions
- Set the mood: dim lights, light candles, play music, use aromatherapy
- Soften your jaw + throat - Deep "oh" sounds

## BIRTH TEAM

Partner or Spouse  
Midwife or OB (or both)  
Doula  
Chiropractor (Webster Certified)  
\*Make sure you are fully comfortable with and confident in your team!



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