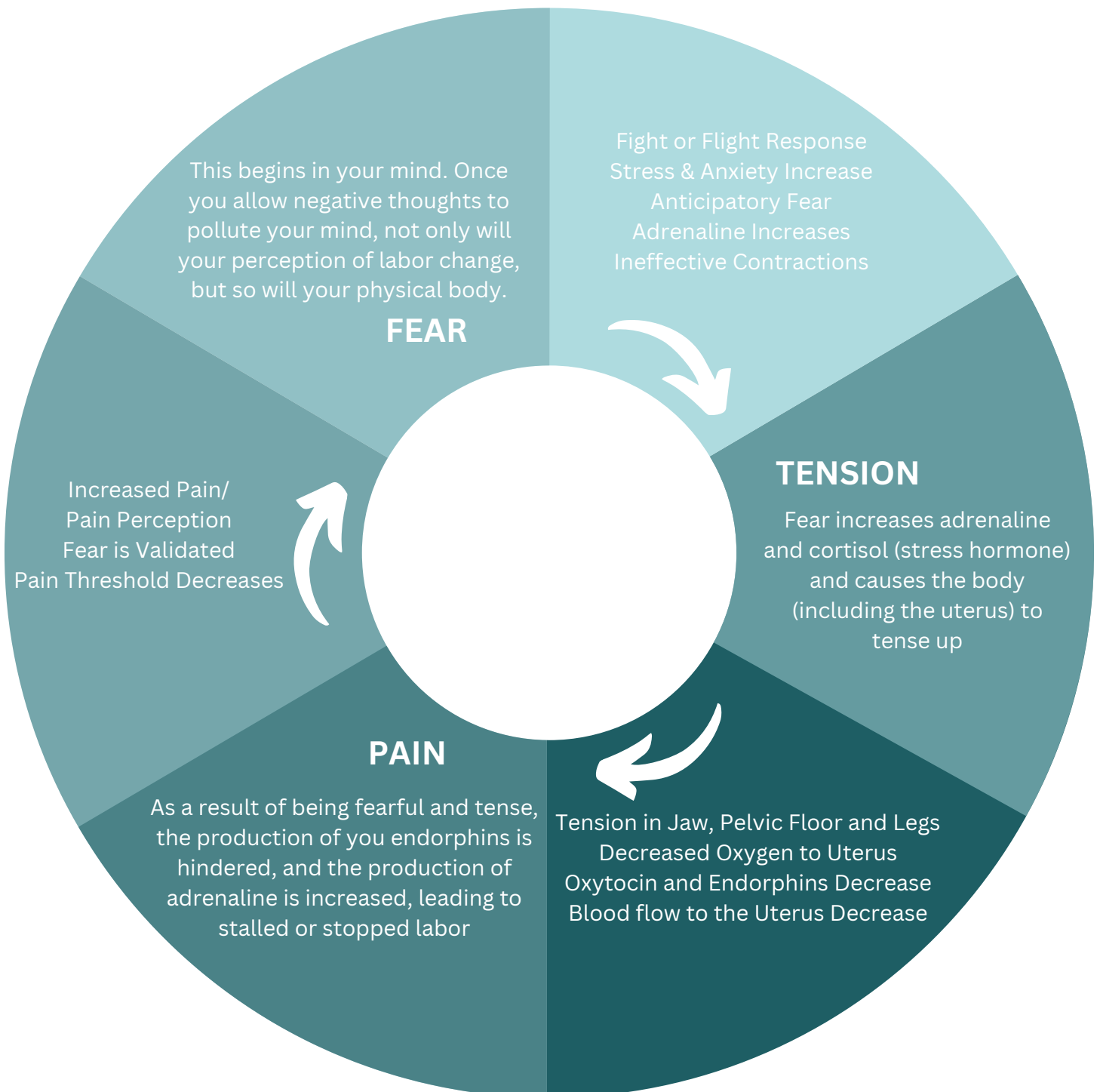




Breaking the Cycle

Fear - Tension - Pain

Fear creates tension in the body, which then creates a perception of pain more intense than otherwise perceived. So educating yourself before this experience as well as finding ways to cope or escape the cycle during labor, will help to create a more comfortable birth.





Breaking the Cycle

Calm - Confident - Comfortable

The Fear Tension Pain (FTP) Cycle often leads to a Failure To Progress (FTP) and if it stalls your labor long enough for a medical provider to notice, it can lead to medical intervention. In order to avoid FTP, it is important to understand the physiology of birth and ways to calm the system.

