



## **Let's make things fancy!!**

Tailoring your birth environment will be a key part of your labour journey. If you intend on birthing at home, amazing and you can go to town on changing as much as you need / want. If, however, you plan on a hospital birth – it can be more difficult to achieve the most idyllic setting. Many midwifery-led units have come on leaps and bounds with regards to lighting and so on. In contrast, consultant led suites tend to be very clinical...and we say 'bleurgh' to clinical – unhelpful and quite frankly, plain ugly AF!! The good news is that we can still 'polish the turd', roll it in some glitter and have it looking fancy and fabulous!! I have created a list below of some things you could pack in your bag – these are useful no matter where you birth but particularly in a hospital setting:

- Consider lighting – hospital lighting may be some of the worst on the planet – worse than those shit show changing room lights in every high street store. To help overcome this and have a little more zen, it is worth getting some electric candles or battery-operated string lights to dot around the room. Hell, get a disco ball if it would help!! Think about what kind of lighting will aid relaxation but isn't a 'hassle' to sort out.
- Essential oils or balms – smell is an amazing and sometimes overlooked sense. What kinds of smells relax you? Remember, what you liked pre-pregnancy may make you want to hurl now so do some homework. Pop some drops on a muslin or find a skin safe balm to rub into your wrists.
- Music or podcasts – sort your playlists ahead of time or better still, give this job to your birth partner. Maybe you want to go full 'yoga playlist' or perhaps you'd be better suited to songs that bring you pure joy. Don't forget the Bluetooth speaker or headphones and for the love of God – chargers!!
- Affirmations in the house – print off some of your faves or add some recorded ones to your labour playlist. Blu-tac is also super handy for putting them up in the room.
- Cherished item – literally anything that is portable and makes you feel good!! When I had my VBAC, I took my sons very well slept with and cuddled muslin square (nungi as we called it) and would take deep long breaths with it pressed against my nose – bliss!!
- Your own pillow – no explanation necessary.