



3 NON-NEGOTIABLES FOR STAYING CALM  
IN YOUR BODY WHEN LABOUR IS INTENSE

# THE BODY-LED BIRTH TOOLKIT

*Body-led support for staying calm,  
connected, and present in birth.*



# W E L C O M E

The world of birth prep can feel overwhelming - full of opinions, information plans, and pressure. But feeling ready doesn't come from ticking every box. It comes from knowing a few simple tools you can rely on. From feeling calmer in your body and building trust in yourself, one breath at a time. That's what this toolkit is here to support. Inside, you'll find three simple, powerful practices you can begin right now, and return to again and again, in pregnancy and during birth. No pressure. No perfection. Just a grounded place to start.

*Chloe xx*



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## INTRODUCTION

Simple ways to practice, without the pressure.

## TOOL 1 - BREATH

A calming anchor you can carry into labour.

## TOOL 2 - MOVEMENT

Find what feels good and helps you stay present.

## TOOL 3 - AWARENESS

Your inner guide for staying connected and responsive.

## WHAT NEXT

You've begun - here's where to go deeper.

## BONUS - BODY SCAN

Practice awareness with a 10-minute guided audio.

## ABOUT ME

Who I am and why I created this toolkit for you.





## HOW TO USE THIS TOOLKIT

This toolkit is here to support you, not overwhelm you.

There's no right order, no timeline and no pressure to get it perfect.

Start with one tool. Try it in a quiet moment. See how it feels.

You don't have to do everything at once. Preparing for birth is a process, not a race. These are simple practices you can return to again and again. You don't need to feel a certain way to begin. These tools can support you in the calm, the chaos, and everything in between. Take what helps, leave what doesn't, and trust that every small moment of awareness builds something steady beneath the surface.



# TOOL ONE

## THE BREATH

Your breath is one of the most powerful tools you have in both pregnancy and labour. It calms your nervous system, helps your muscles soften and gives your mind something steady to focus on. Your breath is your anchor and you always have it with you. You don't need anything fancy, just simple breathing that supports you when things feel big

### PRACTICE TIP:

Try one of these breaths each day - while resting, walking, or making a cup of tea. The more familiar it becomes now, the easier it is to draw on in labour.



## TOOL ONE

# THE CANDLE BREATH

### HOW TO DO IT:

- Inhale gently through your nose
- Exhale softly through your mouth - like you're blowing out a candle
- Let your exhale be longer than your inhale
- Keep your jaw soft and relaxed, shoulders low
- Repeat for a few rounds, or as long as it feels good

### USE IT DURING PREGNANCY:

- ✓ To calm anxiety
- ✓ When you feel overwhelmed or restless
- ✓ Before bed or rest

### USE IT DURING LABOUR:

- ✓ When a contraction builds
- ✓ To help you stay present and steady
- ✓ When things feel intense



## TOOL ONE

# GOLDEN THREAD BREATH

### HOW TO DO IT:

- Inhale deeply into your belly through your nose
- Exhale slowly through soft, pursed lips as if blowing a golden thread out of your pursed lips.
- Let the exhale stretch out longer than the inhale
- Imagine the thread getting longer with each breath
- Keep your jaw relaxed, your face soft

This breath is smooth, continuous and calming. It can help you stay connected to yourself when labour feels intense or fast-moving.

### USE IT DURING PREGNANCY:

- ✓ To centre yourself
- ✓ To ease tension or overwhelm
- ✓ While walking, stretching or journaling

### USE IT DURING LABOUR:

- ✓ To soften into your contractions
- ✓ To stay in rhythm with your body
- ✓ To create a sense of calm focus



# TOOL TWO

## MOVEMENT

Movement supports you throughout pregnancy and labour. It can ease aches, create space for your baby, and help you feel more connected to your body. In labour, it encourages your baby's descent, supports the pelvis to open, and helps you work with the sensations, not against them. It's not about doing it "right," but about staying connected and letting your body lead.

### **PRACTICE TIP:**

Try a few of these movements each day, even just a minute or two will make a difference. Get used to what feels good for you - how your body moves, what helps you relax and what helps you feel more in tune with yourself.



## TOOL TWO

# MOVEMENT

### TRY THIS:

- Sway your hips while standing or leaning on a surface
- Rock gently side to side on all fours
- Do slow hip circles on a birthing ball or chair
- Kneel and lean over the sofa or bed
- Walk, stop, and rest when you need to

Let your movement be instinctive and soft, there's no right way to do it.

### USE IT DURING PREGNANCY:

- ✓ To ease discomfort or stiffness
- ✓ To connect with your body and baby
- ✓ To explore which positions feel good

### USE IT DURING LABOUR:

- ✓ When sensations get big
- ✓ To support your baby's descent
- ✓ To stay present and focused without needing to stay still





# TOOL THREE

## AWARENESS

Awareness is your guide. It's the moment you notice what's happening in your body, breath, or thoughts without rushing to fix or fight it. In pregnancy, it builds trust in your body and instincts. In labour, it helps you respond rather than react, giving you something steady to return to when things feel intense. It's not about perfect focus, it's about noticing what's real, without judgment.

### **Practice tip:**

You can practice awareness in just 30 seconds. While drinking tea, brushing your teeth, or waiting in line - pause, breathe and notice. That's how you build the muscle. That's how it helps when it matters.



## TOOL THREE

# AWARENESS

### **TRY THIS:**

- Pause for a moment
- Close your eyes or soften your gaze
- Bring attention to your body:
- What sensations are here right now?
- Where do you feel tension or ease?
- What's the rhythm of your breath?

There's no "right" answer to these questions. You're just noticing, with curiosity, not judgment.

### **USE IT DURING PREGNANCY:**

- ✓ To get to know how your body feels
- ✓ To notice tension before it builds
- ✓ To reconnect with your baby, your breath and what's happening in the moment

### **USE IT DURING LABOUR:**

- ✓ To stay grounded when contractions build
- ✓ To notice what's helping and what's not
- ✓ To stay with yourself, even when things are intense





# NOTES

Use this space to jot down what stands out in your practices - what feels good, and what you want to come back to. There's no right or wrong, just what's true for you.

You can use it after each tool, or whenever something clicks into place.

*Your Notes*

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## THANK YOU

Thank you for being here, and for giving yourself the space to explore this. Preparing for the birth of your baby is a significant moment and you deserve to feel supported in your body as you move through it.

These tools are here to help you build that over time, in a way that feels realistic, steady, and true to you. Wherever you are in your journey, this is a place to begin. And if you feel ready to go deeper, there's something waiting for you on the next page.

Before you go, don't miss the bonus body scan meditation at the end of this guide. It's there to help you pause, reconnect, and rest whenever you need it, during pregnancy and beyond.

*With Love, Chloe xx*



# WANT TO FEEL MORE PREPARED & CONFIDENT? BREATHE TO BIRTH YOGA

ONLINE PREGNANCY YOGA AND BREATH,  
DESIGNED AS BIRTH PREPARATION.

Breathe to Birth Yoga supports your body and nervous system, helping you build calm in the body, awareness, and practical breathing tools you can return to throughout pregnancy.

These six online yoga sessions and guided meditations are created specifically as birth preparation.

You're not just stretching - you're practising how to breathe, move, and support your body when things feel intense.

By returning to the sessions regularly, you build familiarity and trust in your body, so these tools feel more accessible when you need them most, during labour and birth.

[CLICK HERE TO FIND OUT MORE](#)





**BONUS**

## **BODY SCAN MEDITATION**

Need a moment to pause and reconnect?

This 10-minute body scan is here to help you rest, release tension, and feel more present. Whether you're feeling overwhelmed, uncomfortable, or just need a moment of calm.

[\*\*DOWNLOAD HERE\*\*](#)

No pressure. No perfect posture. Just press play and breathe.



## A LITTLE ABOUT ME

Hi, I'm Chloe - a Pregnancy and Postnatal Yoga Teacher, Birth Coach, X-Hail Meditation Instructor and mum of two teenagers.

Since 2015, I've supported mums-to-be through pregnancy and towards birth, helping them feel calmer in their body, more supported, and more able to trust themselves as birth approaches. My work is rooted in movement, breath, and simple, practical tools that help your nervous system settle and support you when things feel intense.

If this toolkit has helped you feel even a little more supported in your body, you're warmly invited to continue with Breathe to Birth Yoga - my online pregnancy yoga and breathwork sessions created specifically as birth preparation.

They're designed to help you practise the same skills you've explored here, so they feel familiar and accessible when you need them most.

[CLICK HERE TO FIND OUT MORE](#)