

Benefits of a Water Birth

Water supports your body, therefore you can conserve your energy and rest more peacefully in between contractions

Water promotes deeper relaxation, so that less stress is experienced and less energy is used

In water, the blood supply to the uterus is improved, the pulse rate is decreased and the body produces larger quantities of oxytocin. Consequently, the uterus contracts more efficiently, which may speed up the labor.

There is less risk of tearing, of trauma to tissue or skin. Some researchers believe that gravity causes babies' brains to become unnecessarily heavy. Water helps the baby make an easier transition to the environment since it is similar to what was experienced in the uterus.

Water helps with effective pain management. One hundred percent of Canadian women who birth in the water use no pain medication

Babies cannot drown in the water. They have been breathing liquids for nine months, and immediately after birth they still receive a significant amount of oxygen through the umbilical cord

A randomized controlled trial by the Setting University Teaching Hospital in England showed that immersion in water resulted in a significantly lower rate of epidural analgesia or any form of obstetric intervention (British Journal of Midwifery, January 26, 2004)



Our Mission is to empower families to practice the ancient art of pregnancy, the art of birthing and parenting, to create resources rooted in natural therapies and traditions such as massages, herbs, preconception health care, homebirths, water birth and midwifery care.

Our work at **True Blue** is guided by and in service to the foundational principles that allow us to reside with one another respectfully and joyfully. We find common ground that unites us in these principles: We

- Value the diversity each individual brings to the world.
- Respect one another, nature and the environment, and the traditional methods in health and birthing that ground all our programs & services.
- Believe in our client's natural body wisdom that also provides indisputable guidance for us as therapists.
- Strive to support each client's creative power

TRUE BLUE NATURAL FAMILY RESOURCES

545 Midland Avenue, #2, Toronto, Ontario M1N2E3

416-878-5392

www.truebluetherapy.com

Empowered Births, Parents and Families. Since 1999.

Giving Birth In Water



**TRUE BLUE
416-878-5392**

WWW.TRUEBLUETHERAPY.COM

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*My early life in utero, in paradise
was like;
Swimming in the warm ocean
Floating and flying
Being cuddled in a waterbed
Being massaged by gentle waves
Being a stream of warmth and
sunshine
Being harmony, happiness, joy
Being a unity
Being a freedom and beauty
Being a peacefulness, safety,
Comfort
Being lightness, softness,
Gentleness
And weightlessness,
Just being- no words.*

Hanspeter Ruch

If you want to book your **pregnancy or postpartum massage treatment, shiatsu treatment or a registered massage therapy treatment** please call us @ **416-878-5392** or **647-899-2189** or log into our sister web-site **www.stone-waters.com**



OUR WATER BIRTH TUBS are designed by Global Maternal Child Care in Portland, Oregon, a non profit organization that has promoted water birth in North America for over 23 years.

The rental period is for **four weeks**. We deliver and set up the tub in your home two weeks prior to your due date. You keep it for two weeks after your due date or as long as you need it for **no additional charge** (usually one additional week I sometimes needed).

You are not expected to purchase any of the parts such as hoses, adapters, pumps, or disposable liners. These are included in our kits!

By coming into your home we ensure that your dwelling & your water supply will meet demands of the installation while also giving an opportunity to walk you through the process first hand. Our own daughter is a water birth baby too.

The unfilled tub weigh 47 pounds and when it is filled to the maximum capacity (18 inches or 197 gallons of water) would make it weigh about 1623 pounds. However, it is an evenly distributed weight, safe to be placed on any level, including the top floor of an old house. The pool has a 60 inches diameter and is 24 inches high.

Construction time is about 15-20 minutes. It takes about 55 minutes to fill the tub depending on your water pressure and the supply of

hot water. If the supply is not sufficient, start with hot water first, add cold while the hot is warming up, and then change back to the hot.

The pool comes with a three-prone plug (grounded) water bed type heater, and it has it's own thermostat that switches on and off when needed.

In the water you should feel comfortable, but not too warm. Laboring water is usually around 37-38 degrees Celsius. Your midwife will let you know when the appropriate time is to get into the tub.



To find out more or place an order , visit our website **www.truebluetherapy.com** ,E-mail us or phone (**416-878-5392**) your request along with your due date so we can get in touch with you as soon as possible.

The cost:

- 300.00 (incl. tax) in the City of Toronto
- and 345.00 otherwise

We usually we have a waiting list so we suggest that you book your tub least at 12-14 weeks in advance. To find a midwife, doula or a variety of pregnancy resources in Toronto and GTA please visit our web site.