

Hormones During Labour

Natural Mum on the Cheap - <http://siananigan.blogspot.co.nz/>

Melatonin

Released in dark quiet settings
Inhibited by interruption and observation

Works synergistically with oxytocin

Boosts Oxytocin

Endorphins

Nature's pain relief
Stimulated by light massage and touch

Cumulative effects
Promoted by laughter and love

Promoted by Oxytocin

Oxytocin

Responsible for uterine contractions
Enables bonding with baby
Provides a natural euphoria
Helps in birthing the placenta
Responsible for milk ejection reflex

Adrenaline

Increases heart rate
Increases breathing rate
Released with fear and stress
Released under bright lights
Slows birth

Blocks Oxytocin

Prolactin

Production peaks at birth
Supports neuroendocrine development in babies
Promotes milk supply

Complements Oxytocin

Syntocinon/Pitocin

Artificial Oxytocin

Does not enter brain to enable bonding or euphoria.

Increases risk of intervention.

Risk of foetal heart abnormalities, uterine rupture, post partum haemorrhage and foetal distress.

Reduces Oxytocin.

Morphine or Pethidine

Artificial Endorphins

Serious side effects include nausea, respiratory depression, sedation, pruritis and constipation.

Addictive drug with withdrawal symptoms.

Can interfere with breastfeeding.

Blocks Oxytocin.