

OPHA Webinar – Impact of Labour and Birth on Lifelong Health and Wellbeing

Chat and Discussion Board Comments and Questions

Moderator: Hormonal Physiology of Childbearing report:

<http://transform.childbirthconnection.org/reports/physiology/>

OPHA Host: If you have any questions, please feel free to enter them here and we will address as many as possible following the presentation.

Attendee question : Just checking: We think that synthetic OT does not down-regulate Oxytocin in labour, but women have less OT after the birth. Does SynOT down-regulate endogenous endorphin response? Most women remark on how induced labour with SynOT is more painful than labour that starts on its own.

Attendee question: The single high dose of exogenous oxytocin postpartum that reduces endogenous oxytocin. Would this be equal to the amount used for active management of third stage?

Attendee comment: Excellent presentation! Thank you for access to the report. I expect it will be very useful for our local public health work

Attendee comment: Thank you Dr. Buckley

Attendee question: For women who have obstetric laceration that would be benefitted by suturing - what is the optimal timing? In the first hour? Often I find women do not feel comfortable with maintaining baby skin to skin while being sutured. But conventional wisdom is that the woman will tolerate suturing and tissues are benefitted by first hour suturing.

Attendee question: If women have had induced labour and epidural and now are showing signs of difficulty with let-down of breast milk (low oxytocin?) is there any other triggers we can use aside from

OPHA Webinar – Impact of Labour and Birth on Lifelong Health and Wellbeing

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skin to skin and continual nursing? Any massage or other contact points on her body that would produce an increased release of oxytocin?

Attendee question: Can watching other mothers breastfeed promote release the oxytocin hormone?

OPHA Host: Thank you for joining the webinar “The Impact of Labour and Birth on Life Long Health and Wellbeing”. Please share any comments or question you may have for Dr. Buckley here. This chat room will be monitored and Dr. Buckley will respond to question posted until Friday Sept 23rd. For any technical inquiries please email events@opha.on.ca. Thank you!

Attendee question: when will this webinar be posted on OPHA website? will you send out an email?
Excellent webinar!

OPHA Host: The webinar recording will be posted by Friday September 23, 2016. All registrants will be notified via email.

Attendee question: Will people who did not attend the webinar, be able to see the recording of it?

Moderator: Just a follow-up, Dr. Buckley has agreed to respond to questions until the end of the day Monday September 26th. That way any registrants that were unable to attend will be able to watch the recording posted on Friday and post any questions they have here.

Moderator: Sarah, one question that has come up is that it is challenging for prenatal educators to share this complex information with our prenatal clients in a way that is not confusing. Do you have any key points and graphs that we may use with the public? One resource I have found is information that Janelle Durham posted in a blog. We have asked and received permission to use the images and content in our prenatal classes and find it useful.

<https://transitiontoparenthood.wordpress.com/2016/02/13/labor-hormones-in-under-10-minutes/comment-page-1/>

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Sara Buckley: Thanks for this link Deanna, this is a nice explanation for parents. Only thing I don't agree with is "Pitocin – if have synthetic oxytocin, make less hormonal oxytocin", as discussed, synthetic OT/Pitocin can make receptors less sensitive but doesn't reduce natural OT as far as we know.

Sara Buckley: You may also get some good info from my ebooks here, the one for parents, *Pain in Labour, Your Hormones are your helpers* (<http://www.sarahbuckley.com/subscribe-to-sarahs-updates/>) uses an animal birth story, and I use this in my workshops too, many people have seen domestic animals give birth and know how important it is to respect the privacy of the labouring Mama. The other ebook for birth professionals is *The Ecstatic Birth* one I mentioned, that is more detailed but may also be useful.

Sara Buckley: Another analogy that might help is that the hormones of having a baby are almost identical to hormones of making a baby and the same requirements, which I call "private, safe and unobserved" apply.

Sara Buckley: There are some CBEs talking about HPoC here
<http://www.ingentaconnect.com/contentone/springer/jpe/2015/00000024/00000003/art00004>

Sara Buckley: And the graphs in my presentation that show the hormonal gaps with epidurals are from the report too.

Moderator: Great resources and ways to explain it! Thank you Sara! I appreciate the clarification regarding the Pitocin making receptors less sensitive vs. making less hormonal oxytocin.

OPHA Host: Dr. Buckley, here are two questions from the webinar we did not address:

OPHA Webinar – Impact of Labour and Birth on Lifelong Health and Wellbeing

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OPHA Host: Can watching other mothers breastfeed promote release the oxytocin hormone?

Sarah Buckley: Basically we haven't researched important questions such as these, but from a HPoC perspective, breastfeeding is like birth and the main requirement is to be in a state and situation to switch on the processes and avoid switching them off. This applies to both mother and baby, who has the reflexes to self-attached for several weeks after birth.

Sarah Buckley: The baby is "designed" to switch on these systems, for thh Mama by being totally attractive adorable and pleasurable and lighting up her limbic system, and her baby will eventually get connected in her brain with letting down her milk. With these hormonal gaps of induction and epidural, which are going to be present for the baby as well, (reduced readiness for birth, drugs from epidural, oxytocin system may be affected via Mom) it will take longer to activate these systems for both. I think focussing on the connection between mother and baby and providing lots and lots and lots of skin to skin with privacy, at least initially, is most likely to switch on these limbic system programs. There are programs and videos, eg "Follow me Mum" from Australia that retrain the baby's self-attachment, basically by putting Mama and baby in skin to skin contact, e.g. bath with mother reclining, and allowing baby to redo and re-pattern the breast crawl.

Sarah Buckley: Here is a nice and simple way for Mamas to get calm and connected and oxytocined with their babies, <http://www.newbornmothers.com/blog/the-attachment-dance>