

MUSIC NEEDS DURING BIRTH

STAGE DESCRIPTION	
Stage 1- Early Phase	Slow, relaxing music to help store energy, decrease anxiety, promote sleep if necessary. Choose music that has a steady tempo and volume.
Stage 2- Active Phase	Moderately paced music to encourage movement but maintain relaxation. The music gives energy but will not wear out the couple. Heavy classical selections and image suggestive music is best.
Stage 3 - Transition & Pushing	Music is fast, energizing, driving – gives lots of energy, grabs their attention, increases endorphin release. During pushing, the music can be a structural prompt-count 10 beats, push for one phrase, what ever works. Music can be used which encourages slow movement or swaying or even singing along with the words in order to control the urge to push too soon. Most women prefer energetic music, but some do prefer a return to 1 st or 2 nd stage music during this time.
Birth	Music contains a special message from the parents to the child, followed by relaxation music.

EMOTIONAL NEEDS	HOW MUSIC THERAPY ASSISTS EMOTIONS
Anxiety/Fear Reduction	Provides a centering mental focal point.
Emotional comfort	Provides music to match emotional needs at the different stages of labor and birth and to provide specific emotional associations that the couple wants to have.
Cognitive Focus	Reinforces feelings of control and positive cognitive messages by using preferred music and providing tools for the couple to use based on their own judgment.
Bonding	Connects all people involved in the birth through a nurturing, encompassing sound environment and connects the partners through their having chosen music with personal messages and feelings.

PHYSICAL NEEDS	HOW MUSIC ASSISTS PHYSICAL NEEDS
Increases endorphin release	Stimulates increased endorphin release, provides a focal point to direct the energy of the contractions.
Cues muscles to relax	Decreases blood pressure and heart rate. Muscles relax through trained physiological response to the music in addition to using relaxation techniques to decrease muscle tension.
Movement	Stimulates a neuromuscular response and a rhythm to focus on.
Physical Comfort	Matches music to complement and match the physical events of the labor and delivery.