



When your baby won't latch or you are feeling disconnected or stressed

The process for rebirthing is described as follows:

- Fill the tub with warm (not hot) water. The bath water should not be tepid, to avoid chilling, so both mother and baby are comfortable. As deep as possible to keep you both warm and cosy. The lighting should be dim, perhaps with some candles. The room should also be nice and warm to keep a cosy, safe environment.
- Have the mother undress and enter the tub. Perhaps she could relax in the water for a while before the baby is brought in. A few moments peace in a nice warm tub can be very calming and healing.
- The support person then places the naked baby in the water on his/her back between the mother's legs.
- The baby should be well supported and gently submerged up to his/her shoulders, (keep the ears out of the water).
- Allow the infant to float, gently in the water for about a minute or longer if they are enjoying it.
- Place the baby on to the mother's belly.
- Gently scoop water from the tub onto baby's back every few minutes to keep them warm. A nice gentle trickle of warm water is very calming.
- Let the baby crawl his/her way up to the mother's breast. This helps to stimulate the reflexes for breastfeeding. It is especially helpful if this process was disturbed at the baby's birth.
- Before exiting the tub, the baby can be handed to the support person so that the mother does not have to exit the tub with the baby in her arms.
The support person should step back and watch the process, simply allow it to happen. It's best not to interfere unless the mother needs support.

It seems such a simple procedure, but if it can aid bonding, establish a breastfeeding relationship or help a mother and her baby heal from a traumatic experience.

