Breathe a breath: Dawn of a new beginning

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Abstract
Pregnancy is a special feeling and special time for the mother-to-be, where she should take
special care for her body as every action of hers will affect her baby. Every woman
experiences pregnancy differently with a mixture of stressful and joyful moments that come
along with it. Childbirth is a life-changing event for the woman and her family. Women
should be safe during labour and birth. The birthing environment influences the feeling of
safety and satisfaction in childbirth. The paper presents a paradigm shift that envisions how
childbirth methodology has advanced, with a view to bring about a stereotype shift from
restrictive birthing environment to relaxing birthing experience. Empirical evidence is
needed to create awareness to support and equip midwives with multidisciplinary approach
that are safe for women during labour.

Key words: Pregnancy, antenatal, breathing techniques, childbirth