



Do you want to know what your baby went through during birth?

A brief guide on how to make your life easier,  
and become a better parent.

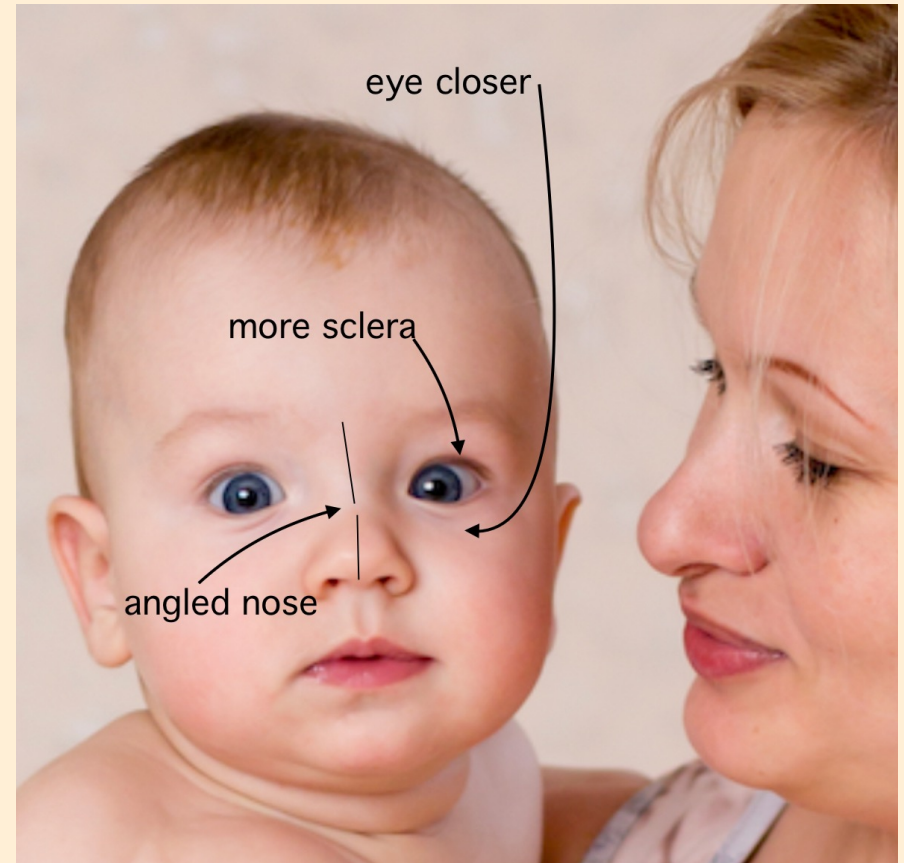
Congratulations on the arrival of your new baby!  
Becoming a parent changes your life in so many ways, especially if it's your first baby.

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Did you know your baby can show you what the birth was like for them? This will help you know how to make them feel safe and cozy.



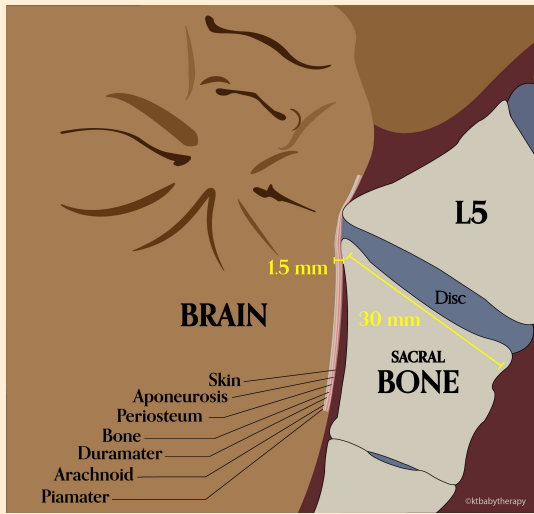
Though you shared the process, his or her birth experience was different from yours. Simple diagram methods help you understand.



BMR (Birth Mask Reveal) diagram example

It is already a step in the right direction when you become curious (*why does my baby pull on her ear? – why is one eye a little larger? – why does his nose look a little crooked? - why is she still crying?*).

Babies feel love through your curiosity. It is so satisfying to be understood.



What is

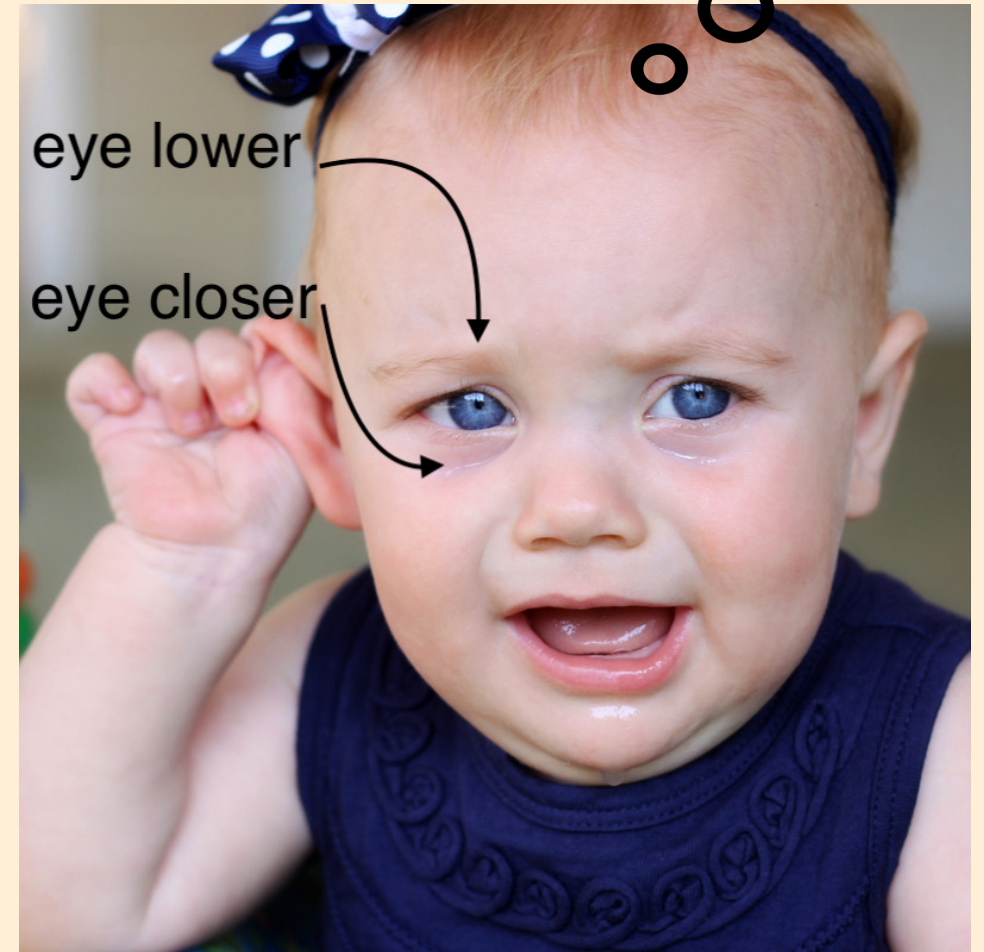
# Implicit Memory?

wish I could stretch this membrane out

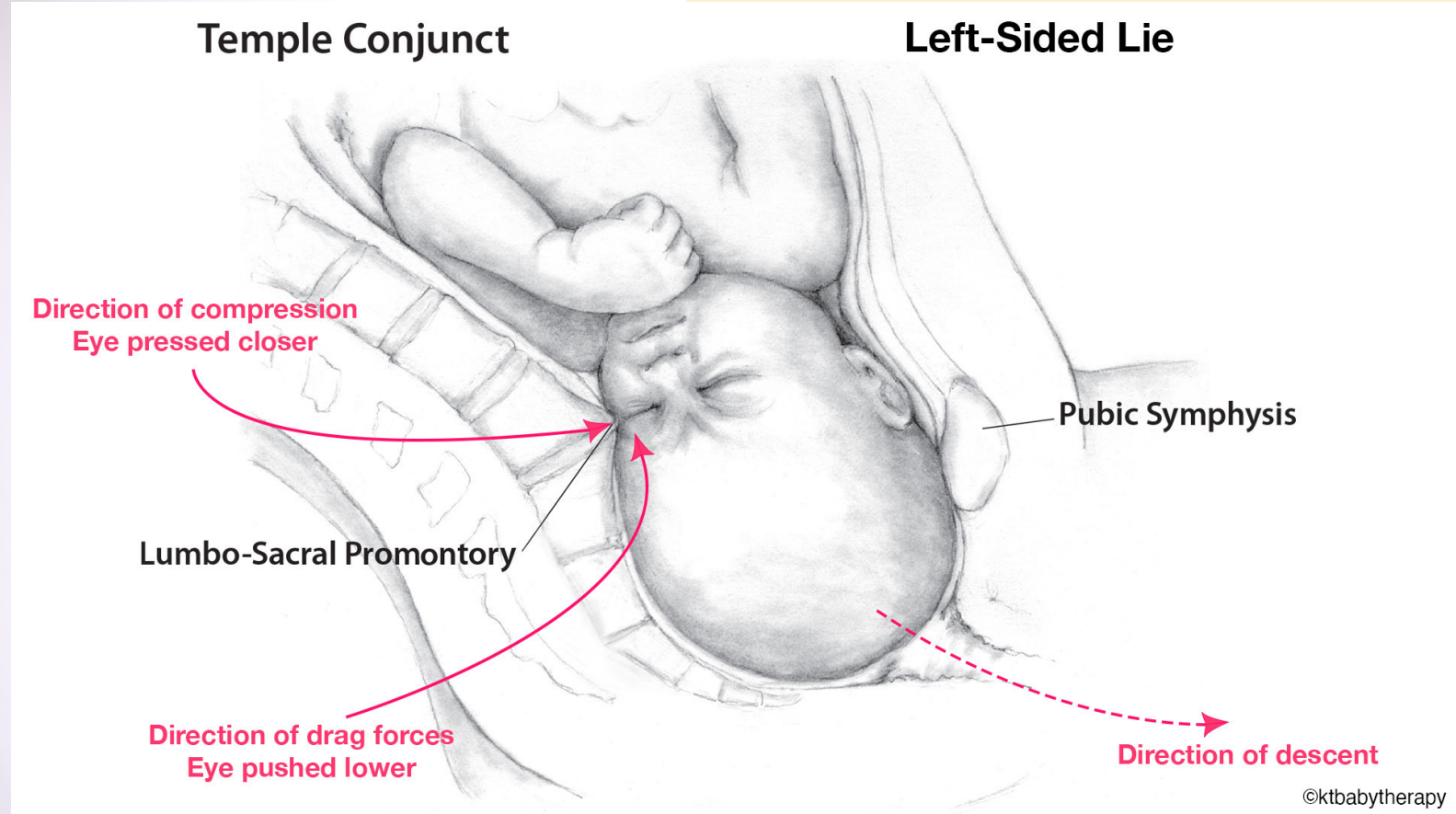
Babies' bodies are soft and vulnerable. When pressure is exerted on their heads, impacts are recorded in the affected tissues.

If your nose slants because it was broken from running into a signpost, then your mind, and your body itself, remember to be more careful while simultaneously walking and texting.

This body memory is called "implicit memory."



As birth approaches, babies drop down. The head moves between your low back bones and your pubic bone, so it can fit in the pelvic inlet. One side of the head (Lie Side\*) is in contact against your sturdy low back bones. The other side is against your pubic bone.





## WHY?

I fed him, I burped him, I changed him, he had his nap, he's warm enough, he doesn't have a rash, he's healthy. What else can I do?

What am I doing wrong?

### **Don't blame yourself.**

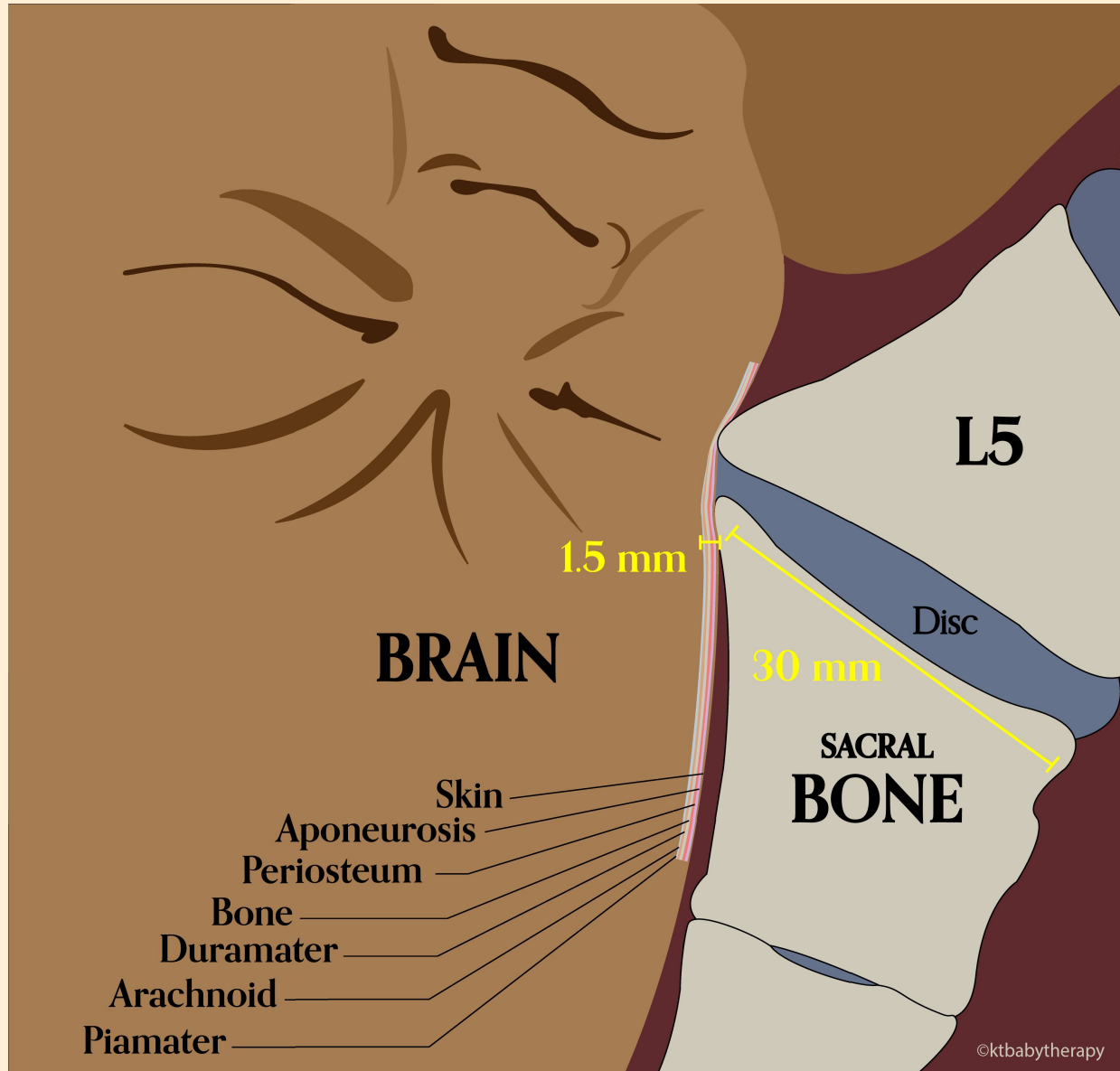
A baby's body has "Implicit Memory" from when its head was wedged, and from the feelings: sad, mad, scared, or.....?

When a baby gets tired or frustrated, Implicit Memory helps these old feelings come back up (to be healed). Scientific studies explain that when Implicit Memory feelings arise, a sense of urgency arises too, as if the *past event is happening in the present moment*. Babies don't plan or make up the intensity of their feelings, they are completely genuine, and aggravating for both of you.

### **They are not your fault.**

Implicit Memory exaggerates your baby's emotional experience beyond what would be expected under the circumstances. This confuses and frustrates us parents. Especially when we don't know WHY our baby is still crying.

You might have heard, “Birth is the most painful experience, but you can do it, trust your body.”

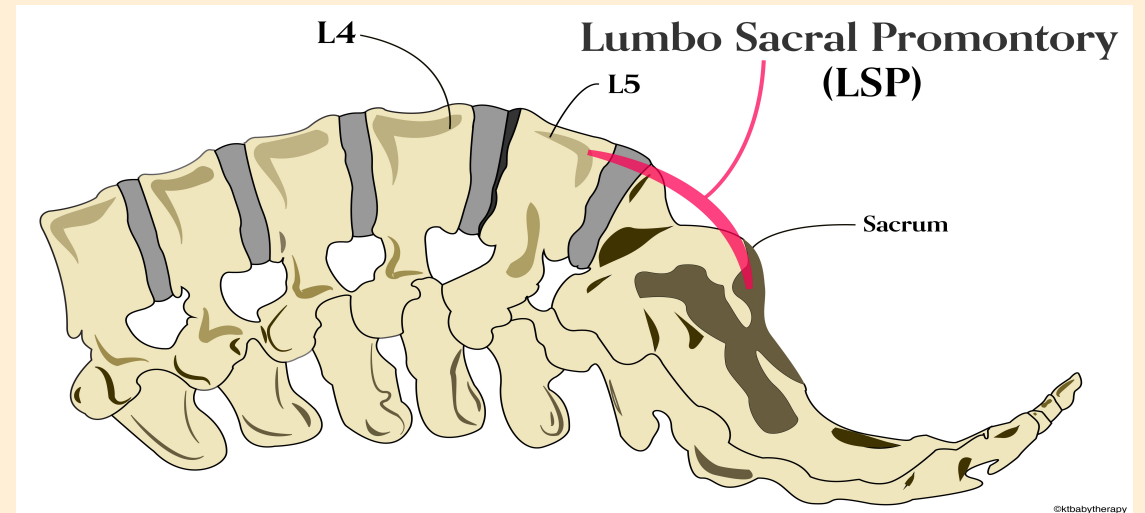


It's painful for babies too. Mothers' bodies are bigger and stronger with hard dense bones.

A perinate's skull bones are not fully ossified, meaning they are still soft and malleable.

For them it can feel like the big hard bones of their mother's low back push into their small thin cranial bones .

1.2" thick vs. 0.06" thick



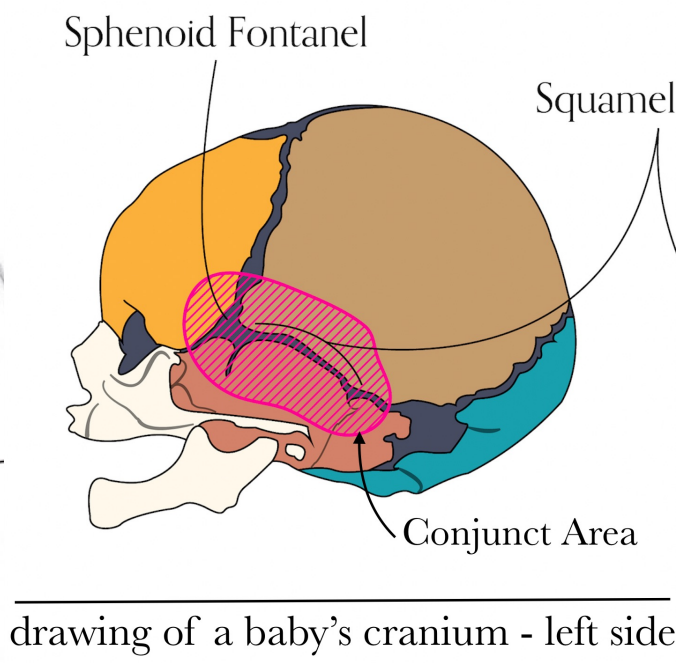
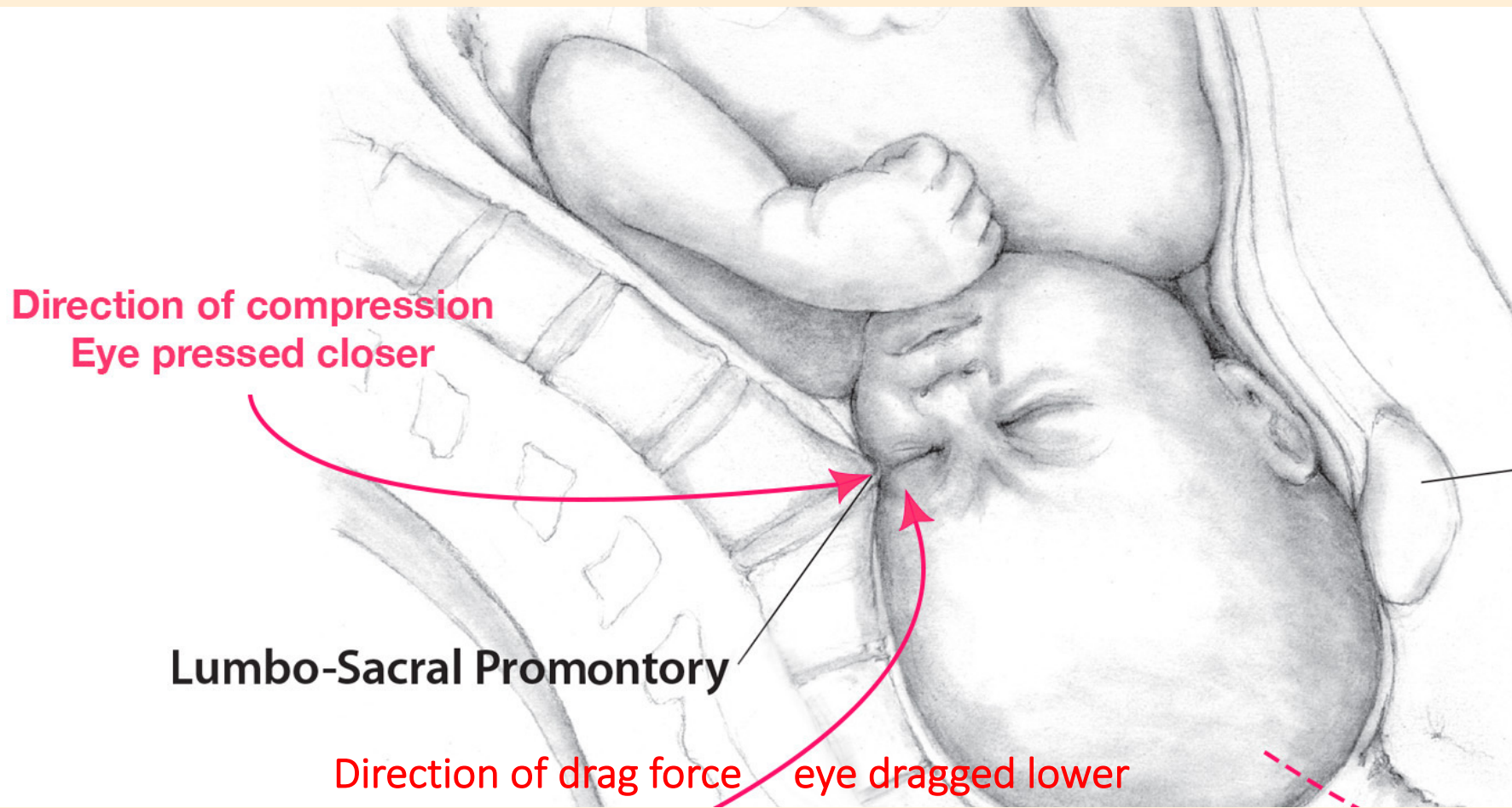


Babies' little heads are so sweet and vulnerable, with an amazing brain inside, holding the potential of the future.

Those heads need gentle tenderness and respect, so that they can relax and expand and grow after birth.







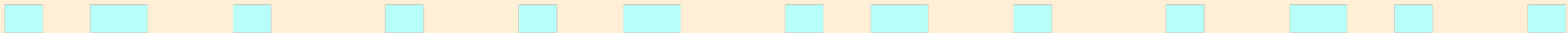
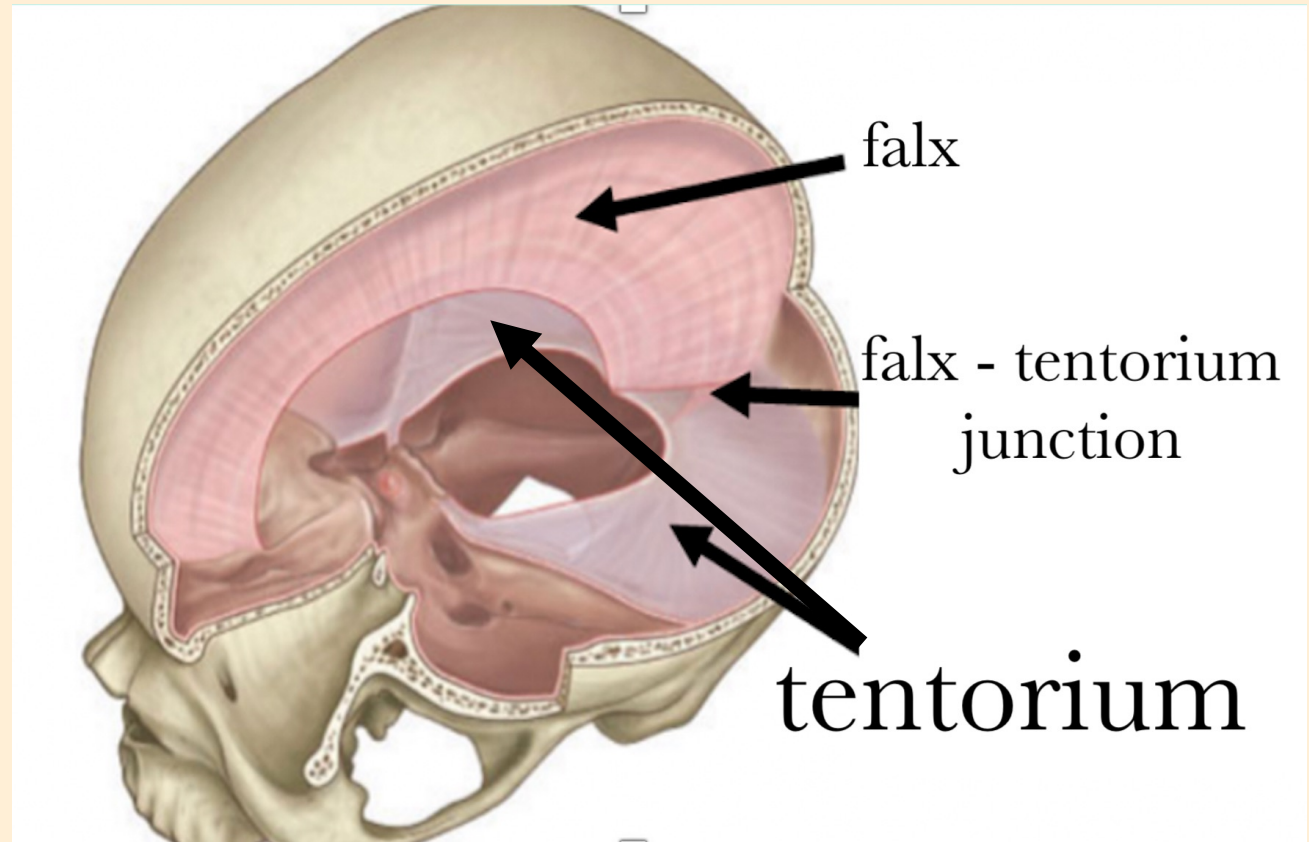
A baby in the process of being born is called a “perinate.” Its temple bone area is pressing against your low back where you may have experienced pressure or pain. This is a left-sided lie perinate.

One look from a happy baby can fill a whole day with joy, and the satisfaction from bringing a new soul into the world.



So much baby-love and baby-joy can flow from our little ones when they are content. Let's do all we can to help them feel free and open and safe!

When birth becomes active, it's called "transition" or "stage 2" or "rotation." Contractions push the head through the bones of this narrow threshold, causing little rumples or torsions in the tentorium, other membranes, and the baby's skull bones. The tentorium is a big membrane that acts as a partition between parts of the brain, protecting it.



Though human babies start with their head lying on either their left or right side, as we descend, our big craniums reach a point where it gets too tight. Then (unlike all other mammals who have relatively smaller brains and bigger pelvises) we must **rotate** our head to proceed.

How can baby horses (foals) stand up and walk 2 hours after birth? It's because their heads aren't smushed during birth.



The reason a chimp looks funny when she walks is because her hips are so wide (I.E.: “user friendly” for baby chimps).

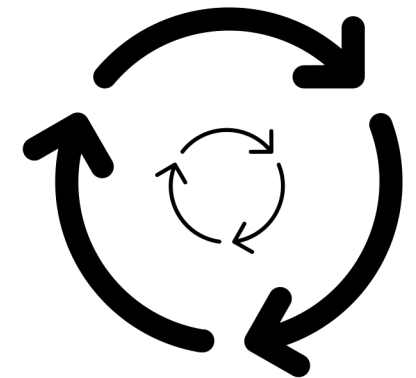
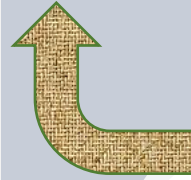
Human babies must leave the womb early because their heads have grown so big. We are basically born while we are still in a 'pre-natal' state.

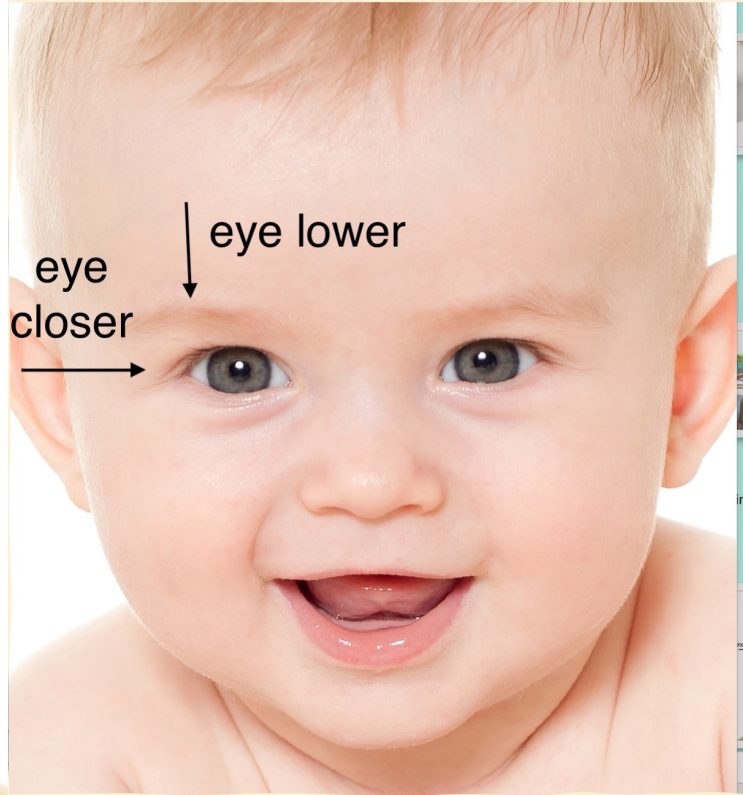
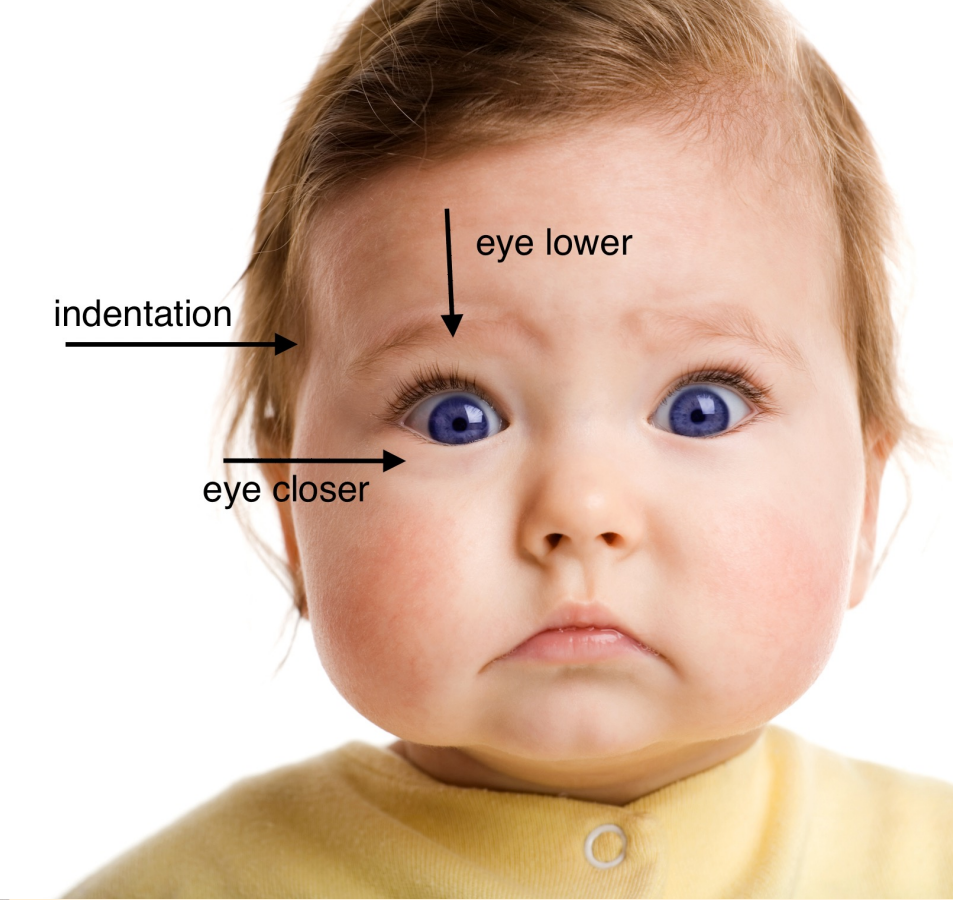
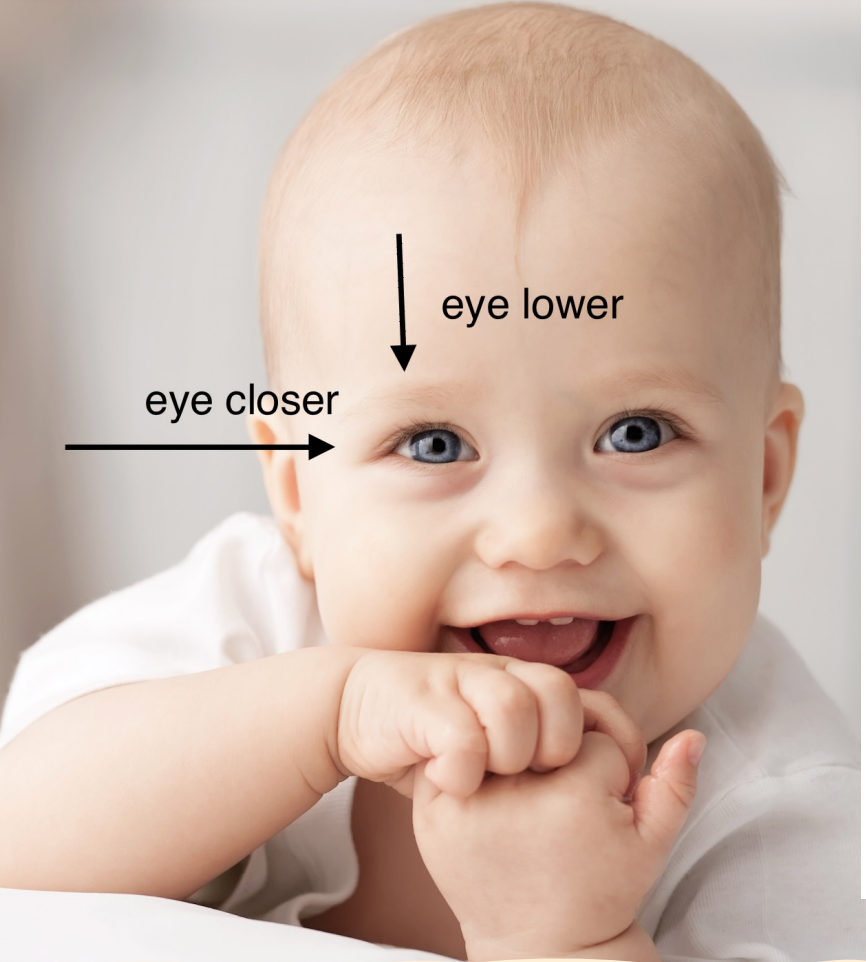


Before we're birthed, we must pass through a narrow space. For mother and baby, **rotation** is usually the hardest part, when pain medications are likely to be offered or requested.

It hurts for both mother and baby, but babies don't benefit from pain meds.

After birth you can see how their heads and faces were molded.





You can tell which side of their head was against the bones.  
These were all on their right side.



# What are these babies saying?

“I’m so glad I made it here to be with you.”



“I wish we could feel this good all the time.”





Scientific studies show that Implicit memories are formed either through repetition, or through an intense event.

## IMPLICIT MEMORY

My body remembers how to ride my bike.

## EXPLICIT MEMORY

My brain remembers who I was riding my bike with, and what we were talking about.



Once in a while babies' bodies remember (or *re-feel*) the experience from when they were stuck, and it seems like it is happening all over again.



Then they can cry harder and get more frustrated than seems to be called for.

You don't have to try to stop the crying, or "shush" the baby, or tell them, "Everything is fine, there is nothing to cry about." Just try to let them know you are listening, until they are finished. It helps them cry it out.



Imagine if every now and then you felt as emotional as you did when you were giving birth...



...you might wonder, “when is this going to go away?”

Implicit Memories can drain away when you listen to them, making room for peace to expand inside your baby.

But when they get ignored or “shushed,” they get pushed back in – creating pressure, like pushing down on a spring.



Yee-ouch!

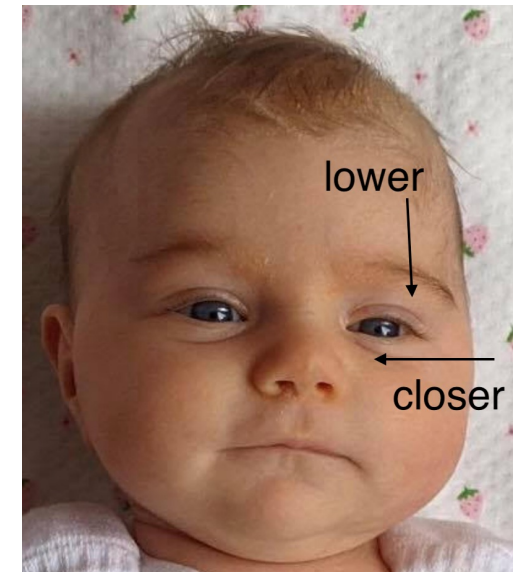
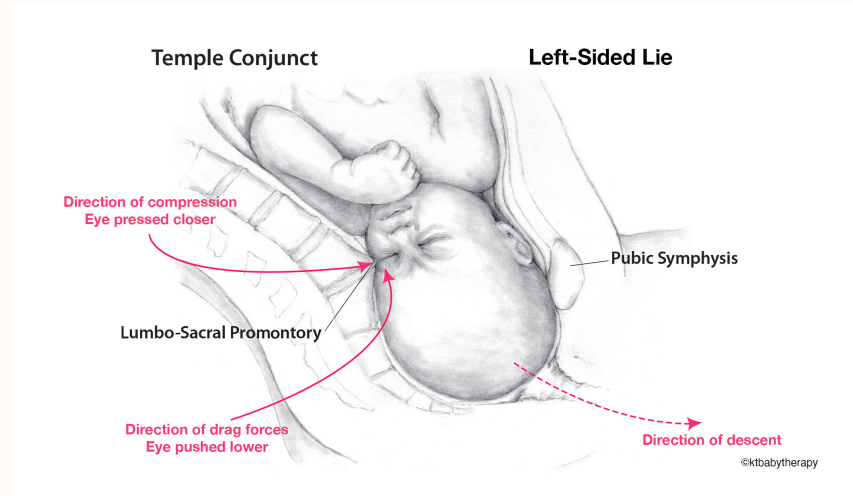
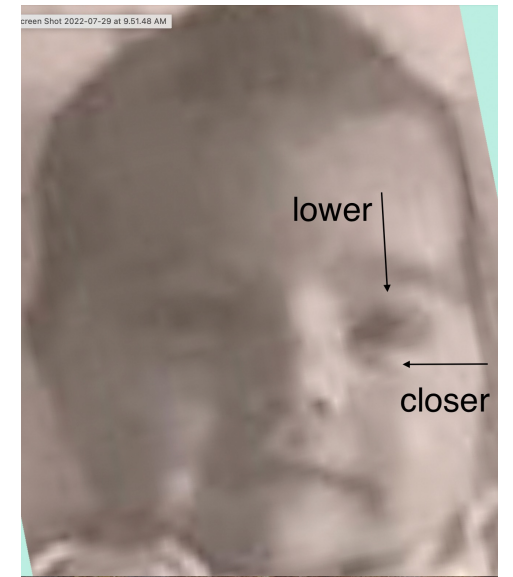
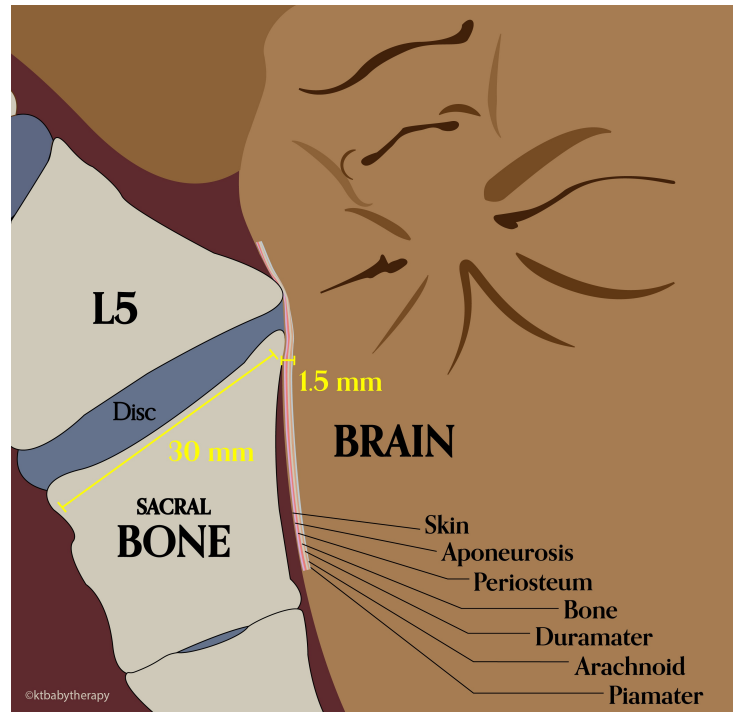


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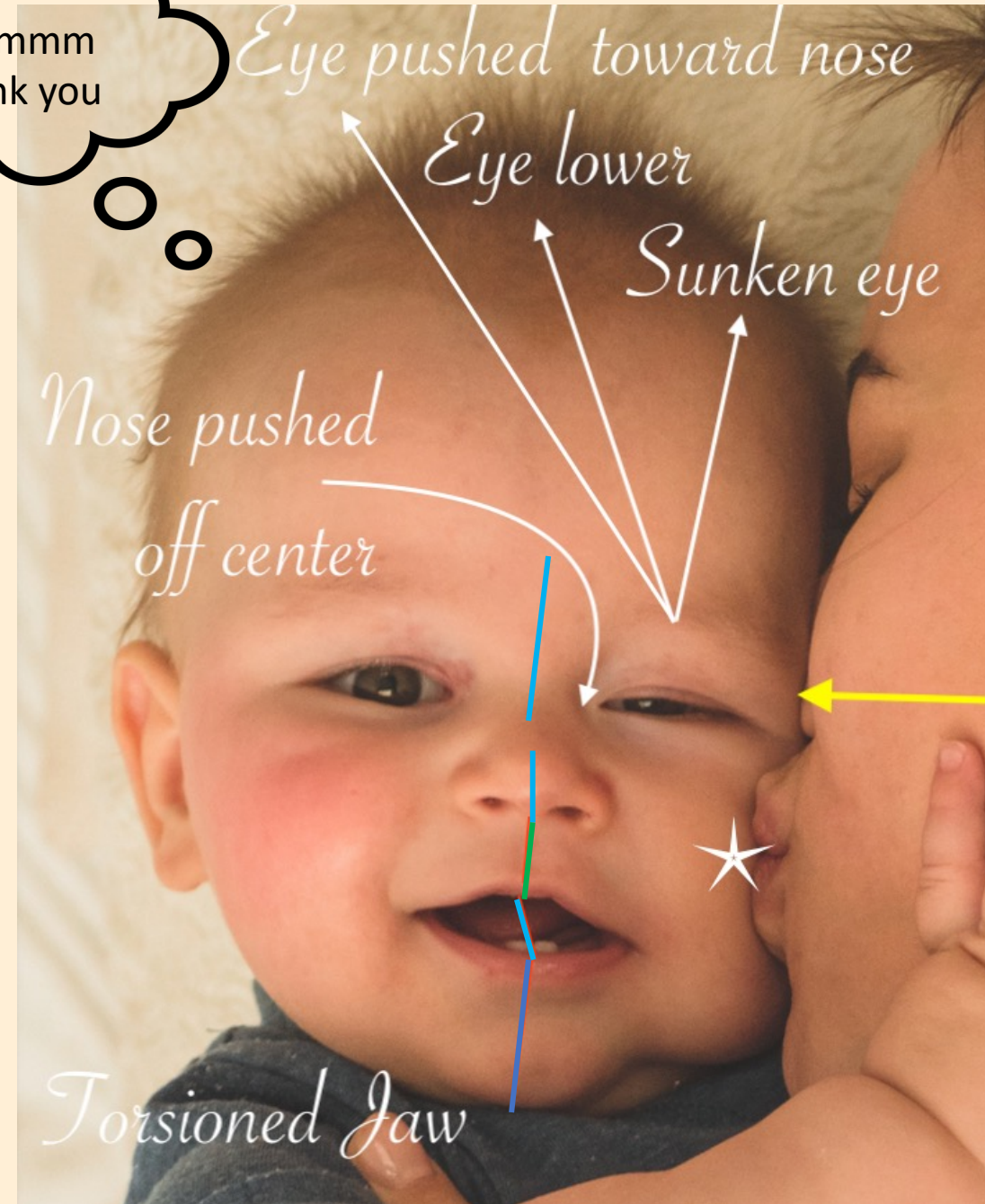
Yee-ouch!

When implicit memories from birth come up, babies and kids sometimes just want others to know what it feels like.

Some of us were born lying on our right side, these were born lying on their left.



How can you help your baby? Just be curious about why the crying is so intense sometimes. Give lots of love and kisses on the right spots.



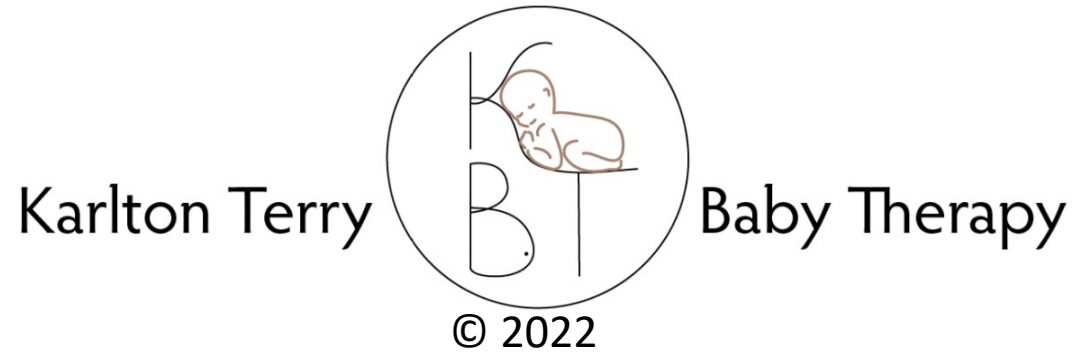


So, it's the face that carries the birth story. When you are curious about what happened to your baby, he or she will feel perceived and better understood by you. This opens the doorway for more compassion, better bonding, and less "unexplained" crying.



Whatever you see, pls. do your best to love it!





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\* The term "Lie Side" was coined by Dr. William Emerson, pre & perinatal pioneer.