

Fear Free Pregnancy Guide



Sometimes.. you don't need more information. You need less noise.

Somewhere underneath the birth stories, the advice, the statistics, the opinions of people who love you and the strangers on the internet - there is a quieter voice. It already knows what you need. It has always known.

This guide won't tell you what to do. It will help you clear enough space to hear yourself again. That's where trust lives.

And trust is where fear-free begins.

— Julia

The Noise

Even before you find out you are pregnant, you have already formed a belief about birth. Not consciously - but by absorbing everything around you. The birth story your mum told, with or without meaning to frighten you. The dramatic scene in the movie. The friend who shared details with you.

And most likely when you became pregnant - the noise got louder. More opinions, more statistics, more stories, more advice from people who love you and strangers who don't know you.

None of this was yours. But it lives in you now.

Take some time with these questions. Write whatever comes first - not what you think you should feel, but what you actually feel.

1. *What comes to your mind when you think about giving birth?*

What does it look like? What does it feel like? What are you afraid of? What does the best version look like to you? How much of what you just thought came from your own instinct - and how much came from someone else's story?

2. *What messages about birth have you heard and where did they come from?*

Who has shaped what you believe - family, friends, films, social media? Were those stories mostly fearful or mostly peaceful? Do you know the story of your own birth? It's worth finding out, as it can be source of many answers!

3. *How much of birth have you actually seen?*

Have you ever watched an undisturbed birth? An upright birth, a water birth, a home birth, a woman-centred caesarean? What we haven't seen, we tend to fill with fear.

The Quite

I want to speak to you directly for a moment.

Not to the woman who has been reading birth forums at midnight. Not to the one carrying everyone else's fears. Not to the one trying to get it right.

To you. The one underneath all of that.

You already know more than you think you do. Your body has been doing extraordinary things since the moment this pregnancy began - without instructions, without checklists, without anyone's approval.

That same intelligence is there for your birth too.

It doesn't need more information. It needs space. It needs quiet. It needs someone to believe in it .. including you!

So let me ask you just one thing:

What would birth feel like if you trusted yourself completely?

Sit with that. Write it down. Don't edit it.

That feeling - however small, however unfamiliar - is where we start.

Your Voice

You have done something important. You have looked at what isn't yours and set it down. Now you get to choose - slowly, intentionally - what you let back in.

Not because you need more information. But because some voices in this world speak the same language as the one you just found in yourself.

They trust birth. They trust women. They trust the quiet.

Here are some of those voices.

Start here.

The work of Liliana Lammers has shaped the core of everything I believe about undisturbed birth. Her knowledge is not on a website. It is passed on in person, in private work, between birth workers who seek it out. But as a birth doula who worked alongside Michel Odent and continues his legacy today - her values are woven through his books. They are the closest I can point you towards.

Birth Reborn and *The Nature of Birth and Breastfeeding* by Michel Odent

Books

Ina May's Guide to Childbirth by Ina May Gaskin

Reclaiming Childbirth as a Rite of Passage: Weaving ancient wisdom with modern knowledge by Rachel Reed

Positive Birth by Milli Hill

Mindfull Hypnobirth by Sophie Fletcher

Documentaries

[Birth Story Ina May Gaskin & the Farm Midwives \(2012\)](#)

[The Business of Being Born \(2008\)](#)

[Face of Birth \(2008\)](#)

[Orgasmic Birth \(2008\)](#)

Ted Talks

[Reducing fear of birth in U.S. culture: Ina May Gaskin](#)

[Reframing Birth | Nicola Goodall](#)

[Why it matters how we are born | Bettina Breunig](#)

[Home or Hospital? Holding the Space for Human Birth: Saraswathi Vedam](#)

[It's 2am. Do you know where your midwife is? | Marla Gross](#)

[We must put the sex back into birth | Kate Dimpfl](#)

Positive birth stories

[www.tellmeagoodbirthstory.com](#)

[www.thepositivebirthcompany.co.uk](#)

Hypnobirthing tracks

[www.mindfulmamma.co.uk/free-resources/free-downloads](#)

[www.betterbirthstories.com/hypnobirthing-resources](#)

I am here for you.

If something in this guide stirred you - a question, a feeling, a sense that you want more of this .. I would love to hear from you.

I am Julia. Birth and Postnatal doula. I work with women who are ready to trust themselves.

Not with checklists. Not with information overload. Just presence, honesty and unwavering belief in you.

[Work with me](#) [Instagram](#) [Facebook](#)

Julia Priston