**Conference** Expanding Normal: Supporting Physiological Birth in Every Setting

**09.30** Registration and coffee/tea

**10.00** Opening by the chairwoman of NBvD, Jennifer Walker, doula, Spinning Babies trainer, co-founder JJ Doula training: what is physiology?, factors that could influence physiology, expanding normal: what do we mean by this?, how to protect physiology

**10.20** Raymond de Vries, professor of Midwifery Science: How did we get here? Social and historical perspective of pshysiological birth

**10.50** Q&A

**11.00** Coffee/tea

**11.20** Kerstin Uvnäs Moberg, international renowed researcher on Oxytocin: Let the Oxytocin flow – what does oxytocin do, and what are the natural enemies of this love hormone?

**12.00** Q&A

**12.15** Lunch

**13.30** Milli Hill, founder of the Positive Birth Movement: Power to the people – what can parents do to get and stay in charge of birth, what do they need from careproviders and what is the role of the doula in this process?

**14.00** Q&A

**14.15** Break out session 1: 1 - 4 workshops

*Push, baby, push!* -Jennifer Walker (doula) and Claudia van Dijk (midwife) about the do’s and don’t in the active phase of birth

*Work that peanut* – Marlies Phielix (doula) using the peanutball, rebozo and other props when dialiting with pain relief.

*Keeping the peace* - Milli Hill about communication in the birthroom

*Gimme some lovin’* - Kerstin Uvnäs Moberg about how to stimulate the flow of oxytocin

**15.15** Tea

**15.30** Break out session 2: 1 - 4 workshops

**16.30** Closing activity

**17.15** Reception

**18.15** The end