

# The Crazy Way Music Can Help You Give Birth Faster

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by **Chaunie Brusie, RN, BSN**

**Probably one of the nicest things about having four kids is the fact that, with each consecutive child, the time I spent pushing during childbirth significantly decreased.**

Granted, it's not something to necessarily brag about, but I confess that when I went from a whopping four hours of painful pushing to mere minutes, I wanted to shout from the rooftops with happiness.

So if you had told me with my first child that there was something super easy and super cheap that could have helped drastically reduce my pushing time?

**Well, you had better believe I would have signed right up for that.**

One of the hardest parts of pushing for new mothers is learning how to push effectively, especially if they've had an epidural and aren't necessarily feeling the natural urge to push. There can be a lot of time and energy wasted on pushes that don't do a whole lot but tire the mom out.

But a new device aims to help teach newly pushing moms how to push better, faster, and stronger —

Through music, of all things.



Image via Flickr/ [Sweet Evie](#)

M. Bardett Fausett at the Women's and Children's Hospital in Lafayette, Louisiana has developed a device to help women push more effectively — meaning less pushing time and better outcomes for both mom and baby.

Basically, the device consists of hooking up electrodes to the baby's head (no different, really than a lot of internal monitors that are routinely used during labor to monitor the baby's heart rate) as well as the mother's perineum (the skin between the mother's vagina and anus that gets stretched to the max during birth).

**Those electrodes measure the baby's movement when the mother pushes and matches it to a musical tempo.**

In addition to the musical tempo that lets the women “hear” how much their baby is moving, the device also marks the movement with spikes on a graph so she has a visual picture of how well she is pushing, too. Can't you just imagine the device working? Note after note of baby moving out, faster and faster until the big crescendo of your baby's birth?

Sounds like the perfect note to me.

## Author



### Chaunie Brusie, RN, BSN

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Chaunie Brusie is a coffee mug addict, a labor and delivery nurse turned freelance writer, and a young(ish) mom of four. She is the author of "Tiny Blue Lines: Preparing For Your Baby, Moving Forward In Faith, & Reclaiming Your Life In An Unplanned Pregnancy" and "The Moments That Made You A Mother". She also runs Passion Meets Practicality, a community of tips + inspiration for work-at-home mothers. ... [More](#)