Parent Handouts

www.babycoach.co.uk
HypnoBirthing® - A Celebration of Life

HypnoBirthing® is as much a philosophy as it is a technique. It is rewarding, relaxing, stress-free method of birthing that is based on the belief that all babies should come into the world in an atmosphere of gentility, calm and joy. When a mother is properly prepared for birthing physically, mentally and spiritually, she can experience that sort of joy, birthing her baby in an easier, more comfortable and often, even pain free manner. Through a well thought out program of deep relaxation, self hypnosis and education, HypnoBirthing® returns a woman to birth in a natural, instinctive way to birth her baby in safety and with ease. HypnoBirthing® is based on the belief that sever discomfort does not need to be an accompaniment of birthing.

The HypnoBirthing® Advantage

- Eliminates the Fear-Tension-Pain syndrome before, during and after birth
- Reduces and often eliminates the need for chemical anaesthesia, episiotomy and other interventions
- Lessens fatigue during labour, leaving the mother fresh, awake and energized as she brings her baby into the world
- Shortens the thinning and opening phase of labour and allows the birthing mother to utilise the natural birthing reflex to breathe her baby to the crowning stage rather than tiring, exhaustive pushing which can cause fatigue and pelvic floor damage.
- Brings the mother, baby and birthing companion together in a wonderful prenatal, perinatal and postnatal bonding experience.
- The birth companion becomes an integral part of the birth, not an onlooker
- Almost entirely eliminates postnatal discomfort and 'baby blues’
- Babies are better adjusted and happier, resulting in better eating and sleeping routines
- Mothers don’t run the risk of hyperventilating from shallow breathing
- Birthing is returned to the safe, beautiful, peaceful experience that nature intended
Words we use in HypnoBirthing®

As part of your preparation for birth and to help you truly embrace the concept of gentle, normal birth, we advise that, as quickly as possible, you learn to think and speak in the kinder softer word substitutions that appear here:

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Articles of Birth Affirmation for Parents

"Research shows that good patient-provider communication makes patients not only happier, but also healthier. In one study it was concluded that patients' blood pressure remained at healthy levels during office visits when they were able to discuss their feelings and concerns openly and when they felt that there was a strong partnership with the care provider.

"Patients have a right to expect that all basic and medical needs will be met--from surgical procedures and medications, to the appropriate food and clothing, to a safe and nurturing environment. Remember your health and wellbeing is not something to be shy or embarrassed about. It is your body (and that of your baby), and you have a right to be your own best advocate."

Women and Infants Hospital of Rhode Island, May 2003

- Parents wishing to have a safe, calm and gentle birth for themselves and their baby have a responsibility to reflect on what safe and gentle birth means to them and their baby and to determine how their wishes translate to their birth preferences to avoid conflict and disappointment.
- Parents have the responsibility to see themselves as important members of their own health care team, building a strong partnership with their health care providers--helping to ensure safe and positive outcomes by being their own "health care advocates."
- Parents wishing to have a safe, gentle birth have a responsibility to actively seek and secure a care giver who genuinely shares their vision for birth and who is committed to support and accommodate their requests whenever medical indication allows, rather than attempt to coerce or convert a care provider who is given to intervention.
- Parents preparing for birth have a responsibility to articulate their wishes early and often during their antenatal visits in a courteous and cooperative way to ensure the smooth implementation of their birth preferences at the time of their birthing.
- Parents have a responsibility to themselves and their baby to disengage from a health care provider who does not listen to their feelings and who will not agree to refrain from unnecessary intervention in the absence of medical urgency.
- Parents have a responsibility to educate themselves about the environment, policies, and procedures routinely conducted at birthing facilities and to assess these factors in light of their birth preferences.
- Parents have a responsibility to educate themselves about what constitutes true special circumstances and should meet any diagnosis with curiosity, asking for discussion of possible outcomes, possible options, and possible resolutions.
- Parents have a responsibility to prepare physically and mentally for the birth of their baby with focus on healthy nutrition and habits and a pre-, peri-, and post-birth environment that is conducive to the healthy physical and emotional development of their baby.
- Parents have a responsibility, whenever possible, to provide for the wellbeing of their pre-born and newborn baby through an awareness of what is optimally beneficial to the baby in relation to the risks involved in any testing, medications, or procedures.
Affirmations for an Easy, Comfortable Birthing

I put all fear aside as I prepare for the birth of my baby.
I am relaxed and happy that my baby is finally coming to me.
I am focused on a smooth, easy birth.
I trust my body to know what it is to do.
My mind is relaxed; my body is relaxed.
I feel confident; I feel safe; I feel secure.
My muscles work in complete harmony to make birthing easier.
I feel a natural anaesthesia flowing through my body.
I relax as we move quickly and easily through each stage of birth.
My cervix opens outward and allows my baby to ease down.
I fully relax and turn my birthing over to Nature.
I see my baby coming smoothly from my womb.
My baby’s birth will be easy because I am so relaxed.
I breathe correctly and eliminate tension.
I feel my body gently sway with relaxation.
I turn my birthing over to my baby and my body.
I see my breath filling a magnificent balloon.
I am prepared to meet whatever turn my birthing takes.
My baby moves gently along in its journey.
Each surge of my body brings my baby closer to me.
I deepen my relaxation as I move further into labour.
I am totally relaxed and at ease.
My body remains still and limp.
I meet each surge only with my breath; my body is at ease.
I release my birthing over to my body and my baby.
I bring myself into deeper relaxation.
I slowly breathe up with each surge.
I put all fear aside and welcome my baby with happiness and joy.
10 Ways to Achieve a Gentle HypnoBirthing®

A large majority of women who choose HypnoBirthing as their method of childbirth preparation are able to achieve an easier birthing for themselves and a safer and gentle birthing for their babies. There are several common factors that they cite as key to making this happen.

1. They searched until they found a birth attendant who would honor their request for a normal, un-intervened birthing and they were willing to change providers if they were not comfortable with what they were hearing from the provider.

2. They discussed their preferences early and often with their care provider.

3. They thoroughly embraced the belief that birth is normal, natural, and healthy, and they learned to trust their birthing bodies.

4. They immediately dismissed thoughts or conversations that could interfere with their birthing dreams and chose to remain upbeat, rather than uptight.

5. They recognized that good nutrition is essential and carefully followed the nutrition guidelines, avoiding late term surprises.

6. They did not depend on finding time; they made time, to condition their minds and their bodies to achieve the kind of deep relaxation they would practice during birthing.

7. They were consciously aware that their posture affected their babies’ birth positioning, and they avoided bucket seats and other compromising positions.

8. They recognized that during this period it is more important to be a good parent than a good patient.

9. They empowered themselves with the knowledge that birthing belongs to them, and they reclaimed and maintained ownership of their births.

10. They firmly, but politely, expressed what they needed to ensure that their babies came into the world without drugs or chemicals in their bodies, and that their birthing experience was one of joy.
The Uterine Layers

The outer longitudinal muscle fibers

The middle muscle layers, interwoven with blood vessels

The inner circular muscle layers found mostly at the lower part of the uterus
The Uterus During Surge

Before Uterine Surge

During Uterine Surge
The Rationale for Hypnosis in Birthing

Rules of the mind:

1) **Rule: The mind can only hold one thought at a time.** Opposing thoughts cannot be held simultaneously; therefore, affirming positive thought creates a positive outcome. The person thinking the thought can, and must, choose what the nature of that thought will be.

   **HypnoBirthing® Application:** If a pregnant woman refuses to entertain anything but positive images of birthing, she creates a positive mindset. It prepares her for a positive outcome. It is essential that she leaves all previous negative thoughts behind and not bring that negative energy into the present. If a complicated first birthing or repeat of a previous difficult birthing is not wanted, **DON’T ENTERTAIN THESE CONVERSATIONS. DON’T EVEN CONSIDER IT!**

2) **Rule: Thought precedes reality.** Whatever a person focuses upon, whether it be of an internal or external origin, becomes manifested. What one says is what one gets. Intention creates experience.

   **HypnoBirthing® Application:** Mental images become imprinted, and the subconscious plays out the plan. By imprinting positive thoughts and birth plans, positive outcomes are realized. This is the reason that we avoid discussions of complications in HypnoBirthing® classes, though we do mention “special circumstances” that require the evaluation of a healthcare advisor.

3) **Rule: For every thought or emotion there is a related physical response.** Thoughts that are imprinted into the subconscious create a biochemical response within the body; hence, over a period of time we can create our own health or illness with conditioned responses. The rich get richer; the poor get poorer.

   **HypnoBirthing® Application:** This rule is perhaps the most important rule of the mind that applies to birthing mothers. When fear is present, the fight or flight responses is triggered. Chemical reactions within the birthing body cause catecholamine to be secreted and muscles to constrict rather than relax. The body begins to actually fight itself.

4) **Rule: New programming in the subconscious is always more powerful and always wins out over past programming when the two are in conflict.** The non-reasoning, computer-like subconscious does not distinguish between fact and imagination. If the illusion is that the new information introduced into the scene is for the person’s well being, the subconscious accepts the new programming – right or wrong.

   **HypnoBirthing® Application:** The aura of authority and infallibility of the medical personnel or of older authority figures can lead a vulnerable labouring mother to accept intervention even when that intervention is contrary to her best interest, and could lead to unnecessary pain or hardship. The previous programming and sound information that she held to can go by the wayside if the subconscious mind acquiesces to the illusion of knowledge and power. This is all the more reason why couples need to be informed and educated to question the validity of the new information. Once the information is verified, the couple will be more acceptant of necessary change rather than disappointed.
5) **Rule:** Once a thought is accepted and acted upon, behaviour becomes easier with each subsequent similar thought. Continued reinforcement of a thought or actions tends to make the thought more readily accepted, and it becomes easier for additional suggestions of the same nature to be accepted and acted upon. (A child, once frightened by a vicious dog, may become frightened of all dogs, even when there is no reason to fear).

**HypnoBirthing® Application:** Once a pregnant woman becomes aware that easy, comfortable birthing is possible, she more readily accepts the premise that she is able to birth according to her own natural birthing instincts. The conviction becomes stronger with practise. One the reverse side of the coin, if she continues to have her fears of labour and birth reinforced with discussions of complications and medical procedures, along with relatives’ advice, she can lean in that direction and shut out all possibility of serene birthing. Continued emotionally motivated reaction becomes a conditioned response.

6) **Rule:** Once a thought is accepted by the subconscious, it remains intact until it is replaced by another. Regardless of information to the contrary, unless the original imprint is released and a new imprint is substituted, a person will continue to harbour the original thought.

**HypnoBirthing® Application:** The confidence and conviction of the HypnoBirthing® Practitioner helps to alleviate and even eliminate the previous horror stories of birth from the pregnant woman’s mind. Once she frees herself of these obstacles and replaces them with positive thoughts of birthing, she is free to birth as Nature intended.

“Imagination is more important than knowledge”
Albert Einstein, physicist
Optimal Birth Position

This imagery should be practiced regularly by expectant mums
The picture should be placed somewhere where it will be seen
The Opening Blossom
A Mother’s Conversation with her Unborn Child

Dear Little Baby Inside Me, I Want You To Know:
I am involved in a wonderful experience.
I am having a baby, and you are that wonderful baby.
I welcome this experience with such happiness.
I can feel the changes taking place in my body.
My womb has become a temple of joy because of you.
I can feel you grow within me, and my body swells with pride.
I love the way I look.
I keep myself looking neat and fresh.
I'm taking good care of myself for both you and me.
I'm eating properly for both you and me.
I take pleasure at the thought of your moving inside me.
My life combines with yours in love.
I'm preparing myself for the time when you will be born.
I feel you within me - strong and healthy.
I'm carrying you with such loving pride.
I feel the exciting bloom of being pregnant.
I have a beautiful glow about me because you're in my life now.
I nourish you with love and take care of my body.
I'm learning to relax more every day.
I look forward to your birth with such joy.
I am confident about your easy birth.
I'm practicing relaxation so that you can move easily and comfortably into this world.
All doubts are put aside as I look forward to your birth.
I keep my mind calm and peaceful so that you can be calm and peaceful.

When you're born, little baby, I will give you love so that you may grow in love and trust in yourself and others.
I promise to talk to you in such a way that you will listen, and I promise to listen to you in such a way that you will talk.
I will respect your right to be yourself and I'll try to help you to learn to respect the rights of others.
I promise to encourage you to seek answers that will lead you to know and appreciate this wonderful world around you.
I promise to teach you with love and guidance, rather than anger and punishment.
I will teach you, and I will learn from you.
I will provide opportunities for you to help you grow in love and happiness.
I see you, little baby, coming from my womb; and I see you cradled in my arms.
I'm elated at the thought of your coming to me.

Dear Little Baby, I Love You.
Daddy's Promise

I promise to love you—unconditionally

I promise to protect you—for your pain hurts me more than my own

I promise to guard and to guide you—materially, mentally, and morally

I promise to foster soundness and strength—in your health, your head and your heart

I promise to catch you doing things right, and let you do things your way no matter how messy or asymmetrical

I promise to applaud your accomplishments—whether they be anonymous for nobody’s eyes, or world famous, for the Nobel Prize

I promise to be a good example always—for there’s no telling what act or attribute you might emulate

I promise to be honest, open and direct

I promise to be a pillar of courage and a pillow of comfort

I promise to explore the world with you, explain the world to you, and expect the world of you

I promise to be a fortress in which you can hide, a friend in whom you can confide, and a father in whose heart you’ll find love and in whose eyes you’ll find pride

By David Teplow
For Nathan, Alisha, Lily and Henry
Emotion and Fear Release Worksheet

To be done in preparation for Class 3

Sit quietly and list all of the limiting thoughts, situation and issues that could still remain with you and that need to be released so that you can have the calm natural birth that you are anticipating. Write them down and, on a scale of 1 to 5, with 1 being the least important, assign a number to each that indicates the importance of that issue among your birthing and parenting concerns. Have your partner do the same. Now take the lists, compare them, and discuss how you might resolve any of the issues that can be resolved between the two of you.

A hypnosis session for releasing emotional issues, fears and concerns will be held in Unit 3. Mentally bring to class whatever baggage may still need to be cleared and released.

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Perineal Massage

- From 34 weeks, a few minutes each day
- Toning and conditioning muscles to relax with pressure rather than tighten
- Practice when relaxed
- Use a natural oil
The Birth Plan

Too often couples come away from their birthing experiences expressing their disappointment with phrases such as "Oh, well," "The next time..." or "If only they hadn't..."

If you and your birthing companion have a clear vision of what you feel will allow you to have the most natural, gentle, and satisfying birthing for you and your baby, you will not find yourselves looking on as your birthing is controlled by others.

In the absence of your plan in hand, medical staff will follow their usual and routine procedures, assuming that you have prepared for your birthing through childbirth classes that are not as parent and baby oriented as HypnoBirthing is. Most midwives in the labour and birthing area are there because they feel a strong dedication to being part of the birthing miracle and are more than willing to assist you in making your birthing the special event that you have planned.

To ensure that your birthing does not needlessly turn into a "medical incident", you will need to select medical caregivers who will listen to you and respect your philosophy and your wishes. Talking with your doctor or midwife should take place early in your pregnancy and not simply left to a chance conversation later on.

In a hospital birth, medical staff's shifts may change and it may be difficult to know who will attend your birth. Ask that a copy of your birth preferences be put into your folder. It's also a good idea to have a number of spare copies available.

If you plan to have a home birth, you will want to see that your midwife and anyone else who will be present has a copy of the plan. Guests should know that you have a plan in place and this is not the time to relate stories of the progress of their own labours or attempt to give you advice. You are the stars, directors, and producers in this play.

In framing your plan, you will want to keep in mind that your intent is not to "take on" your medical caregivers or practices that are currently in effect in the hospital or centre. Word your plan in such a way that it does not become an adversarial document of demands. You will want to assure staff that they will have your full cooperation should a medical necessity arise.

Depending on where you live, some of the choices may not apply. You may skip any that you do not feel strongly about one way or the other and mark NA in front of those requests that you know are already in place in the facility you have chosen.
OUR BIRTH PREFERENCES

Dear Health Care Provider,

My birthing companion and I have chosen you, our health care provider, and you, our birthing facility staff, as the people we want to attend us when our baby is born. We have chosen the HypnoBirthing® method of quiet, relaxed, natural birth. From everything we have heard from others, we truly believe that you will do your utmost to help us attain our wish for a joyous, memorable, and most satisfying natural birth.

The information that follows is a copy of our Birth Preferences. We have given careful consideration to each specific request in our plan, and we feel that it represents our wishes at this time. We realise that as labour ensues, we may choose to change our thinking and wish to feel free to do so.

We're looking forward to a normal pregnancy and birth and understand that these choices presume that this will be the case. Should a special circumstance arise that could cause us to deviate from our planned natural birth, we trust that you will provide us with a clear explanation of the special circumstance, the medical need for any procedure you may anticipate, and what options might be available. In such an event, please know that you will have our complete cooperation after we have had an explanation of the medical need and have had the opportunity to discuss the decision between ourselves. In the absence of any special circumstance, we ask that the following requests be honoured.

Please attach this to my antenatal record. I will provide other copies for

[ ] hospital admissions
[ ] my midwife
[ ] birthing facility staff

Please make this information known to any other obstetricians or midwives who may be attending the birth should you not be attending us.

(Signed,)
BIRTH PREFERENCES
PRE-ADMISSION

We request:

☐ To consider inducement only if onset of labour is unusually delayed and if there is medical urgency.
☐ To use only natural means of inducement, moving to gels, Syntocinon drip or other procedures as a last resort.
☐ To remain at home as long as possible before going to hospital.

FOR HOSPITAL ADMISSION

We request:

☐ To elect wheelchair assistance or to walk to room.
☐ To decline routine IV prep upon admission.
☐ To return home until labour progresses further if less than 4 centimetres dilated and other factors do not warrant admission.
☐ To have a private birthing room with subdued lighting and drawn drapes for both labour and birthing.
☐ To bring a tape/CD player and have soft, lulling music in background.
☐ To have the following persons present during my birthing:
  o husband
  o relative
  o other birthing companion
  o labour support person
☐ To decline discussion on pain tolerance and pain levels
☐ To have telephone inquiries relayed to my room;
☐ No calls relayed--message only.
☐ Other requests:_________________________________________

DURING THINNING AND OPENING PHASE OF LABOR

We request:

☐ The patience and understanding of medical caregivers to refrain from any practice or procedure that could unnecessarily stand in the way of our having the most natural birth possible.
☐ Only necessary hospital staff or cheerful observers, please. We ask that staff honour need for quiet and refrain from references to "pain", "hurt", or any offer of medication unless requested.
☐ Husband/birthing companion and other labour support person present at all times.
☐ To be free of blood pressure cuff between readings.
☐ In the absence of a medical necessity, only intermittent monitoring of baby’s heart with fetoscope / doppler or manual use of EFM
☐ No internal monitoring in the absence of foetal distress.
☐ To take fluids and light foods, including juices, herbal tea, soup, toast, crackers.
☐ To take nutritional snacking if labour is prolonged.
Freedom of choice to walk and move or not walk or move during labour.
To change positions and assume labour positions of choice.
Minimal number of vaginal exams - with permission - to avoid premature release of membranes.
To allow labour to take its natural course without references to "moving things along."
To use natural oxytocin stimulation in the event of a stalled or slow labour--nipple or clitoral stimulation--and to be accorded the uninterrupted privacy to do so.
To be fully apprised and consulted before the introduction of a medical procedure.
No augmentation of labour via Syntocinon, amniotomy, or stripping of membranes without discussion and explanation of need.
To enjoy labour tub or shower prior to ROM and even after if hospital policy permits.
To have the use of a birthing ball if one is available.
Other requests:______________________________________________________

DURING BIRTHING

We request:
The patience and understanding of medical caregivers to refrain from any practice or procedure that could unnecessarily stand in the way of our having the most natural birth possible.
To remain in pool for water birthing if available.
To allow natural birthing instincts to facilitate the descent of the baby, as much as possible, with mother-directed breathing down until crowning takes place.
Use of HypnoBirthing breathing techniques without staff prompts
To birth in an atmosphere of gentle encouragement during the final birthing phase without coaching*. Please--calm, low tones, free of "pushing" prompts.
To assume a birthing position of choice that will least likely require an episiotomy.
Use of birthing stool or bed for squatting or leaping frog position.
Oil and hot compresses to avoid episiotomy.
Episiotomy only if necessary and only after consultation.
Use of topical anaesthetic for episiotomy.
Use of suctioning device rather than forceps if assistance is medically necessary.
That care provider allow for complete birthing before suctioning baby.
Videotaping of birth.
Use of mirror to enable me to see crowning and birth.
To have our other children present [ ] during [ ] shortly after birth.
Mother [ ] Father [ ] other birth companion [ ] to help "receive" the baby if at all possible.
Father/birth companion to announce sex of baby to mother.
Father to remain with baby in the event of a surgical procedure.
Allow up to 30 minutes if necessary for natural placenta delivery.
Immediate breast-feeding to assist in natural placenta expulsion.
Uterine massage to assist birth of placenta.
Natural nipple stimulation to assist in birth of placenta
No cord traction, Syntocinon, or manual removal of placenta unless there is emergency.
Other requests: ________________________________________

____________________
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FOR BABY

We request:

☐ To have bright lights temporarily removed until baby is moved to mother’s chest.
☐ Allow vernix to be absorbed into baby’s skin; delay “cleaning or rubbing”; use soft cloth when rubbing is appropriate.
☐ Delay cord clamping and cutting until after pulsation has ceased.
☐ Father/birth companion will cut cord
☐ Cord to be cut by attending health care provider after pulsation stops
☐ Allow baby to remain with me and/or birth companion for bonding [ ] 1 hr [ ] 2 hrs
☐ Delay use of Erythromycin or other salve for baby’s eyes to allow optimal sight for bonding.
☐ Oral Vitamin K to be used if it is available; if not, delay injection until after baby is acclimated
☐ Please, a soft cloth, blanket, or Inka pad between baby and scale.
☐ For male baby, we request no circumcision.
☐ Father will stay with mother and baby throughout the hospital stay.
☐ To have footprints made in the baby’s birth book.
☐ Breast-feeding several times during the first few hours after birth.
☐ Breast-feeding only. No bottles, formula, pacifier, artificial nipples.
☐ Other requests: ____________________________

☐ I would like to learn about or have demonstrated for me the following:

[ ] Proper bathing of the baby [ ] Umbilical cord care
[ ] Taking baby’s temperature [ ] Breastfeeding techniques
[ ] Using a breast pump [ ] Calming the fretful baby
[ ] Normal sleep patterns [ ] other requests: ____________________________

We thank you in advance for your support and kind attention to our choices. We know you join us in looking forward to a beautiful birth.
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<tr>
<th>Thinning &amp; Opening Phase</th>
<th>VERBAL PROMPTS</th>
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<tr>
<td><strong>Onset of labour – stay calm and relaxed</strong></td>
<td>To be used by birthing companion during first and second stage, spoken softly and at random.</td>
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<tr>
<td>- <strong>During night</strong>: sleep until surges are 5-6 min. apart</td>
<td>❖ <strong>THINNING and OPENING Phase</strong></td>
</tr>
<tr>
<td>- Position: any in which mother is comfortable</td>
<td>- <strong>Between surges</strong></td>
</tr>
<tr>
<td>- Breathing: CALM breathing, from abdomen; in 4, out 8</td>
<td>- Assume relaxation now, drift away</td>
</tr>
<tr>
<td>- <strong>During day</strong>: continue any activity as mother comfortable</td>
<td>- Every muscle limp and at ease, feel calm and peace</td>
</tr>
<tr>
<td>- Relax through surges.</td>
<td>- Body numb with total relaxation and peace</td>
</tr>
<tr>
<td>- <strong>Laughter relaxes pelvic area</strong></td>
<td>- All tension is gone; body at rest now</td>
</tr>
<tr>
<td>- Call health care provider when surges 5-6 min. Apart</td>
<td>- Let your mind drift into peace through relaxation</td>
</tr>
<tr>
<td><strong>As Labour Progresses</strong></td>
<td>- So comfortable now, so peaceful, so serene</td>
</tr>
<tr>
<td>- <strong>Positions</strong>: change positions frequently to help baby rotate</td>
<td>- Turn your birthing over to your body—drift away</td>
</tr>
<tr>
<td>- <strong>Lateral</strong>: lying on side, one leg extended, other leg bent, supported with pillows</td>
<td><strong>During surges (said softly but with more emphasis; repeat starred items frequently):</strong></td>
</tr>
<tr>
<td>- <strong>Back</strong>: pillows under knees, head and shoulders, raise head of bed</td>
<td>- Body totally limp; go with your breathing</td>
</tr>
<tr>
<td>- <strong>Any comfortable position</strong>: hands &amp; knees, birth ball, etc.</td>
<td>- Trust your body; long, deep breath, body filling with numbness</td>
</tr>
<tr>
<td><strong>Arrival at hospital</strong></td>
<td>- One long breath; feeling gone; body totally numb</td>
</tr>
<tr>
<td>- Records/plan on file—meet midwife, settle into room.</td>
<td>- Breathe up, up; fill that balloon—SLOW breath up</td>
</tr>
<tr>
<td>- Remind staff that this is HypnoBirthing—room dim, quiet.</td>
<td>- Body limp; go with one long breath up; all tension gone</td>
</tr>
<tr>
<td>- Distribute extra copies of birth plan</td>
<td>- Breathe in the natural relaxation—shoulders limp</td>
</tr>
<tr>
<td><strong>Breathing:</strong></td>
<td>- Fill the balloon; give it a colour—fill it higher—higher</td>
</tr>
<tr>
<td>- <strong>Normal</strong>: between surges if mother feeling sociable</td>
<td>- Body numb—body numb with natural relaxation</td>
</tr>
<tr>
<td>- <strong>Rhythmic/relaxed</strong>: in sleep-like state if mother prefers quiet</td>
<td>- Turn your birthing over to your body</td>
</tr>
<tr>
<td>- <strong>SURGE Breathing</strong>: during surges; rapid count up 1-25+, then down 1-20 Draw up abdomen with surge as if filling a balloon. Body loose and limp</td>
<td>- Trust your body; body limp—shoulders limp</td>
</tr>
<tr>
<td><strong>Birthing Phase</strong></td>
<td>- Mind and body in complete harmony</td>
</tr>
<tr>
<td>Follows mothers instinct as to when to start BIRTH breathing</td>
<td>❖ <strong>BIRTHING Phase—said softly but with more emphasis</strong></td>
</tr>
<tr>
<td>As baby descends use BIRTH Breathing; Inhale and breathe baby down and out through vagina. Breathe out with mouth open. Eyes/mouth open; fill lungs &amp; breathe downward to count of 10, 3-4 times with each surge. Do not “ride out” surges with 1 breath.</td>
<td>- Breathe love down to your baby</td>
</tr>
<tr>
<td>- <strong>Positions</strong>: Lateral, Hands and Knees, Modified squat or Leaping Frog</td>
<td>- Breathe with your body</td>
</tr>
<tr>
<td>- Breathe all your loving energy down to your baby</td>
<td>- Mother and baby working together now</td>
</tr>
</tbody>
</table>
Birth Affirmation

Today is the day I have been waiting so patiently for. Within me, I can feel the stirrings that I have wondered about since the first realisation of what was to come.

They come from deep within me. I feel joy! Today my body will fulfil the purpose for which it has been made. Today I will show my strength, my courage, my love for my child. I can feel the strength in my body; a wonderful strength that is meant for just this purpose.

I can feel my body opening up. Opening up like the petals of a spring tulip on a cool morning. My body is beginning a labor of love. I accept all that comes to pass with the birth of my child. I know that it will require much from me, much that through love I am willing to give.

My body is strong. My body has hundreds of thousands of years of history in it that will allow me to birth my child with joy and ease. I will not feel discomfort. I will feel the widening of my child’s birth path. I will surrender to the opening of my body. My body knows what to do. I must let it be. I will not let my mind interfere. My mind stays steadily focused on the wonderful expression of love that I am feeling as I birth my child, my long awaited child. I will give my body all the time it needs to work. I will not track time other than to gaze at the sun or the stars.

I know I must give myself to the emotions of birth; I must remain open. As the waves come, I will triumph with them, one by one, all the while surrendering to them. I am surrounded by love and trust, and that is what protects me. Today my body is opening and releasing my child to me.

Today is the day that I will cherish forever.

By Patricia Blomme

BIRTHING, Summer 1998
Appendix

Relaxation Scripts

Rainbow Relaxation Script

Birth Companions Deepening Practice

Ultimate Deepening Script (Lavender)

Forest Fantasy Metaphor

Balloon Trip Outline
Rainbow Relaxation Script

CALM BREATHING

Calm breathing is used to assist the client as she conditions herself to slip into relaxation between surges in labour and maintain a state of relaxation. The script is given to the birthing companion so that the couple can practice relaxation as the client becomes conditioned to going into deeper trance and “going within” at hearing the companion’s voice.

(a.) Slowly inhale to the count of 4 – pause

(b.) Slowly exhale to the count of 8, keeping mouth closed and allowing the breath to drift down into the chest, stomach, and through the body. Repeat as necessary.

(c.) Recite only two or three colors each time you practice so that the practice does not become too time consuming.

RAINBOW RELAXATION SCRIPT

And now it’s time to relax. Just make yourself comfortable. Allow your eyelids to gently close. Take in a deep breath and now, slowly, allow that breath to drift down through your entire body… bringing you comfort and relaxation. Once more, take in a deep breath and let that breathe flow down through your chest, your stomach and abdomen, your legs and all the way down to the soles of your feet. Now as you begin to feel the soft tingling of relaxation on the soles of your feet, you release in both mind and body. Each time that we practice, you will find that you will immediately go more rapidly and more soundly into that wonderful place where you will be aware only of how deeply relaxed and comfortable you are. Each time you will be able to achieve this wonderful state in a shorter amount of time. Each time you will be able to go deeper and deeper into ultimate relaxation – the kind that you will use when you give birth to your baby.

Once again now, return your awareness to your eyes and feel how comfortable it is to just rest and allow your eyes to remain gently closed. You become aware that it seems now… that all the little muscles in and around your eyes are becoming more and more relaxed. And your eyelids seem to close so thoroughly. As your eyes close even more tightly, all the little worry lines around your eyes and across your forehead begin to fade and disappear. As this same quality of relaxation drifts down and around your cheeks… and your mouth… and all the rest of your facial muscles, now, release and become loose and limp. And you go deeper and deeper. As you bring yourself deeper into total comfort, allow all tension in your jaw to just melt down and away.
Softly rest your tongue behind your front upper teeth, now, and your lower jaw becomes comfortably relaxed. A wonderful sense of well-being settles into every muscle, every nerve, and every cell within your face, your jaw and your neck. Your mind releases and your body releases and you go twice as deeply into relaxation. The relaxation, now, drifts in and around your shoulders and you give yourself permission to allow your shoulders to sink into the frame of your body. As your shoulders go limp and loose, your arms, your elbows, your wrists and your hands also become loose and limp. Your entire upper body, now, becomes perfectly relaxed. And you continue to go deeper. Release all tension from your chest now, from your heart and from your stomach. And your breathing becomes rhythmic... slowing to 14 breaths per minute – the perfect resting level. Feel your body respond to this beautiful slow, comfortable breathing... and you double your relaxation and go deeper. Now, your entire body is free of tension. And your heartbeat slows to 60 beats per minute – the perfect resting rate. Your blood flows smoothly and freely throughout your body miraculously bringing just the right amount of oxygen to every muscle, every nerve, every cell, and every vital organ in your body.

These thoughts are reassuring as you give yourself permission, now, to double your relaxation once more. And your body, now, is totally loose and limp as though you were a marionette with all the strings released. Totally loose... totally limp. And you go deeper and deeper still. Now, allow your abdomen and your lower pelvic area to totally relax. It's so essential that this part of your body remain free of tension. And so, you relax all the tension in your pelvis and let it all melt down past your legs and your feet. Down into the ground. Just the way the soft spring rain melts into the earth.

On occasion, as you listen to this script and are entering into a deep level of relaxation, you may be aware of sounds around you, but from this moment, though you may be aware of sounds, you will not be affected by them. Sounds will not disturb you or interrupt your relaxation. In fact, you may actually use any sounds that you hear to deepen your level of relaxation, as you will should you hear any noises or sounds when you are in giving birth to your baby. The only sound you are hearing now is the sound of my voice, and the sound of my voice will always cause you to go to a deeper level of relaxation whenever the time is right for you to relax.

In this perfectly relaxed state, to assist you as you move even deeper into relaxation, picture a magnificent rainbow with each of the colors vibrating in harmony with the life energy within your body. Allow your body now to absorb, as though it were a magnet, all of the wonderful energy of the rainbow. Let the soft mist of each of the colors of the rainbow permeate your entire body... bringing you confidence and assurance. Drawing away all tension... leaving you calm and at peace. And you go deeper... and deeper still.

Picture yourself now on a bed of mist – a soft, strawberry-red mist that gently envelops your entire lower torso. Taking away all tension. Bathing you in a soft, gentle
relaxation. Let the red mist of perfect relaxation drift throughout all of your body... bringing your mind and your body deeper and deeper. Leaving you in soft, comfortable relaxation. Now your body begins to feel more and more relaxed. So comfortable that it hardly seems to be there at all. You are in tune with nature. All of nature is in tune with red. Breathe the red mist that gently wraps your body in a soft blanket of natural relaxation. And go deeper... and deeper.

Now, in your mind’s eye, see yourself on a mist of soft, almost peach-like orange. You and your body are in harmony with orange, and your abdomen totally relaxes... because your abdomen vibrates to the color of orange. Draw the orange mist in and through your abdomen and feel it, like a sponge, absorbing and releasing all tension – bathing you in a soft mist of peace, relaxation and comfort. And so every muscle, every nerve, and every cell within your abdomen relaxes while the soft orange mist flows throughout your entire abdomen and pelvis... and you go, still, deeper.

Now see yourself in your mind’s eye on a yellow mist of natural relaxation. You are in harmony with the color yellow, and the middle portion of your body becomes calm and peaceful... because the middle portion of your body vibrates to the color yellow. Breathe in the soft yellow mist of calm with each slow breath that you take. Let it flow and drift throughout your being. Your body and your mind are in harmony as they prepare to work together for your well-being. Your body is at peace as the yellow mist of natural relaxant envelops and soothes you. Breathe in the yellow mist as it bathes you in that sea of calm... and go deeper.

Picture yourself, now, on a mist of green – a soft green color of lime. As you breathe in the soft green mist, the entire area of your chest and particularly your heart relax more deeply than you’ve ever relaxed before. With the green mist you open your heart and your life to even greater love. Because your chest and your heart vibrate to the color green, you feel even more filled with peace and love. Feel the soothing sensation drifting all around you. Green is the color of Spring and birth and the earth gives forth life in the Spring... and so, your body gives forth new beginnings. Filled with the energy of a calm and loving heart... free your body to blend in with perfect harmony with green... and find yourself in harmony with nature. Feel your body become even more limp... so safe and so comfortable. Feel the green mist surrounding your body like a soft shawl.

Now picture yourself on a mist of grayish blue – the color of blueberry. And feel your throat and neck relax. The throat and neck vibrate to the color of blue... so breathe in the blue mist and feel all the tension in the area of the neck and the throat melting away. Your body is at peace as the blue mist calms and soothes it. Your mind and your muscles continue to align in perfect harmony with nature. Feel a wonderful sense of peace envelop every cell, every muscle... and feel it quiet and calm your thoughts.
Now see beneath you a beautiful mist of soft violet and pink. A soft combination that puts your mind at ease… because the mind vibrates to the color of violet. Sense the gentle confident thoughts that begin to fill your mind as the mist of violet helps you to trust and totally release all doubts. Your mind is filled with confidence and calm. All of nature is in tune with violet and you are in tune with nature as you fill your mind with a sense of joy and anticipation. Go deeper now into ultimate relaxation as you turn your mind and body over to your inner essence. Trusting your mind and body. Trusting that they will play out the design of nature.

And now, working from a perfect level of relaxation, see yourself on a marvelous mist of white… combining all the colors of the rainbow… surrounding you with peace. Sense the feelings of confidence that are developing day by day as you embrace the knowledge that birthing is a natural process of your mind and body… working together with your spirit. Become filled with the white light. And now, your mind, your body and your baby will all be working in complete natural harmony. Let that glow of white permeate every part of you while you continue to grow in confidence that this will indeed be a comfortable, easy birth. Your natural birthing instinct tells you that you will bring your baby into the world in a peaceful, relaxed manner that mirrors nature.

It’s time, now, for you to end this session.

If you would like to just slip into a natural sleep, just continue to rest for a full, uninterrupted sleep.

To become fully alert and continue the activities of the day or evening, listen to my count. Work with it and you will emerge feeling fully energized. Feeling refreshed. Beginning to count now… 1, 2 - feel the energy slowly beginning to come back into your body now, 3 - arms beginning to move; fingers beginning to move a little, 4 - feet and legs beginning to feel the energy flowing back, 5 - wide awake feeling alert, refreshed and healthier than you have ever felt – filled with joy as you prepare for the birth of your baby.
Birth Companions Deepening Script

Birth Companion: Standing to the side of the mum, holding hand open with palm facing her at about the level of her abdomen, hand no more than 8 inches from her body, slowly raise hand upward and say:

I'm going to pass my hand slowly upward in front of you, all the way to your head. When I reach your face, I want you to follow my hand only with your eyes ... Do not move your head. Very good. (Hold hand above mum's head) Now I want you to stare at my hand in a very dreamy way, as though you could look right through it. As you do, your eyes begin to feel dry. You feel as though you want to blink. Your eyes are feeling tired now, as though they want to close. Please resist the temptation to close your eyes.

I'm going to slowly pass my hand down in front of your face; when I reach your eyes, just allow your eyelids to gently close and bring yourself into a deep, deep state of relaxation. (pause and place your hand on her shoulder) Deeply relaxed.

Now placing your awareness on your eyelids, it seems that your eyelids are closing more tightly. The muscles in and around your eyes are relaxing. Forehead smoothing out, and all the little worry lines beginning to fade and disappear. Now it seems that your eyelids are sealed, and this same quality of relaxation begins to drift down over your upper cheeks, your lower cheeks, your mouth, and your jaws. You place your tongue behind your upper teeth, and your lower jaw recedes, as you go deeper, and still deeper, releasing all tension in your body. (Pause)

And now I am going to lift your arm at the wrist. Don't help me; let me do all the work; let your arm go limp (lift arm about a foot above the lap.) Let me hold the weight of your arm (pause...) Now I am going to drop your arm down onto your lap. When your arm drops onto your leg, you'll bring yourself twice as deep as you are now. (Release arm and let it drop.)

I'm going to lift your arm again and let it drop. As it drops down onto your leg, you will double your relaxation again and go deeper. (Lift, gently shake, and then drop the arm...pause...) And once more, I'm going to lift your arm and drop it, and now you'll go into an ultimate depth of relaxation—deeper than you've ever been. (Lift, gently shake, and then drop the arm...pause...)

Now as you rest, you are teaching your body how to thoroughly relax and go within, just as you'll do when you are bringing our baby into the world, turning your birthing over to your birthing body and letting go.

And now I'm going to count from one up to five. You'll begin to be aware of your surroundings, feeling mentally alert, physically energized, and spiritually calm and confident. 1……………2… Hands beginning to move…….3…………4…Feet beginning to move…………5………… wide-awake, and feeling great.
Ultimate Deepening Script (Lavender)

MOTHER’S PRACTICE SCRIPT

Whenever I, or anyone I choose, says to me **lavender, short breath, 3...2...1**, I will instantly and thoroughly drift down into an ultimate state of relaxation, where I will give my body permission to be transported into a state of relaxation that is just perfect for birthing my baby. As my labor advances, I have the intent of sinking down into an ultimate, safe state of birthing relaxation where my baby and I can birth together in calm and peace and comfort. Each time that **lavender, short breath 3...2...1** is recited, I will double and then triple my relaxation until I am at a level that will allow me to enter into the soft stillness of my inner mind and my birthing body. From this state, I will be able to birth my baby with full awareness of the experience of birthing, and with total confidence, calm, and peace.

*replace lavender with your own keyword if you prefer*
Forest Fantasy Metaphor

Birthing Companion: help the mother to bring herself into that very limp and relaxed state, as you have been practicing, and suggest she take herself in her mind’s eye to her favorite spot in Nature, where the conscious mind will be left resting. Assist her to imagine herself walking in this place.

You look ahead, and in the distance, you can see a beautiful enchanted, magical-looking forest. As you approach the forest, you see that there’s a lovely path leading into the forest. Take the path. Walk into the opening.

You are now inside the wonderful, enchanted forest. Look all around you. See the little starlike flowers. See the cluster of lady slippers growing by the side of the tree. And as you walk along the path, the soft dirt path, you notice that there's the most beautiful twisting and twining ivy all along the edge of the path. The moss on the rocks and on the floor of the forest is a beautiful emerald green; and the dew on the forest leaves, sparkles like little gems—also green like emeralds. It’s a beautiful, peaceful, wonderful forest. Everything growing here is just perfect.

But listen—you can hear a sound coming from the side. It sounds as though something is moving in the forest. Let your eyes follow the sound, and look—just ahead in the clearing is the most beautiful, darling, speckled fawn. The fawn sees you, and it leaps and it hides behind a tree and just peeks it's sparkling eyes out from around the tree to be sure you're there. Approach the fawn. Put your hand out to it. Speak to it. Speak to the darling fawn. Just as you come close, almost ready to touch the fawn, it leaps again and frolics and runs behind another tree. Follow the fawn. It wants to play, and there it goes, leaping, hiding behind another Tree—and another. Follow the fawn—that's what its eyes are saying, "come with me."

As you follow the fawn and as you get close to it, it leaps ahead and goes to another tree. All of a sudden you're aware of the fact that you've been moving quite a distance in this forest and you can see the sunlight begin to filter down through the trees. One of the rays of sun is shining on the back of your little fawn, and your little fawn looks back to you again to be sure that you're there—looking for reassurance, and you follow the fawn, and the fawn leaps and frolics more and goes closer and closer to the edge of the forest. Now you're aware that the forest edge is thinning. More and more light is becoming visible, and the fawn is standing right at the edge of the forest, and a now beautiful, wonderful, magical thing is happening.

The path of the forest is beginning to open, and the rays of sun come through, shining on the path. The fawn pauses and looks back at you—and you nod your head and say "yes, it's time." The fawn very slowly, very gently, very easily makes his way timidly along the path of the forest. All at once the fawn finds itself out in the sunshine. And looks back at you once more.
and you follow. Now you're out in the sunshine. And you stroke and pat and hold the little fawn close to you.

It's time now to return to your favorite place in nature where you left your conscious mind resting.

I'm going to count up from one to five now; and as I do, you'll become more alert, feeling as though you have experienced a wonderful refreshing nap. Even though your journey into the beautiful forest is over, you'll remember always the wonderment of having known your fawn in this forest, where the fawn grew and played with you and became such a darling little being.

Get ready to come back now... More and more alert beginning to move your feet, beginning to move your hands, three, four, five. Wide awake, alert, feeling refreshed and feeling very good about the experience of finding and bringing your own little fawn out into the world.

Note: you may omit the “count up” at the end if you are planning to continue to rest at the end of the script.
Balloon Trip Outline - Birth Release

This script is appropriate to use if labour should weaken, slow, or stall. It can also be used as an additional release of limiting thoughts or a birth rehearsal. Embellish each scene as you wish.

1. Visualize a large, beautiful air balloon ready to take a very special journey through birth. See the balloon made of all your favourite colours.

2. Now see yourself embarking on this trip. Your baby and your birth companion are with you, and you may bring anyone else you wish to have accompany you.

3. The balloon is slowly rising and travelling across a bright blue summer sky, filled with soft white puffy clouds. It's a wonderful trip, but the balloon seems to stay at the same height. No matter how you think about having the balloon rise higher, it seems to continue at the same level and at the same speed. Something--some memory, some experience, some comment, some mistaken belief, some fear, some limiting thought is holding your balloon from continuing on its journey.

4. You look down at the bottom of the basket and realize that there is a small chest lying there. Inside that chest is the weight of a known or unknown reason for why your balloon is faltering--something that still lingers, in spite of your have removed all limiting thoughts previously. You know that if only you were to rid yourself of this weight, your birthing trip would go smoothly and easily and quickly. You can do that very simply right now, without saying a word. You can do it. It's what you want.

5. Take your balloon out over a large and deep body of water. See it happening. Now reach down and lift that small chest to the edge of the basket. Make up your mind, once and for all, to release whatever is holding your balloon from accomplishing its journey. Now gently nudge the chest over the edge and watch it plummet down into the water. Watch it sink to the bottom. See the ripples carrying away all negative feelings associated with the weight you just released. Now you are free to move along in your birthing.

6. Enjoy the rest of your birthing journey. See how you now sail freely and smoothly through the sky. Stay there working with your baby, coming down whenever your body and your baby tell you that it is time for your baby to be born.

7. As you descend, sense your baby descending just as calmly and gently as the balloon is in this beautiful birth journey, culminating in a wonderfully happy birthing day.
A Suggested HypnoBirthing® Practice Diary

From around 20 weeks:

Read HypnoBirthing® Book, Course Handouts
Start listening to affirmations and rainbow relaxation (a few times per week)
Practice CALM breathing for relaxation
Begin preparing your body (nutrition and suitable exercise)

From around 26 weeks:

Listening to affirmations and rainbow relaxation (daily)
Practice CALM breathing for relaxation
Practice SURGE breathing (a few times each day)
Try listening to a script read out by your birth partner
Begin to tone body (pelvic floor exercises, gentle exercise, birth positions)
Be aware of your posture – use birthing ball

From around 32 weeks:

Listen to rainbow relaxation each night when going to bed
Practice CALM breathing for relaxation
Practice SURGE and BIRTH breathing (a few times each day)
Listen to a script read out by your birth partner (a few times per week)
Begin to tone body (pelvic floor exercises, gentle exercise, birth positions)
Be aware of your posture – use birthing ball
Practice Instant Relaxation techniques (5-4-3-2-1 or AAA-BBB-CCC etc)
Perineal Massage daily

38 - 40 weeks:

Listen to rainbow relaxation each night when going to bed
Read HypnoBirthing® Book and Course Handouts again
Practice CALM breathing for relaxation
Practice SURGE and BIRTH breathing (a few times each day)
Listen to a script read out by your birth partner (a few times per week)
Have a daily relaxation session of around 30 – 40 minutes
Begin to tone body (pelvic floor exercises, gentle exercise, birth positions)
Be aware of your posture – use birthing ball
Practice Instant Relaxation techniques (5-4-3-2-1 or AAA-BBB-CCC etc)
Perineal Massage daily
Practice Birth Breathing daily
Visualise the Opening Blossom
Birth companion review Birth Prompt card and Light Touch Massage
Practice Notes
We are a HypnoBirthing® Family

Please enter quietly...
Deep relaxation in Progress!

www.babycoach.co.uk
Invitation for your Midwife, Antenatal Teacher or Doula

We hold regular FREE Information evenings or you are welcome to join a course as an observer

If you are interested in finding out more about HypnoBirthing®, hear from couples who have used the HypnoBirthing® technique and see some beautiful HypnoBirths for yourself then you are very welcome to join us.

Dates and venues are all on the Baby Coach website or phone for next date (please book your place)

www.babycoach.co.uk

or phone Andrea on 07740 422800