



# Planning for a Positive and Empowering Birth

*Preferences for Birth - Sample Copy*

— MIND AND BODY —  
**BIRTHING**  
Where the mind leads the body follows



# Hello! My name is Gemma Bowers!

**I'm the founder of Mind and Body Birthing, a Royal College of Midwives accredited hypnobirthing teacher, and I am here to help!**

Whether you're a first time mum looking to gain confidence and let go of birth fear, or you've birthed before and are determined that *this* birth is going to be a more positive, calmer and empowering experience, my hypnobirthing classes and resources are here to educate, support and guide you as you navigate your unique path towards a truly beautiful birth.

We all know the saying "knowledge is power" and that has never been truer where birth is concerned. The more you know, the less you fear and the more prepared you'll be to have the best possible birth to suit you and your baby.

## *A quick note before we delve in*

The examples used in this guide are here to provide you with a starting point in which to consider your own preferences for the type of birth you'd like. It is not meant to be interpreted as the "right" way to give birth - only YOU can decide what would feel right for you and your baby. Pregnancy and birth can be unpredictable but you are more likely to feel calm and in control, however your birth pans out, if you have thought in advance about your birth choices for a range of situations - which is why I recommend planning your wishes for different outcomes.

This is YOUR BABY, YOUR BODY, YOUR BIRTH, YOUR CHOICE. Take a look through the examples in this plan and then consider what would be best for you with regards to your individual circumstances. Do your research, make informed decisions and then get your wishes in writing. Remember to share your preferences with your birth partner, midwives, doctors and anyone else who will be attending to you during the birth.



**Name:**  
**Birth Partner's Name:**

**Birth Place Choice:**

We wish to have a calm, quiet water birth with no intervention. We are using hypnobirthing for our birth and therefore the environment and language is very important to us.

Please note that we would appreciate it if you could avoid using the words "pain" or "contractions" and instead talk about "comfort" and "surges". I may describe the power and intensity of a surge but I do not wish to think about or feel pain.

**PAIN RELIEF**

Please do not offer me any medical pain relief during labour.

Please remind me of the natural tools I do have which include: my breathing techniques, hypnobirthing audios, the pool etc. These will all increase my comfort level.

**POSITIONS FOR LABOUR AND BIRTH**

I would like to be active and use positions that mean I am upright, forward and open (UFO) which facilitate an easier and quicker birth. I'd like to remain mobile throughout.

If I need to rest, I would like to use a birthing ball, stool or lean over the sofa/bed. In the pool I wish to be upright and leaning forward over the side, or on all fours.

I wish to give birth in the pool.

**THE GOLDEN HOUR & THIRD STAGE OF LABOUR**

I wish to hold my baby undisturbed for at least one hour after birth and request that my baby is not weighed or cleaned until after this time.

I would like my baby to receive all of his/her blood so wish to wait for the cord to turn completely white before cutting and have optimal cord clamping / a lotus birth. My partner would like to cut the cord.

I would like to birth the placenta without any drugs and am only willing to accept the injection if there is a specific medical need. Please do not offer me the injection as part of "routine" or "policy".

I am / am not willing for my baby to be given vitamin K orally / as an injection after the Golden Hour following birth.

I wish to initiate natural breastfeeding after birth – do not give my baby formula.



# Hypnobirthing Birth Plan

*Sample Copy*

**MONITORING**

I wish to be as mobile as possible / in the pool so only continuously monitored if absolutely necessary.

If continuous monitoring is necessary, I would like to use wireless monitoring if this is available so that I can continue to move about.

I do not wish to have vaginal examinations to see how dilated I am unless it is absolutely necessary. I do not wish to have the membrane broken.

**DOWN / PUSHING STAGE OF LABOUR**

I do not want to be coached to push.

I would like to breathe my baby down so that he/she is born gently and calmly. I would like to follow the lead of my body and request no / minimum talking.

I would like to be able to bring my baby to my chest immediately after delivery. If it is not possible for me to hold my baby then I would like my baby to have skin to skin time with my birth partner.

It is important that the calm and intimate environment is maintained after my baby has been born as this helps with the flow of oxytocin which aids bonding and reduces the risk of excessive blood loss and PND.

**OTHER IMPORTANT DETAILS**

Allergies / phobias / previous birth history

Your wishes for an unplanned Caesarean



# Here for you on your unique journey towards a positive birth

Mothers who use hypnobirthing often talk about giving birth as the most wonderful and empowering experience of their lives. Let this be your experience too!

If you are ready to **birth without fear and empower yourself with knowledge and confidence** for a **calm, comfortable, truly positive birth**, join me and register for a Mind and Body Birthing complete hypnobirthing course.

I offer both private 1:1 and small group hypnobirthing classes, so you can enjoy a course that's right for you. My courses are taught via Zoom so you can access them from anywhere in the world - from the comfort of your sofa to mine!



*We absolutely loved the sessions! We took away so much information and knowledge and totally recommend learning hypnobirthing with Gemma. She is a very lovely person, teaching from the heart and listening to your personal and individual needs.*

- Delia & Markus

To book a course and for more information visit:

[www.mindandbodybirthing.com](http://www.mindandbodybirthing.com)

I look forward to welcoming you  
on one of my courses.

With love and warmth,

*Gemma*

