

# Hypnobirthing Course Notes

*for a positive and empowering birth*



# A warm welcome to your Mind and Body Birthing course

**Hello! My name is Gemma!**

**I'm really excited to be supporting you as you begin your journey towards a truly empowering and positive birth experience.**

I first discovered the power of hypnobirthing when I was pregnant with my daughter and FELL IN LOVE with it.

I had a really positive home birth and that was all down to the knowledge, tools and techniques I had learned from taking a full hypnobirthing course.

After the birth of my daughter, I knew I wanted to change the way that women view birth. I wanted to help mothers realise their inner strength, gain confidence, and to birth in a way that felt right for them.

With that in mind, I completed my hypnobirthing teacher training with the legendary Katherine Graves, founded Mind and Body Birthing as an online company, and am proud that the hypnobirthing course I teach is accredited by the Royal College of Midwives.



**This course will provide you with the knowledge and information to help you make your own informed choices about birth** - choices that feel right for you and your baby. The memory of giving birth to your baby will stay with you for a lifetime so it matters enormously that you feel your experience was a positive one; however your birth pans out. It's important to remember that a positive birth is not one type of birth. All births have the potential to be positive which is why on this course you'll learn about giving birth both naturally and in more medically managed situations.

**If knowledge is power then hypnobirthing is without a doubt birth power.**

I love to hear your positive birth stories and it would be wonderful to share your birth experience with our Mind and Body Birthing community of parents-to-be. Reading positive birth stories is a really powerful way to influence our beliefs and feelings around birth. Please do let me know if you would be willing to share your story.

And lastly, I am here for you so please do get in touch at any point throughout your pregnancy if you would like any additional coaching, guidance or support.

*Wishing you all the best for a wonderful pregnancy, birth and beyond.*

*You got this!*

*Gemma x*



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# Course Outline

## Session 1 – The Mind Body Connection

This session is all about the connection between the mind and the body. You'll begin to discover the power that words have in shaping our beliefs about birth as well as notice how your body physically reacts in response. You'll learn about how other mammals give birth and what this teaches us about the best conditions for humans to birth in. We'll delve into the science of birth – how your body has been designed on both a muscular and chemical level to give birth efficiently and comfortably. You'll also learn how to avoid the infamous fear-tension-pain cycle for a calmer, more comfortable birth.

## Session 2 – Techniques for a Better Birth

Practise makes all the difference and in this practical session you'll learn a simple and effective breathing technique to use throughout your pregnancy and during the first stage of labour. You'll discover the importance of practising your breathing, visualisations and guided relaxations. Pregnancy and birth can be unpredictable so in this session we begin exploring the different positions that your baby might be in before birth, how to have a positive Caesarean birth, birth positions for mum, as well as what you can do to prepare your body in the run up to the big day. In this session we will watch the first of our two positive birth videos.

## Session 3 – Before Birth – Be Informed

Knowledge is everything in this informative and empowering session. We'll explore your rights in pregnancy and birth so that you know what your choices are and how to make them. You'll learn how to confidently make informed decisions that will help you to accept or decline interventions. Discover the myth of the "due date", the process of induction (including the impact that this can have on a woman's experience of birth) as well as how to recognise the start of spontaneous labour.

## Session 4 – The Birth Itself

So the big day has arrived! But where will you choose to birth your baby? In this session you'll learn the benefits and risks with birthing at home, in a Midwife Led Unit, and in a hospital setting. Discover the important role your birth partner has in supporting you and in helping you to feel calm, safe and respected. Learn the best ways to work with your body during early and established labour, how to breathe your baby down in the second stage of labour and the choices you need to make about the third stage and all important "Golden Hour". We'll end the session with the second of our two positive birth videos.

# Up Breathing

**Relax your body then breathe in slowly through your nose, filling your lungs... then with a slightly longer breath, gently breathe out through your mouth. There is no count because everyone is different - do what feels right for you. Just remember that the out breath should be longer than the in breath.**



This is a wonderful breathing technique to use in the “up stage” – early and established phases of labour.

Simply breathing through each surge will enable you to remain calm and relaxed.

Up breathing floods your body with both oxygen and oxytocin, the “love” hormone that fuels labour. This will help the muscles of your uterus to work as smoothly and efficiently as possible.

Each surge is bringing you one step closer to meeting your baby.



## Where the mind leads the body follows...

We know that our minds have a direct influence on our bodies. *Relaxing my mind, relaxes my body.* During the first stage of labour the muscles of your uterus are working to draw up, soften and open up the cervix to create a space for your baby to be born through. When our minds are also thinking “up” and “open” we create a really powerful combination with the mind and body working together.

### Up and Open Visualisations

Inhale – imagine the sun rising calmly over the horizon

Exhale – now watch as the sun rises upwards, right up to the highest point in the sky

Inhale – imagine bubbles growing and getting bigger and bigger

Exhale – watch as the bubbles gently float up, up, up into the sky

Inhale – imagine yourself next to a huge, brightly coloured hot air balloon, it’s inflating and getting bigger and bigger until eventually...

Exhale – the balloon lifts up into the sky and floats higher and higher and higher

*Practise at least 3 repetitions of “up” breathing every day before you go to bed. It’s also a great tool to use any time you feel nervous, worried or stressed.*

# Down Breathing

**Take a quick breath in through your nose and then breathe out again through your nose slowly and with purpose, focusing your attention downwards, towards your pelvic floor. Think relaxed and focused, rather than forcing, downwards.**

**Remember to keep your jaw nice and relaxed during this breath as a relaxed jaw means a relaxed pelvis.**

Use this breath in the "down" or second stage of labour when you feel you need to push. Many mothers often wonder whether they will know when the down stage of labour is. Trust me, you will know.

You will feel your body sending your baby downwards, you'll feel pressure as your baby's head descends and you will have an uncontrollable urge to push.

Gently breathing your baby down rather than coached pushing has been shown to reduce the likelihood of tearing. So relax, breathe, and let your body do what it is designed to do.



## Where the mind leads the body follows...

For the second stage of labour you want your mind to be focusing downwards, to work with your body. Soft, open, fluid downward visualisations are best. Use each visualisation on the exhale.

### Down Visualisations

watch snowflakes gently and softly dancing downwards

a waterfall flowing gently and purposefully down a mountain

see the autumn leaves, yellow, gold, brown, drifting downwards in the breeze

imagine a beautiful full-blown rose, so open, so soft, so beautiful

relaxing under a tree, see the blossom floating gently downwards

**Simply focus your attention down towards your baby.  
You will soon be holding your baby in your arms.**

*My favourite place to practise down breathing is on the toilet when you need to do a poo. Try it! It works!*

# Early Labour

At the beginning of labour, as your body begins to work to draw the muscles of the uterus up, opening and softening the cervix, your surges are likely to be irregular as everything starts to get going. Early labour can take a while so it's a good idea to...

Stay as relaxed as possible - think PROJECT OXYTOCIIN!

When you feel it would be helpful, use your up breathing and visualisations

If labour begins during the night, try to rest / sleep to conserve your energy

If labour begins during the day, do things that make you feel good:

- watch a feel good movie
- take a warm bath or shower
- go for a gentle walk
- listen to the MP3s or music
- read a relaxation script - or have your birth partner read one for you
- continue about your day

enjoy light snacks & remember to take regular sips of water

At some point you may feel like timing your surges



## When to call the midwife

Call your midwife / birth centre / hospital when your surges are 3-4 minutes apart and each one lasts for a minute.

 *I can do anything for a minute* 

# Established Labour

**Established labour is when your cervix has dilated to 4cm and you are having regular surges. Each surge will last for around 45 secs to a minute in length and you'll have 3-4 surges within a 10 minute period. The muscles of your uterus are in full swing now, continuing to draw up, soften and open up your cervix.**

All you need to do is breathe. <sup>s</sup>  
Breathe, relax and let your body do what it is designed to do.

Use your up breathing & up visualisations during a surge to keep all that lovely oxytocin flowing

Get into your comfy clothes

Listen to your body – move around, stand, squat, use your birth ball, get into positions that feel right for you - think U.F.O. – upright, forwards, open

When you feel pressure in your pelvis or the urge to push, use your down breathing and visualisations to focus your breath and breathe your baby down



*Birth is powerful but so am I.*

*Every surge brings me closer to my baby.*

# Pelvic Floor Exercises

## Boring but important!

**A strong pelvic floor is going to make your birth better in two ways:**

- 1. By tensing you help to tone the muscles and toned muscles work better**
- 2. The releasing part of the exercise will enable your muscles to automatically relax when you feel tension – so as you feel the pressure of the baby’s head moving down the birth canal for example, you’ll then naturally release your muscles.**

Pelvic floor exercises also prevent tearing and aid post-natal recovery. As well as having benefits for your sex life!

### How to do pelvic floor exercises:



- 1** tense the muscles at the back passage - think about trying to hold in a fart!
- 2** tense the muscles at the front - think about trying to stop a wee!
- 3** squeeze right up into the vagina
- 4** hold the squeeze for a few seconds then slowly release

It is best to do less sets but more repetitions. The NHS “squeezy” app is a good tool to use.

Try to practice when you have a couple of minutes to spare - waiting for your computer to turn on, waiting for the kettle to boil or when you’re stopped at traffic lights for example.



# Perineal Massage

There is some research that has shown that massaging your perineum (the area between your vagina and anus) from week 35 onwards during pregnancy reduces the likelihood of tearing and in particular the need to be cut (an episiotomy). So it's well worth considering! You may find it easier to massage after a bath or shower when the tissues are warm. Massage for 3-4 mins once a day.

## How to massage your perineum

- 1 wash your hands
- 2 apply olive oil (or other unscented lubricant) to your hands and the perineal area
- 3 place your thumb about halfway (around 3cm) into your vagina
- 4 gently rub the perineal tissues between your thumb (inside) and fingers (outside)
- 5 press downwards and out to the sides to stretch the tissues, until you feel a tingling sensation
- 6 once you feel the tingling, hold the stretch for around a minute, then move your thumb backwards and forwards to massage the lower part of the vagina
- 7 while massaging, gently hook your thumb onto the sides of the vagina and gently pull these tissues forward
- 8 continue to gently rub as you stretch. Discontinue if you feel pain.



# Tearing

**Firstly, I just want to reassure you that the idea of tearing and even the word “tearing” itself is sometimes worse than the actual reality of a tear. Even if you do tear during birth, the recovery from naturally tearing is often faster and more comfortable than the recovery from a surgical cut - an episiotomy. Remember, your body was designed to give birth - it is designed to stretch, it is designed to tear and it is designed to heal.**

There are four different types of tears:

-  first degree tear - a tear to the skin of the vagina/perineum
-  second degree tear - a tear to the skin and muscle of the perineum
-  third degree tear – a tear which extends into the muscle that surrounds the anus
-  fourth degree tear - a tear which extends through the anal sphincter and into the mucous membrane that lines the rectum.

Third and fourth degree tears often require surgery to fix. Decisions on whether to stitch a first degree tear or to let your body heal naturally can be discussed with your midwife or doctor. Your body can quite comfortably heal any minor tears itself.

**To reduce your likelihood of tearing the following have been proven to be highly useful:**

-  pelvic floor exercises
-  perineum massage
-  using a birthing ball / exercise ball
-  adopting UFO positions for birth – avoid birthing on your back or spreading your legs wide during the pushing phase as this increases your risk of tearing - do what feels comfortable, this will be what's right for you
-  birthing at home – a study by Murphy and Feinland in New York found that of 1068 women who had home births 69.6% had intact perineums
-  birthing in water – warm water helps to soften the perineum
-  breath your baby down – listen to your body rather than be coached to push
-  relax – a relaxed body will enable the muscles of your uterus to work as they have been designed - to bring your baby down slowly and gently out into the world

Want more? Check out the BIRTHFUL podcast episode – Protecting Your Perineum with Dr Rachel Reed of Midwife Thinking

# Your Body. Your Baby. Your Birth. Your Choice.

**It is important that you understand your rights for pregnancy and birth. Any decisions that need to be made are YOUR decisions and YOURS alone to make. Professionals may give advice, friends, family, and colleagues, may share their opinions but the final decision as to what happens is YOURS. In fact, it is a legal requirement that women and birth people give *informed consent* for any procedure that is offered to them.**

Being in a position to make informed decisions and give informed consent is therefore of great importance. But [who is responsible for ensuring a woman is fully informed? The answer is YOU.](#)

When you are in established labour and focusing on breathing through the surges you might not feel you're in a position to ask the necessary questions or focus clearly. That is where birth partners come in! Birth partners can ask all the questions, gather all the information and then relay this to you between surges so you can then make an informed decision based on the information provided.

You cannot make a choice, if you do not know all the options available to you.

## Here are some points to remember:

-  The people who are within your birth space should make you feel completely safe. They should be people whom you trust and who will support you wholeheartedly, so that you are able to fully relax. Choose your birth partner wisely, be prepared to ask for a different midwife or doctor if necessary and don't worry about offending anyone – this is the time to think about what's best for YOU.
-  Remember that the law says that no intervention may be done without informed consent. You may wish to remind your caregivers about this. Once you have carefully taken advice and made your decision, any further discussion may be regarded as harassment.
-  Taking responsibility for your baby's birth does not mean relinquishing personal responsibility as soon as you walk into a medical environment by handing over control to someone else. Avoid getting caught up on the 'conveyor belt of care'. Navigate your birth in a way that feels right for you.
-  Language is important. Doctors, midwives and other professionals may give advice and recommendations but that is all it is. They can never order you to do something. Be aware of anyone using language like "you have to", "it's routine" or "policy". You are always allowed to say NO. You have the same human rights in hospital as you do anywhere else. No means NO!

**Giving birth is one of the most significant experiences of your life and you will carry the memories of it with you forever. The benefits of a positive birth are profound and long-lasting. Prepare for this moment by empowering yourself with knowledge, and equipping yourself with practical tools you can use in labour. A positive birth is not one type of birth.**

*All births have the potential to be positive and empowering.*

# Empowering Questions

Knowing what to say when you're put on the spot or in an unexpected situation can be challenging for many of us. When we're nervous, our emergency response system kicks in and we're likely to tense up and freeze. These sentences will help give you the words to use so that you can remain calm, confident and in control of any important decisions that you need to make,

Use your up breathing if you start to feel pressured, stressed, anxious or overwhelmed. Take a few deep breaths and remind yourself that this is YOUR BODY, YOUR BABY, YOUR BIRTH, YOUR CHOICE.  
No one can do anything to you without your informed consent.

**Never feel you're being difficult by asking questions or challenging professionals. It is very important that you understand all of your options.**

I wonder if you can help me to understand...?

Could you explain that to me?

Thank you for your advice. We'd like to have a little time to think about what you've just told us. Could you tell us where we can read through the evidence and we'll give you a call tomorrow.

We would rather not rush this birth unless something is wrong. Is something wrong?

We understand you may be constrained by the guidelines from speaking freely, but our aim is to work together as a team.

We understand that guidelines are necessary, but we are looking to receive personalised care for our particular circumstances.

You have given us the benefits of the proposed procedure and the risks of declining. In order to be able to give *informed* consent, we would also like to know the risks of the proposed procedure and the benefits of declining, with evidence and statistics for both courses of action.

What's happening? Is my partner in danger? Is the baby in danger? If not, we'd like to leave it for a little while.

What other options are there that we could consider first?

Is this more likely for a woman with a pre-existing medical condition?

How would what you're suggesting affect my labour? What effect could it have on the baby?

Why do you feel that this is necessary at this point?

Is it likely in this case?

What will happen if we don't do this?

Are you suggesting this because it is policy / hospital routine, or is there an evidence-based reason why this procedure should apply to my birth at this particular moment?

Can you be sure that it will do more good than harm in this case?

Please tell me where to find the research on this before we decide.

We would ask that you give us facts, evidence and statistics without playing on our emotions, and then support us in our choice.

Would you put that in writing please?

I haven't decided yet.

No, thank you.

I said "no". If I change my mind, I'll let you know.

Source - The KGH Antenatal Training Course

# Use your B.R.A.I.N.

The B.R.A.I.N. acronym is a useful tool to use to help you to make an informed decision. There are benefits and risks in everything we do so it is important to understand both the benefits and risks of doing a procedure, as well as the benefits and risks of doing nothing, or choosing an alternative option.

It is only when you have balanced, unbiased, evidence-backed information that you will be able to make an informed decision. Remember, the concept of a "risk" is individual so you need to work out what the risk is for you and what you feel happy with. Never be rushed into a decision. It is impossible to make a good decision when we feel stressed, anxious, afraid or overwhelmed. Take some time to breathe and calm down, then carefully consider your options.

## BENEFITS

What are the benefits of doing the procedure?  
What are the benefits of not doing the procedure?

## RISKS

What are the risks of doing this procedure to me / my baby? What are the risks of not doing the procedure?

## ALTERNATIVES

What are the alternatives? There are always alternatives for every suggestion!

## INSTINCTS

What do your instincts tell you? After considering all of the advice and information, what feels right for you?

## NOTHING

Is this a medical emergency? I would like to think about my options. What happens if I do nothing right now? What happens if we wait 5 mins, 10 mins, 30 mins, until next week? Pause, take the time to think.

# Induction of Labour

**The National Institute for Health and Care Excellence (NICE) states**

***Women with uncomplicated pregnancies should be given every opportunity to go into labour spontaneously***  
**NICE 2008 & 2021**

Despite this, it is likely that your caregivers will have a conversation about induction with you early in your pregnancy with membrane sweeps now being offered as “routine” from 39 weeks (NICE 2021).

Remember, just because something is “routine” does not mean that you have to accept it. You have the right to accept or decline a membrane sweep and induction at 39 weeks, or any other time during your pregnancy. Use your B.R.A.I.N. and make an informed decision about what feels right for you.

*Induced labour has an impact on the birth experience of women. It may be less efficient and is usually more painful than spontaneous labour, and epidural analgesia and assisted delivery are more likely to be required.*

*Induction of labour has a large impact on the health of women and their babies and so needs to be clearly clinically justified.*  
NICE 2008

If you and your baby are well, and certainly if you are not yet 42 weeks pregnant, it is definitely worth weighing up the risks against the benefits if induction is proposed. Spontaneous labours are generally shorter, more comfortable and less likely to need intervention compared with an induced labour.

Whilst there is no such thing as inducing labour “naturally”, what we do know is that [oxytocin](#) is the hormone we need for labour to begin and we produce oxytocin when we are happy, relaxed and feeling good. Therefore you might want to try these natural ways to encourage your body to get going:



- have sex
- nipple / clitoral stimulation
- laughter – watch a funny movie, hang out with friends
- visualisations – where the mind leads the body follows - imagine an opening rosebud
- Complementary therapies – acupuncture, reflexology, hypnotherapy
- have a warm bath – add a few drops of essential oil of lavender for extra relaxation
- cuddling
- stroking or massage
- practise your guided relaxation scripts
- listen to your MP3s

 **My baby will come when my baby is ready** 

# Caesarean Birth

**Should an unplanned Caesarean become necessary, or if you decide that a planned Caesarean is in the best interests of you and your baby, you can request the following:**

- 👉 a relaxation before entering theatre
- 👉 chest left bare for immediate skin-to-skin with your baby
- 👉 pulse oximeter to be placed on your foot instead of on your hand so that your arms are free to receive your baby
- 👉 intravenous access to be in your non-dominant hand so you can hold your baby easily
- 👉 dimmed lights in the room
- 👉 quiet / minimum talking to help you to feel relaxed and keep your oxytocin levels high
- 👉 your choice of music / audio to be played (you can also wear headphones if this is not an option)
- 👉 to "walk" your baby out
- 👉 curtain to be dropped or no screen as your baby is born
- 👉 optimal cord clamping
- 👉 a lotus birth - the placenta is removed and placed in a bowl beside the baby without cutting the cord. This allows the surgeon to start to suture you as soon as possible to minimise the risk of infection, whilst still allowing the baby to receive all of its blood through the umbilical cord
- 👉 seeding the microbiome
- 👉 immediate skin-to-skin for at least one hour
- 👉 you and your baby to be kept together
- 👉 your baby not to be taken to NICU for routine purposes



*The birth of my baby will be beautiful*



*I am prepared for whatever turn my birthing takes*



*I serenely accept my birthing as right for me and for my baby*

# Just a little note to say...

**You might like to write something like this and pass it to anyone who is caring for you during your birth as a quick and informative heads up about the approach to birth you would like to take.**

"We have been practising hypnobirthing and our focus is on a calm and natural birth. We would very much appreciate your support in this by helping us to create a calm and quiet environment at all times, both physically, mentally and emotionally, with no routine interventions and no routine vaginal examinations without fully informed consent and unless absolutely necessary. We would particularly request that no coaching is given during the second stage and that all conversation is kept to the absolute minimum.

If you have any questions, please ask ..... in the first instance, and not me.

Thank you so much for your help."



From the KGH Antenatal Training Course

# Aaand relaaaax...

**A few little things that some mothers have found useful - for calmness, recovery and relaxation**

## **Essential Oils:**

Lavender for relaxation – use in an essential burner or add a few drops to a cup of hot water or on a tissue.

## **Flower Essences:**

Five Flower Remedy from Healing Herbs [www.healingherbs.co.uk](http://www.healingherbs.co.uk) – a few drops in a water bottle. This is the same as the Bach Flower Essences Rescue Remedy but generally considered to be more authentically produced.

## **Homeopathy**

Arnica 200c from Helios [www.helios.co.uk](http://www.helios.co.uk) – one when you go into labour, maybe a couple during labour, one when your baby is born and each hour for the next 3 hours.

Source: KGH Antenatal Training Course

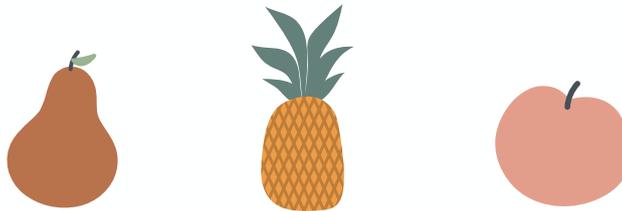
# Nutrition

**During pregnancy your requirements for nutrition change to accommodate the amazing feat of growing a human. Check with your midwife, doctor or a nutritionist for your individual nutritional requirements.**

**Some useful sources of information and support:**

Metabolics [www.metabolics.co.uk](http://www.metabolics.co.uk)

Lily Nichols RDN [www.lilynicholsrdn.com](http://www.lilynicholsrdn.com)



# Interesting Articles

**“But What if...”**

<http://www.homebirth.org.uk/whatif.htm>

**Safer Birth in a Barn? By Beth Barbeau**

<https://midwiferytoday.com/mt-articles/safer-birth-barn/>

**Maternal and perinatal outcomes by planned place of birth among low risk women in high-income countries**

[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(20\)30063-8/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(20)30063-8/fulltext)

**Making childbirth a positive experience – World Health Organisation**

<https://www.who.int/reproductivehealth/intrapartum-care/en/>



Source: KGH Antenatal Training Course

# Useful Websites

[www.aims.org.uk](http://www.aims.org.uk)

[www.birthrights.org.uk](http://www.birthrights.org.uk)

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

[www.im.org.uk](http://www.im.org.uk) - Independent Midwives

[www.sarahbuckley.com](http://www.sarahbuckley.com) - evidence based information about birth

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

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

[www.homebirth.org.uk](http://www.homebirth.org.uk)

[www.kghypnobirthing.com](http://www.kghypnobirthing.com) - hypnobirthing resources and information

[www.spinningbabies.com](http://www.spinningbabies.com) - useful if your baby is breech or back-to-back

[www.sarawickham.com](http://www.sarawickham.com) - accessible, evidence-backed information

[www.laleche.org.uk](http://www.laleche.org.uk) - breastfeeding support

[www.lcgn.org](http://www.lcgn.org) - U.K. based lactation consultants



# Podcasts



The Midwives Cauldron - Midwives Katie James and Dr Rachel Reed discuss aspects of midwifery, birth, lactation, and womanhood



The Birth Hour – positive birth stories created by mothers for mothers



# Positive Birth Stories



## Oliver's Home Birth

<https://www.youtube.com/watch?v=cfcCEjVwim8>

## Daisy's Home Birth

<https://www.youtube.com/watch?v=RNhVLKU6zF8> (beautiful birth partner team work in this one!)

## Birth of Sloane

<https://www.youtube.com/watch?v=pSyCal8fqig>

## Madeleine's Birth

[https://www.youtube.com/watch?v=\\_EZiG5FDNGg](https://www.youtube.com/watch?v=_EZiG5FDNGg)

## The Hypnobirth of Jemima

[https://www.youtube.com/watch?v=ehHMkLO\\_XAE](https://www.youtube.com/watch?v=ehHMkLO_XAE)

## Norah's Natural Hypnobirth

[https://www.youtube.com/watch?v=a4yhjX\\_AHYI](https://www.youtube.com/watch?v=a4yhjX_AHYI)

 **Positive Birth Stories - your MBB private group**  
<https://www.facebook.com/groups/1027816301423959>

<https://www.kghypnobirthing.com/birth-reports>

# What the WHO has to say

*We want women to give birth in a safe environment with skilled birth attendants in well-equipped facilities. However, the increasing medicalization of normal childbirth processes are undermining a woman's own capability to give birth and negatively impacting her birth experience. 'If labour is progressing normally, and the woman and her baby are in good condition, they do not need to receive additional interventions to accelerate labour.'*

Dr. Princess Nothemba Simelela,  
WHO Assistant Director-General for Family, Women,  
Children, and Adolescents



# Further Reading

In Your Own Time - Dr Sara Wickham

Why Caesarean Matters - Clare Goggin

Labour of Love - Sallyann Beresford

The AIMS Guide to Your Rights in Pregnancy & Birth

Why Postnatal Recovery Matters - Sophie Messenger

Ina May's Guide to Childbirth - Ina May Gaskin

Vitamin K and the Newborn - Dr Sara Wickham

The Hypnobirthing Book - Katherine Graves

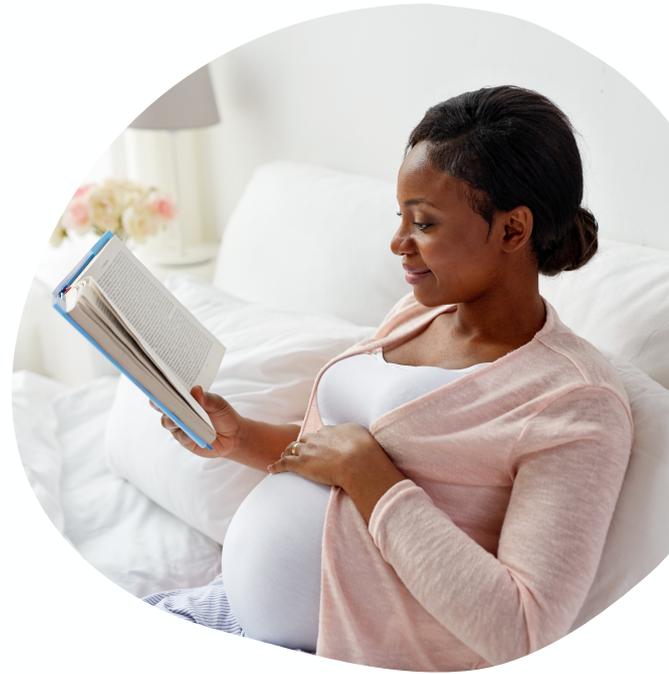
Birth After Caesarean - Aims

The AIMS Guide to Pregnancy and Twin Birth

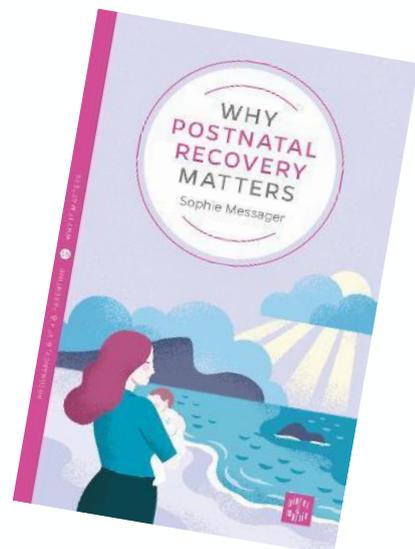
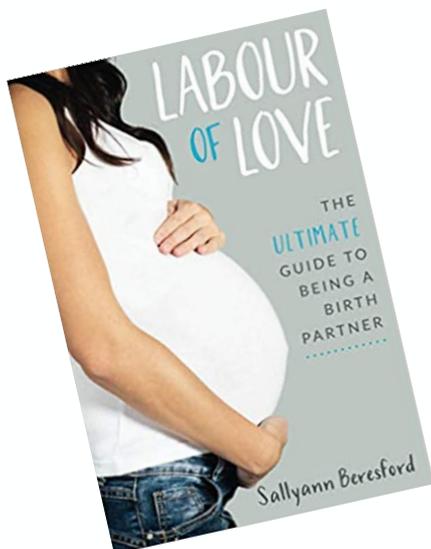
Gestational Diabetes - Deborah Hughes

Group B Strep Explained - Dr Sara Wickham

Breech Birth - Brenna Waites



**My top choices!**



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

**So... you've completed your course, your birth partner is up to speed, you've started to practice your breathing, visualisations and relaxations, you've made it a point to only listen to positive birth stories and to do things for the benefit of "project oxytocin" well then...**

## **YOU GOT THIS!**

I am so excited for the wonderful journey through pregnancy, birth and parenthood that you are embarking on and I want you to know that I am here for you.  
If anything at all comes up in your pregnancy that you'd like a little extra guidance or support with, please do get in touch:

You can email me: [hello@mindandbodybirthing.com](mailto:hello@mindandbodybirthing.com)

or send me a WhatsApp +31 6 29 40 72 83

Reading your positive birth stories and hearing how your unique birth panned out is a real highlight of my job. Please do let me know how it all goes - I'd love to hear from you!

*Remember - there is no such thing as a "perfect birth" and having a positive birth does not only mean having a natural or drug free birth. Prepare for the kind of birth you want, make informed decisions when you have a choice to make and accept that however your baby is born will be right.*

*Every birth has the potential to be positive.*



*Wishing you all the best for a  
wonderful pregnancy, birth and  
beyond!*

*With love and warmth,*

*Gemma x*

Stay in Touch



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



@mind\_and\_body\_birthing - follow for positive birth images, tips, knowledge and inspiration



Positive Birth Stories - a private group for parents who have completed a Mind and Body Birthing hypnobirthing course (that's you!!)

<https://www.facebook.com/groups/1027816301423959>

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