



# NATURAL BIRTH PTY LTD

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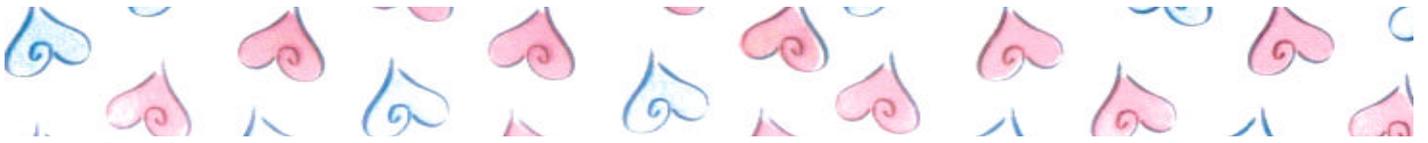
## HypnoBirthing® Course Outline for Parents (subject to change)

### Unit 1. BUILDING A POSITIVE EXPECTANCY

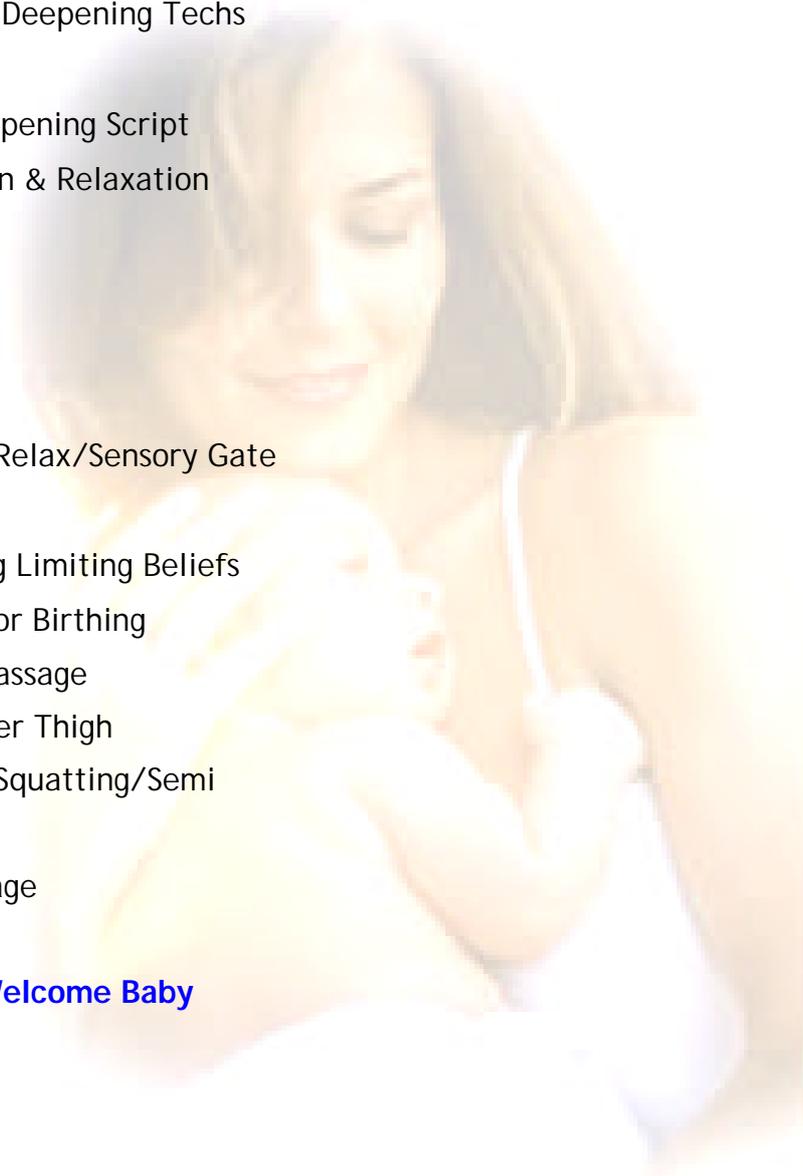
- Introduction : Video ~Birthing Stories: Marie Mongan
- HypnoBirthing Beginnings
- Rational/Muscle Comparison
- How the Uterus Works
  - Articles of Birth Affirmations
  - Illustration of Uterus during surge
  - What is wrong with Labour
- How Fear affects labour
  - Origin of PAIN (Home work)
  - Hypnosis and Deep Relaxation / Creating positive Birth outcomes
    - Psycho-physical exercises
    - Pen dropping
    - Sleep Breathing... introduction and demo
    - Lemon Script
    - Light arm/heavy arm
    - HypnoBirthing Video Story 1 & 2.

### Unit 2. Falling in Love with Your Baby

- Preparing Your Mind and Body
- HypnoBirthing Stories 3 & 4
- Prenatal Bonding Techniques
- Bonding Exercises
- Fathers Script
- Mother's Conversation with Unborn Child
- Parents' Prayer
- Relaxation and Breathing



- Routine
- Positions
- Facial Relaxation
- Sleep Breathing Reviewed
- SLOW BREATHING
- BIRTH BREATHING
- Positive, Instant and Deepening Techs
- Disappearing Letters
- Birth Companion Deepening Script
- Hypnotic Visualisation & Relaxation
- Rainbow Script
- Opening Blossom
- Blue Satin Ribbons
- Arm-Wrist Test
- Depth Meter/ Glove Relax/Sensory Gate
- Time Distortion
- Homework: Releasing Limiting Beliefs
- Preparing the Body for Birthing
  - Light Touch Massage
  - Stretching Inner Thigh
  - Leaping Frog/Squatting/Semi
  - Pelvic Floor
  - Perineal Massage
  - Nutrition



### **Unit 3. Getting Ready to Welcome Baby**

- Birth Video 5 \* 6
- Dad's Promise
- Birth Preference
- Hospital Records
- (Breech Presentation)
- When Baby is Ready
- Looking at your due date



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- Special Circumstances
  - Avoiding artificial Induction of Labour
  - Achieving natural start of labour
  - Prelude to Labour
  - Your body working for you & with you
  - Releasing Negative Emotions

#### **Unit 4. Overview of Childbirth.**

- Video Story 7
- Onset of Labour. Thinning and Opening Stage
- Arrival at the Hospital
- As Labour moves along
  - Role of Birth Companion
  - Companion Birth Guide
  - If Labour stalls or slows
  - Review of misconceptions
  - Natural measures to restart labour
  - Important Questions
  - Nearing completion of Birth
  - Birth Rehearsal Imagery.

#### **Unit 5. Birthing, Breathing Love, Bringing Life.**

- Birthing into Being Video
- Hallmarks of Labour
- Mother nears completion thinning and opening stage ends.
- Birthing Phase : breathing baby down
- Positioning and Repositioning
- Birth the Final Act
- Forest Fantasy Metaphor 57

