



# GIVING BIRTH SHOULD BE YOUR GREATEST ACHIEVEMENT NOT YOUR GREATEST FEAR

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## HYPNOBIRTHING AUSTRALIA COURSE OUTLINE

### Unit 01

#### CREATING AND MAINTAINING A POSITIVE MINDSET

- Introduction to positive mindset of hypnobirthing
- Causes of fear (including history) and how it affects our labour
- The role of our caregivers
- Mind/body connection
- What is hypnosis and how will we use it for birthing?
- Fear-Tension-Pain Syndrome – how fear affects labour
- My amazing uterus – understanding the physiology behind birthing
- Our hormones are our friends
- Re-programming the subconscious
- Birthing Environment
- The language for empowered birthing
- Creating a calm birthing space
- The power of affirmations

### Unit 02

#### CHOICES, KNOWLEDGE AND TOOLS FOR EMPOWERED BIRTHING

- Conditioning techniques leading up to birth
- Hypnosis tracks, birth music, aromatherapy
- Releasing endorphins through touch
- Choices in maternity care
- Maintaining a healthy diet
- Staying active – exercise during pregnancy
- Tips for optimal foetal positioning
- Introducing our toolkit for birth
- The importance of facial relaxation
- Relaxation breathing – a skill for life
- Surge Breathing – the best tool ever!
- The 'urge' to push/bear down/breathing down

### Unit 03

#### PREPARING MIND AND BODY FOR BIRTH

- Visualisations for pregnancy and birth
- Pre-birth bonding
- Bonding with baby at birth
- 'Guess date' – a normal range of pregnancy
- Artificial inductions – things you're not always told
- Achieving a natural start to labour
- Instant relaxation techniques
- Self-hypnosis techniques to practice alone
- Using triggers, anchors, suggestion, self hypnosis during pregnancy and birth
- Hypnosis/Relaxation Scripts and Prompts for partners

### Unit 04

#### BIRTH – BRINGING IT ALL TOGETHER

- Birth Preferences – the importance of open communication with your caregivers
- Special circumstances
- Membranes releasing
- Questions to help you make good decisions
- Birth companion as advocate
- Your rights as a child bearing woman
- Breech or posterior – options and positions
- Hypnosis for releasing fears
- What to expect through labour and birth
- When to call the midwife/ go to the hospital
- Birthing positions
- The birth partner's role
- Cord clamping and placenta delivery
- Undisturbed bonding/ breastfeeding time – skin to skin
- Hypnosis – rehearsal for birth

HYPNOBIRTHING FOR A POSITIVE BIRTH EXPERIENCE

[bigheartedbirth.com.au](http://bigheartedbirth.com.au)

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