

Six week Hypnobirthing Series Outline

HypnoBirthing® is taught by a certified instructor and provides complete labour and childbirth preparation for women and their birth companions. The first five classes cover the designated HypnoBirthing® curriculum as outlined below. Breathing/relaxation, visualization exercises and HypnoBirthing® videos are part of each session. The last class covers newborn care.

Week One: Setting the stage – building positive expectations for a calm, relaxed birth

- Introduction to HypnoBirthing® Philosophy: birth is a normal, natural and healthy function of your body
- How the muscles of the uterus work in harmony during labour and birth
- Introduction to hypnosis: your thoughts create reactions in your body
- How fear affects labour and birth

Week Two: Pre-birthing parenting and bonding - preparing your mind and body

- Understanding the life of your baby in utero, bonding exercises, nutrition
- Your choices: caregivers and types of care
- How your body is hormonally and physiologically prepared to birth your baby
- Pelvic floor exercises and perineal massage

Week Three: Advanced visualization and deepening

- Birth preferences
- Hospital tour
- Signs that indicate your baby is nearly ready to arrive
- Circumstances that may require medical attention; natural ways to start labour
- Emotion release exercise: letting go of limiting thoughts, fears and negative messages

Week Four: Overview and summary of childbirth

- Is today birthing day? How to tell if you are in labour
- Reviewing the birth companion's role: supporting the mother every step of the way
- Labour: your body and baby set the pace



Week Five: Birthing and bonding

- Birth and birth positions
- Breastfeeding and baby's first hour
- Care of the woman after birth

Week Six: Your newborn

- Baby's first days, hospital routines and tests
- Typical baby features, caring for your baby (bathing, diapering, dressing)
- Comforting your baby
- Car seat safety, safe sleep, baby's health
- Physical recovery of the woman after birth, postpartum blues and depression, family adjustment, time management