



NURTURE & WILD

HYPNOBIRTHING
BUNDLE

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ONLINE MASTERCLASS

Look out for my online masterclasses. You're invited! I'll be sharing information on my Instagram and Facebook page. I'll be hosting on Facebook so give my page a follow: *Hypnobirthing with Aimee Stephens (Nurture & Wild)*

You'll learn what to expect on a hypnobirthing course with me and I'll demonstrate exactly how it works and show you some instantly usable calming techniques.



HOW TO PLAN FOR YOUR BEST BIRTH



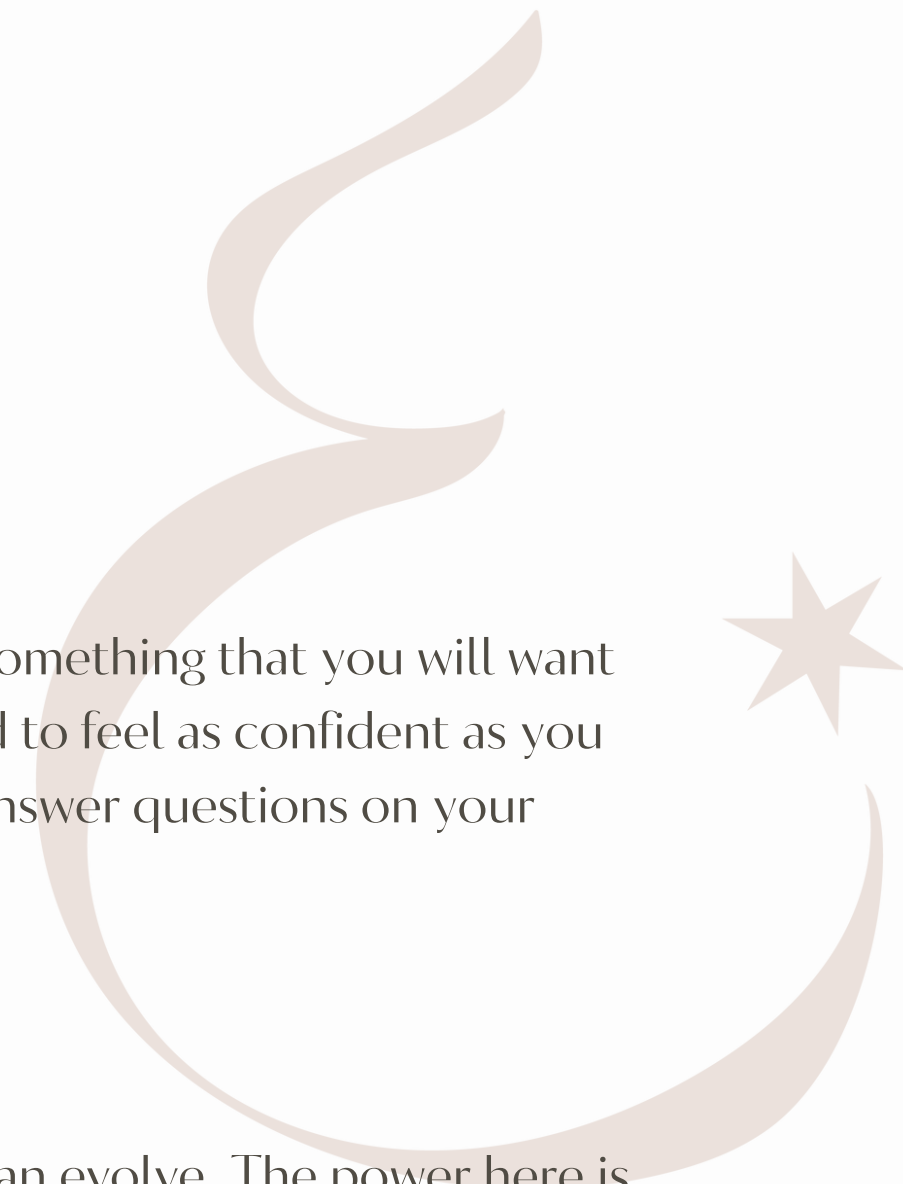
Empower yourself and your birth partner. Read the considerations for birth overleaf and start researching your options. If you would like support, I can offer a 2 hour birth plan session for you both.

Writing a birth plan is essential and it's something that you will want to do with your birth partner. They need to feel as confident as you if they are asked to make a decision or answer questions on your behalf.

Why write one?

It's not a checklist, but something that can evolve. The power here is that you think it through, talk it through, and do research into your options.

You are also more likely to get what you want if you have it written down. Your midwife will be able to read it and support you in the best possible way. You will have shared your intentions and communicated it clearly. Remember though, you will want to be prepared for change. Birth can take a number of different pathways.



TO CONSIDER

Your intention

Your environment/ nest

Comfort measures

Monitoring

Intentions for birth

Care of your baby

What are your hopes for this birth? Do you wish

it to feel calm? Peaceful?

Positive?

What is important to you about how your environment looks/sounds/feels?

Lighting?

Music?

Privacy?

Chat?

What tools would you like to use to help you stay comfortable?

How can your midwife help you with this?

Would you like to be offered pharmaceutical drugs or not?

Water birth?

What are your plans for routine vaginal examinations?

How would you like your baby to be monitored?

Where do you intend to birth your baby?

Are there specific birth positions that are important to you?

Would you like guidance in bearing down or would you rather follow your own urges?

Would you like to catch your baby?

Partner? Midwife?

Who would you like to reveal the

gender?

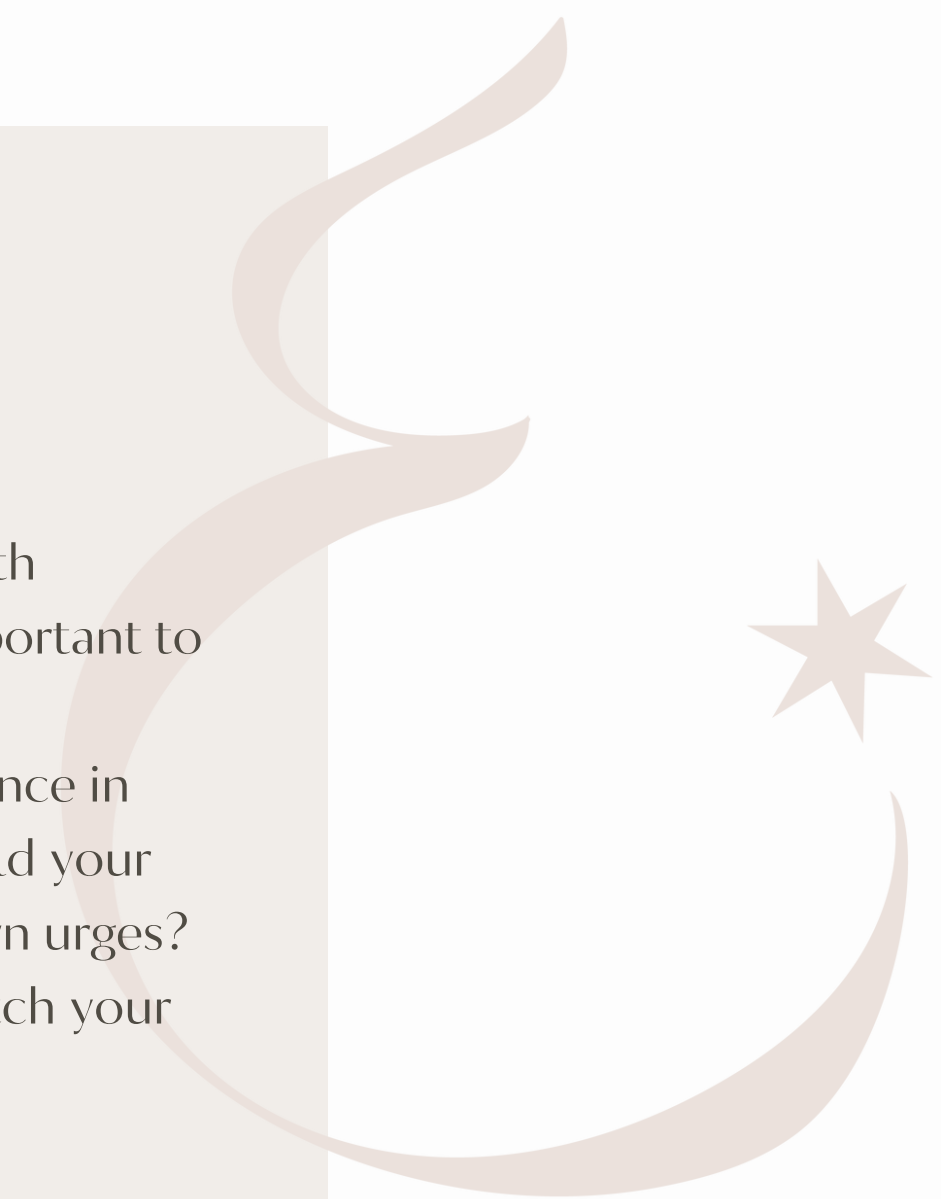
Skin to skin?

Plans for feeding?

Optimal cord clamping?

Vitamin K?

Cord tie?



AFFIRMATIONS

Feel calm, confident and in control during birth.
One technique for achieving this is to build positive affirmations into your pregnancy.

Simply, affirmations are positive statements you want to feel, believe and experience during the birth of your baby. Repeatedly reading or hearing these positive statements helps to convey the message to unconscious mind. This creates confidence in the birth process and trust in your body and instincts. When we repeat any statement over and over again it soon becomes a belief.

It's a technique adopted by many successful athletes. What the mind believes, the body achieves.



For you

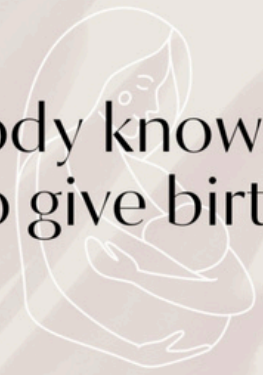
Find my affirmations for your baby's birth on the next page.

Print them and stick them around your house. Ask your birth partner to text them to you.

Write them in your own words so you feel comfortable saying and hearing them.

There are many affirmations for birth. Find some which really resonate with you. I share lots frequently on Instagram or why not write your own?

My body knows how
to give birth



I breathe in calmness
I breathe out tension



The more relaxed I
am,
the more comfortable
I feel



Each wave brings me
closer to meeting my
baby



My birth partner is by
my side, and on my
side



With love from Aimee



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TOOLS FOR PAIN MANAGEMENT

You will learn many tools for managing pain and feeling in a comfortable state on a complete hypnobirthing course. I am sharing the most important one here: RELAXATION

Being in a relaxed state helps labour happen at the right speed for you and your baby and makes it as comfortable as possible. It also keeps you in your parasympathetic nervous system - your calm response in which all your good birthing hormones can flow.

Really relaxing takes practise. Learn a tool for this overleaf.



TO REHEARSE

Get yourself comfortable, allow your back to straighten. You might be sat up, stood up or laying down.

Take a slow deep breath in through your nose, completely filling your lungs to the count of four (either count yourself or get your birth partner to do this for you). Then release very slowly through your mouth to the count of seven. Allow the breath to just fall away rather than pushing it out. A soft, slightly open mouth can help you keep it slow and soft. Completely exhaling.

REPEAT

The difference in the length of the out breath compared to the in breath quickly helps to trigger relaxation in your body.

Practice this daily. An ideal time to practice is anytime you feel any stress or tension come into your body. Feel the difference it makes to your emotional and physical state.

If you struggle to reach the count of 4 and 7 after practice, feel free to adjust the count. The key is making the out breath longer than the in breath.



I hope this bundle has given you a really good insight into hypnobirthing. You deserve a positive birth. Stay in touch to find out more and learn even more tips for achieving your best birth.



STAY IN TOUCH

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