



## Reframe Your Birth Mini Outline

*Aims – to introduce hypnobirthing and communicate why fear and tension impact labour how this can support you in having a more positive birth experience.*

*To understand the importance of birth preferences and decision making, even when birth deviates from your plan*

- Why hypnobirthing and positive birth matters
- The origins of hypnobirthing
- The fear, tension, pain cycle
- What is pain?
- The mind-body connection
- What is hypnosis and why this matters in childbirth
- Mammals and birth
- How the uterus works and the purpose of contractions
- What are hormones and how can we produce them? – Oxytocin, adrenaline and endorphins
- Influencing our mindset
- Creating a calm environment for birth
- The power of language
- Anchors
- A Relaxing Breath
- Decision making in pregnancy and birth – BRAINS and the importance of research evidence
- Choosing your place of birth
- Fetal monitoring in labour
- Medical and natural comfort measures (Pain relief)
- Vaginal examinations
- Assisted birth
- Caesarean
- Placentas
- Vitamin K
- The role of the birth partner
- Due dates – where did they come from and why do they matter?
- The induction process, why it may or may not be required and what the evidence says
- The stages of labour and what to do!
- Dealing with challenges during labour
- Birth Breathing