



Reframe Your Birth Course Outline

Session 1 – What on Earth is Hypnobirthing?

Aims – to introduce hypnobirthing and communicate why fear and tension impact labour and to demonstrate how we can mentally prepare for birth

- Why hypnobirthing and positive birth matters
- The origins of hypnobirthing
- The fear, tension, pain cycle
- What is pain?
- The mind-body connection
- What makes you stressed and relaxed?
- How the uterus works and the purpose of contractions
- What are hormones and how can we produce them? – Oxytocin, adrenaline and endorphins
- What is hypnosis and why this matters in childbirth
- Mammals and birth
- A Relaxing Breath
- Practicing hypnobirthing
- A Lovely Relaxation Script

Session 2 – Birth Preferences

Aims: To understand the maternity system and how to get the best outcome for you and your baby and to feel confident that you have the tools for a positive birth in all circumstances

- The maternity system
- Why are intervention rates rising?
- Decision making in pregnancy and birth – BRAINS and the importance of research evidence
- Birth preferences and their uses
- Choosing your place of birth
- Fetal monitoring in labour
- Medical and natural comfort measures (Pain relief)
- Vaginal examinations
- Assisted birth
- Caesarean
- Placentas
- The magic hour
- Vitamin K
- Your situation – any personalised information that you require
- What happens when your circumstances change? – scenarios
- Optimal Fetal positioning
- Pelvic floor exercise
- Perineal massage



- The role of the birth partner
- Pebbles on a Beach Relaxation Script

Session 3 – The Birthing Process

Aims: to understand the birthing process and to know ways you can work with your body

- Recap BRAINS
- Due dates – where did they come from and why do they matter?
- ‘Natural’ Induction
- The induction process, why it may or may not be required and what the evidence says
- How induction differs from spontaneous labour
- Signs that labour is beginning
- The stages of labour and what to do!
- Creating a calm environment for birth
- The power of language
- Anchors
- Dealing with challenges during labour
- Massage techniques
- Birth positions
- Birth Breathing
- The Dial Down Method
- Recovery from birth
- How has your perception of birth changed since beginning the course?
- Birth Script