



## Reframe Your Caesarean Course Outline

*Aims: to provide you with the information and tools you require to have a positive and calm caesarean birth*

- Understanding how you feel about caesarean birth
- The mind-body connection
- The nervous system
- The birthing hormones and their importance in caesarean birth
- Producing hormones during caesarean birth
- The importance of relaxation
- A Relaxing Breath
- A Lovely Relaxation Script
- What is caesarean birth?
- What to expect with a planned caesarean birth
- What happens on the day?
- What happens in theatre?
- Anaesthetic – spinal, epidural, general anaesthetic – pros and cons
- Gentle caesarean birth
- The magic hour
- Breastfeeding after a caesarean
- What happens immediately after surgery?
- Comfort measures
- Going home
- Family and friends – making good use of them!
- Releasing negative thoughts
- Pebbles on a Beach Script
- Anchors & Birth Partner Anchor Script
- Writing your birth preferences for a caesarean birth
- BRAINS
- Preparing for a positive caesarean birth