



**Gentle Induction  
Practitioner Handbook**



**Mindful Hypnobirthing**

# 1

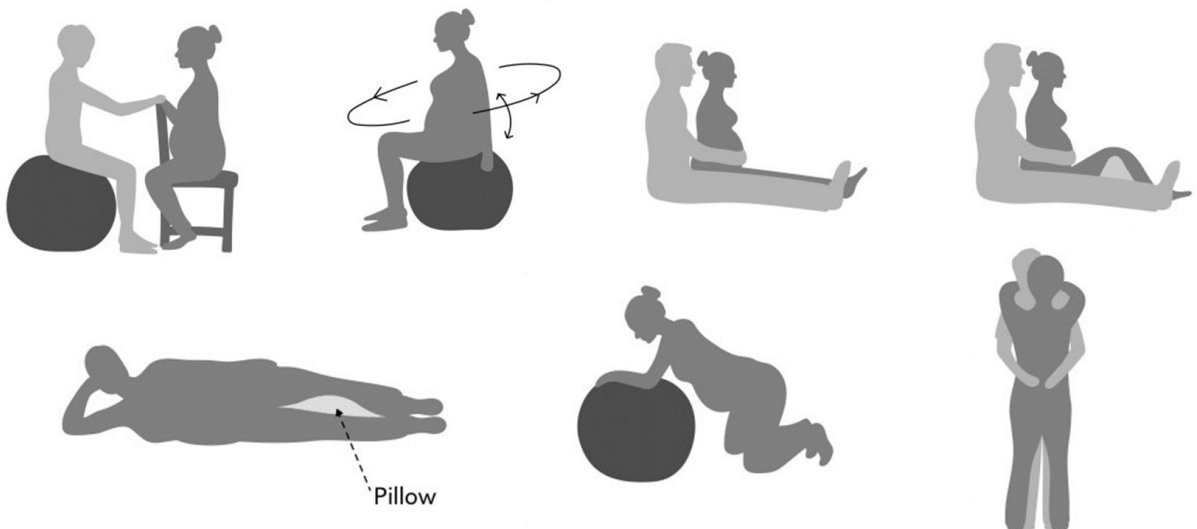
## Make sure that they are making the right choice

**Why are they having an induction** – what is their motivation. Have they used BRAINS etc, do they know that they have other options?

**Reality Check!** Inductions can take a while but they can be quick, it really depends on how ready your body is. Find out what protocols are in your area. Some women don't know that they can go home after having a Propress (vaginal insert) or a balloon catheter.

### Tools:

- It's time baby tracks and other hypnobirthing tracks
- Affirmations
- Use mindful moments
- Use the tools you have to diffuse anxiety



# BRAINS

**B**

What are the **benefits** of this intervention to mother and baby

**R**

What are the **risks** to mother? What are the risks to baby? How could the path of this birth change?

**A**

What **alternatives** could we try first? We would like to keep intervention to a minimum. We would like this birth to be as undisturbed as possible, do you have any suggestions?

**I**

What are the **indications** for this intervention? What is your **intuition** telling you?

**N**

What if we did **nothing**? We'd like a bit of time to think about it. If all is well at the moment we'd like to stay with our choices a little longer. If labour has slowed down or stopped and all is well, we'd like to go home for a bit.

**S**

Keep **smiling**, a smile releases endorphins and builds great rapport with your care team.

# 2

## The Induction!

### Early Stages

The importance of rest and patience. Let go of watching every tweak or possible change. Things that you can do while waiting: write a list with them that may include hypnosis tracks, films (not adrenaline films), rest, sending partner home for some good sleep.

Bring in home comforts, earplugs noise cancelling headphones. Be patient.

If the propess (vaginal insert) is very quick and very strong, they can talk to the midwife about taking it out for a bit. Some women are very sensitive to it.

#### **Tools:**

- Continue to use tracks and tools. The longer tracks will rest the mind so it feels as if you are getting sleep, and they will energise.
- Use your deepener and breathing through any contractions.
- You can use a fear release too, at this point to let go of any anxiety you have.
- Affirmations
- Visualisations of flowers unfurling, YouTube videos of time lapse flowers!
- They can use the hypno-anaesthesia track

# A Guiding STARR

**STOP**  
Pause and  
assess the  
situation.

## RELAX

Use what you have  
learned to make  
the best of any  
situation.

## TECHNIQUES

Breathe deeply.  
321, Relax.  
Calm your mind.



## RE-PLAN

Use your BRAINS.  
Resummarise your birth plan.

## ALLOW

Allow what is.  
Accept the situation.

# 3

## Things are happening!

Remind them the importance of BRAINS as things progress. Just because they have had an induction doesn't mean that they have to have their waters broken. If they are on a drip and it's very powerful – it is sometimes possible that they have kickstarted their own oxytocin and it can be possible to turn the drip down or off completely.

If they are on a monitor think about movement, long leads, using a ball turning the sound off and not reading the outputs, a variable heartrate is normal and good but may look frightening. Leave that job to the midwife.

If someone is being monitored, they can come off the monitor to go to the loo stretch etc and for a break. The midwife can use a doppler during this time as an option.

Talk about environment why it's important to keep that environment as calm and quiet as possible. Just because an induction is in a more medicalised room doesn't mean you have to throw options away. Turn the lights down, ask for a ball, put music on and use some

### **Tools:**

- Continue to use tracks and tools. The longer tracks will rest the mind so it feels as if you are getting sleep, and they will energise.
- Use your deepener and breathing through any contractions.
- You can use a fear release too, at this point to let go of any anxiety you have.
- Affirmations
- Visualisations of flowers unfurling, YouTube videos of time lapse flowers!
- They can use the hypno-anaesthesia track
- STARR & BRAINS

# Notes

A series of 20 horizontal dotted lines for writing notes, arranged vertically within a rounded rectangular frame.

