

Gentle Induction

MINDFUL HYPNOBIRTHING

OBJECTIVES

To have a positive induction

FEARS

That it's going to be more painful

COMFORTS

To make it a home from home

TOOLS

Talk about the tools that they have learned

LETTING GO

What do they have to let go of before they feel relaxed about having an induction?

Gentle Inducton

MINDFUL HYPNOBIRTHING

SCRIPTS

Mindful Body and Baby Scan, Long tracks for rest, letting go tacks for fear and anxiety. Be creative! Inductions can take a long time. Can their partner record something. Listening to an audio book.

3 FAVOURITE TRACKS

3 FAVOURITE TOOLS

AFFIRMATIONS