



My Class Journal

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3, 2, 1 Relax, Relax, Relax

**Breathe in
relax**



**Breathe out
let go**

3

Allowing a comforting relaxing feeling to drift down through all the muscles in your head, down through your eyes. Every tiny muscle softening, relaxing, letting go, down through your cheeks, mouth and jaw. Your jaw loose and soft....

2

As your jaw softens, your neck and shoulders sink into your body, letting go of any tension, that comforting feeling drifting down through your chest, each breath taking you deeper into relaxation....

1

Your breath carries that relaxation deeper into your body, down through your abdomen to your baby, nudging your baby gently down, letting go deeply comfortably, soft, open, strong....

Relaxed Jaw

Soft cervix

*Relax
Relax
Relax*



Baby moving
down gently

Muscles softly
opening

Birth Deepener



10

9

8

7



6



5

4



3



2

1



How To Be A Great Birth Partner

You're going to be a parent!
But first, the birth...



Be prepared practically



Be an advocate



Listen to your partner



Be there for her

3 M's. Massage, Movement and Mindfulness

1

Learn some simple massage techniques. Make sure you get lots of practise in.

2

Be prepared to be a leaning post. Learn to support your partner physically. For example, how to do a supported squat.

3

Be mindful of your partner's needs. Let go of the urge to fill the space with chatter and put technical equipment aside.

Keep the room private and full of love



If you feel anxious take slow, deep breaths



Pour water over her bump or put a cool cloth on the back of her head



Empty your mind of your own fears, they crowd the room



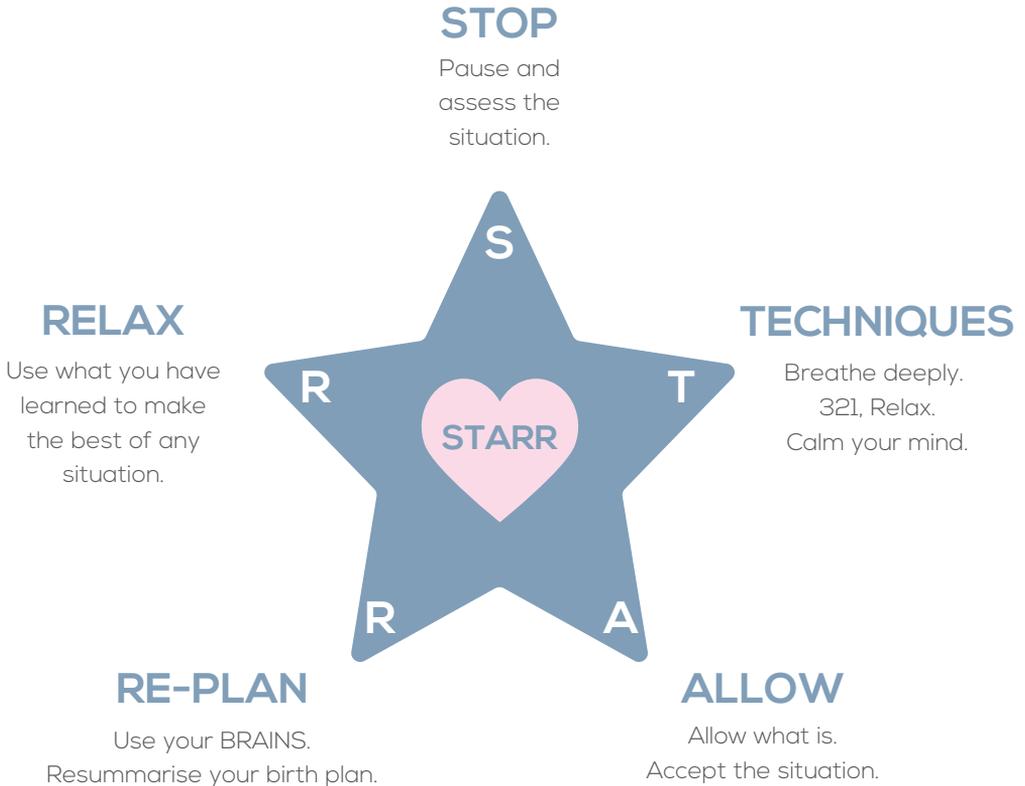
Be kind and loving. Lots of cuddles and love



Eat! A hungry birth partner can mean a grumpy birth partner

A Guiding STARR

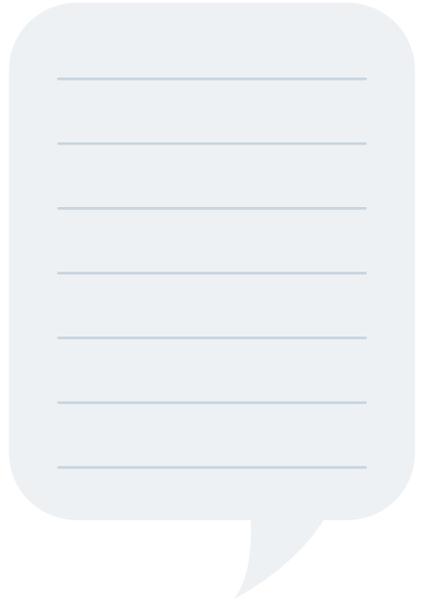
Almost anything can happen - and probably won't. It's important to stay flexible in the unfolding of events, adapting to changes in circumstances whilst staying true to the spirit of your wishes for this birth. STARR can help you with this.



BRAINS

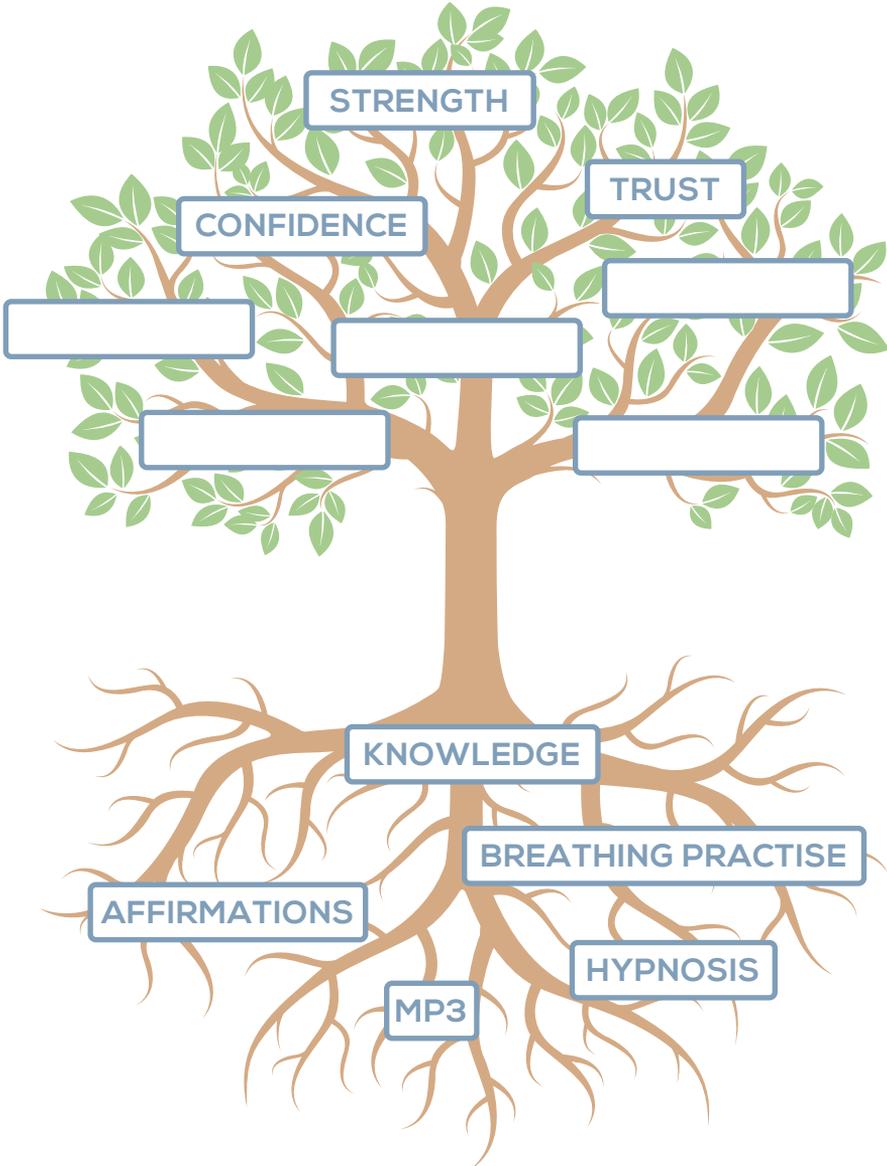
- B** What are the **benefits** of this intervention to mother and baby
- R** What are the **risks** to mother? What are the risks to baby? How could the path of this birth change?
- A** What **alternatives** could we try first? We would like to keep intervention to a minimum. We would like this birth 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.

My Thoughts



Expectations Tree

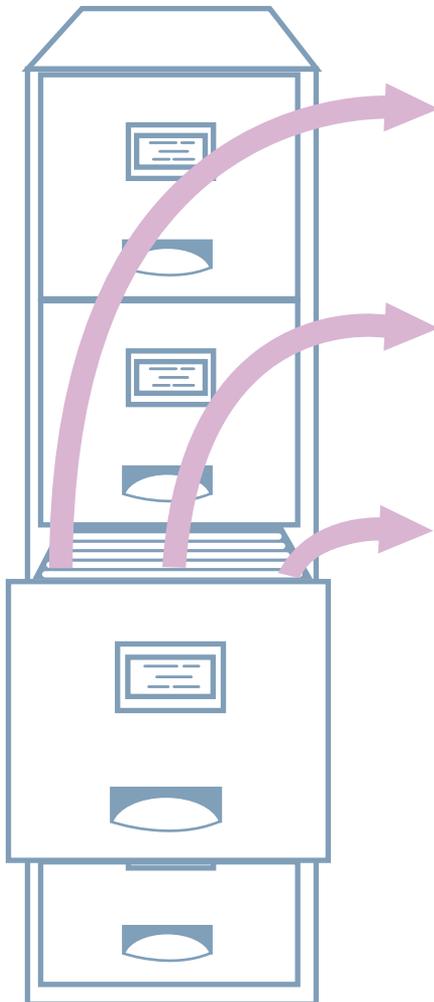
Which values are important to me?



Birth Reference System

Create your positive birth reference system.

Fill the boxes with sources where you'll find positive messages of support.



When A Contraction Comes



3 2 1
Relax
Relax
Relax



As it begins
be aware of the
contraction rising
in your body and
turn inwards

Use your hypnosis,
321, relax, relax, relax

Turn your relaxed
attention on the
sensations rising in
your body



Count backwards
10,9,8,7,6,5,4,3,2,1

Be strong and
relaxed as you
allow it to move
through you

Breathe deeply
Centre yourself and
turn yourself inwards
and breathe love down
to your baby



Then as it falls
breathe it away
shoulders soft,
body soft, jaw soft

It's gone, rest, hydrate,
relax, breathe and then
repeat



Transition Tips

Transition is just that, a transition. See it as a gear change in your body. Your muscles are shifting to prepare for the stage of the birth when your body will move your baby down. This is it! Your baby is nearly here.



Contractions may get closer together, and may feel as though they are on top of each other.



You may ask for an epidural even if you don't want one.



A surge of adrenaline may make you feel more alert.



You may decide that you've had enough and you can't do it anymore. You can!



- L** Listen to what your body is saying
- E** Encourage yourself
- T** Turn your attention inwards
- G** Get ready to welcome your baby
- O** Open your mouth, soften your jaw and your body

- T** Trust that all is as it should be
- R** Recognise the signs of transition
- U** Understand your baby is nearly here
- S** Stay calm, strong and supportive
- T** Tell your partner " love you I believe in you and I'm here for you"

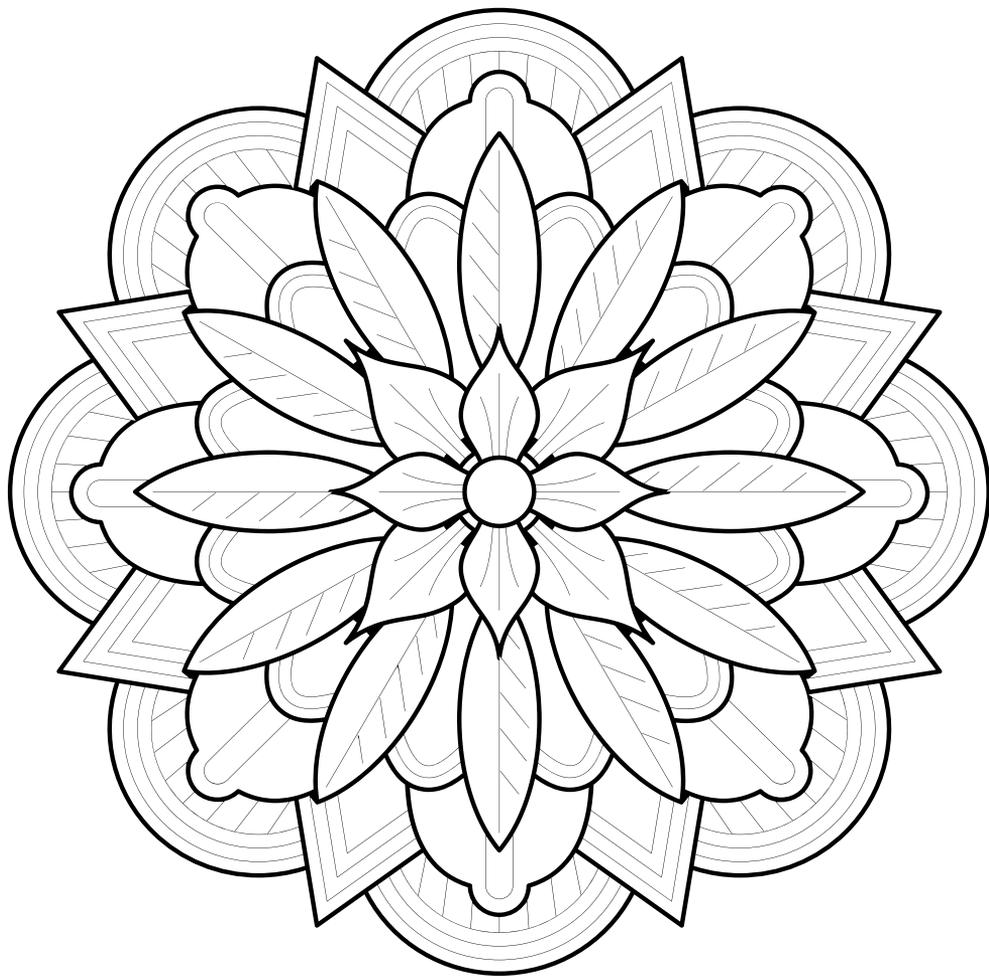
YOU CAN DO IT!

Affirmations

Write your favourite affirmations here
and say them every day.



Take a mindful moment to
colour in this opening flower





Keep coming back to this workbook, practise as often as you can. If you need more support get in touch with your practitioner. Make sure you join the group on Facebook for extra support and follow @sophiefletcher_author on Instagram for hints and tips.

I know you can do this

Sophie Fletcher.

*“With repetition
and practise,
comes wisdom
and self-belief”*