

Mindful Hypnobirthing

Practice guideline

“The art of birthing is the art of letting go” By the time you birth your baby, you will be able to let go. Just let it happen. Let the birth unfold, whichever way it wants to. In order to do this, you need to put the effort in BEFORE you birth – not when you birth. Things to practice on a daily basis:

FOR MUM

- Focus on your breathing (for general relaxation)
- Focus on your breathing plus affirmations (for during waves)
- Listen to your mp3s every day
- Practice your 3-2-1 and your mindfulness exercise everyday
- Read out your affirmations to yourself every day
- Surround yourself with positive stories

FOR THE (BIRTH) PARTNER

- Read out your affirmations to yourself every day
- Read and become familiar with your prompts
- Practice you're my friend Brian questioning or BRAINS
- Ensure that you both do the creative visualisation, and become familiar with her special place
- Surround yourself with positive stories