

Positive Vaginal Birth Program Outline

Unit 1 - Creating the mindset for birth

What is hypnobirthing	Fear-Tension-Pain Syndrome
How our brain is wired for birth	Fear of labour and releasing fear
The role of medical caregivers	Using our subconscious mind
Mind/body connection in birth	Our support team + birth partners role
Self-hypnosis in birthing	The birthing environment
The hormonal cascade	The language of empowered birthing
Understanding the physiology of birth	The power of affirmations

Unit 2 - Our toolkit for birth

Self-hypnosis/meditation	Facial relaxation
Birth music	Relaxation breathing
Conditioning with scent	Surge breathing
Hypnotic anchors and triggers	Techniques for pain relief
Releasing endorphins for pain relief	Breathing baby out/bearing down
Acupressure for birth + breastfeeding	Instant relaxation techniques
Visualisations for birthing	

Unit 3 - Preparing & choices for positive birth

Bonding with baby	When will baby arrive?
Birth preferences	Inductions - the full story
Knowledge is power	Natural ways to start labour
Common interventions + procedures	Preparing your body with nutrition
Questions to ask	Physical preparation + perineal care
Making informed decisions	Optimising baby's position
Birth partner as advocate	What to do if baby is breech or posterior

Unit 4 - Bringing it all together

what to expect while waiting	Using water during labour and birth
Signs that labour is starting	Labour positioning and movement
What to expect in labour	Special circumstances (inc. emergencies)
When to call the midwife	Final fear release
When to go into the hospital	Cord clamping + placenta delivery
Birth partner's role	Golden Hour + skin to skin
Common procedures	What to expect after birth