

Positive Caesarean Birth Program Outline

Unit 1 - Healthy mind and body

- What does 'positive birth' mean to me?
- How fear can affect our body & birth
- Understanding why our mind matters
- What is self-hypnosis
- Why do our thoughts matter in birth
- Reprogramming our subconscious mind
- Language of positive caesarean birthing
- The power of affirmations
- Pre-birth bonding
- Healthy mother. healthy baby

Unit 2 - Toolkit for positive caesarean birth

- The importance of facial relaxation
- Relaxation breathing - the most efficient path to calm
- Music for birthing
- Using light touch massage to release endorphins
- Acupressure points to support hormonal cascade
- Instant relaxation techniques for pregnancy, birth and beyond
- Visualising birth
- Hypnotic anchors and triggers
- Releasing fears, incl. surgery and recovering fears
- Communicating with our medical team
- Birth partner's role
- Cheat sheet for mother and birth partner

Unit 3 - Knowledge is power

- What happens during a c-section?
- Closing the hormonal gaps
- The gentle/natural/family friendly Caesarean birth
- Baby's microbiome
- Vaginal seeding
- Further reading and research
- Birthing preferences incl. Golden Hour + Skin-to-skin + breastfeeding
- What to expect in recovery + tips