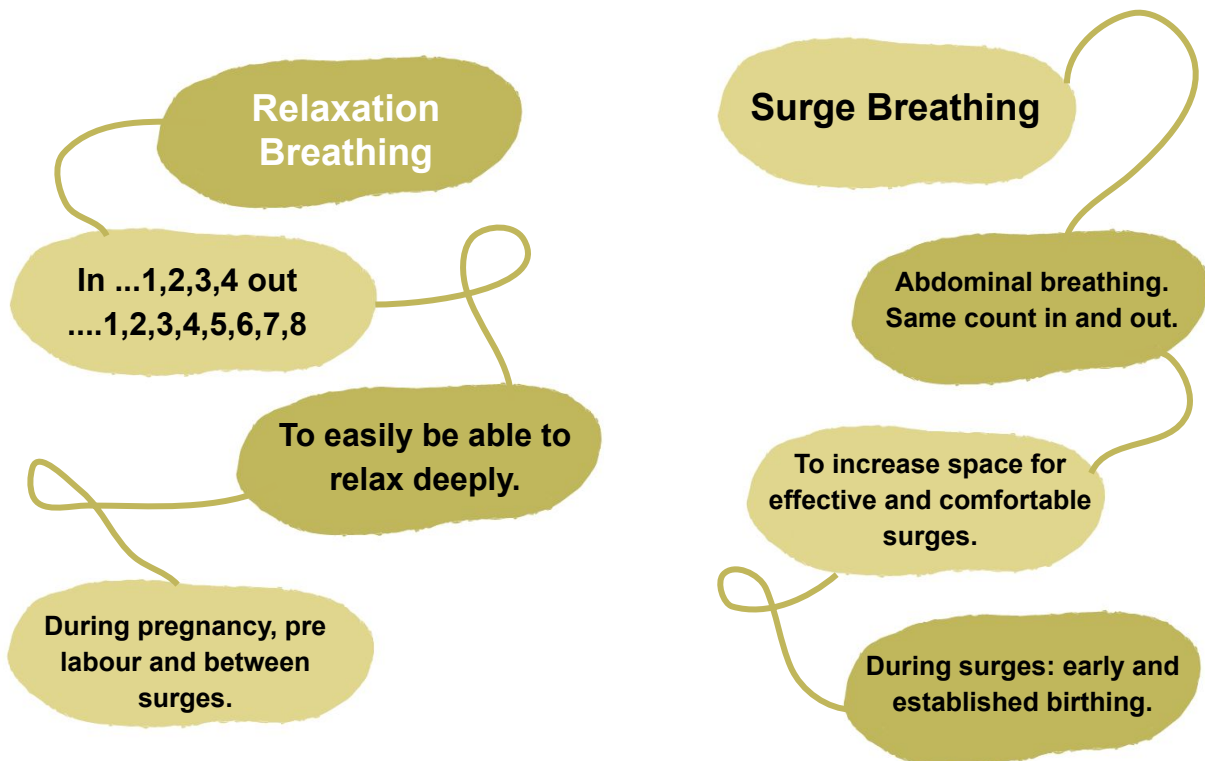
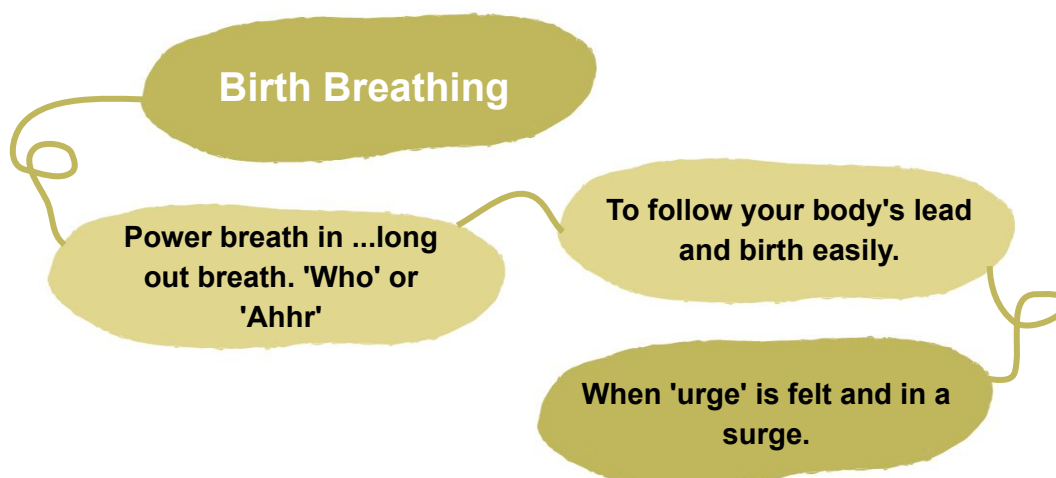


## Checklist: My Mind Is Ready For Birth

- I am more aware of negative birth thoughts and how this affects my birth outlook.
- I understand how fear at birth causes Fear-Tension-Pain; I have done all I can to remove fear from my birthing day. I am looking forward to my birth.
- If I have a fear or unhelpful birth thought, I easily find the right emotional release tool.
- I have protected my mind by only hearing positive birth stories, videos, TV where possible. I know my birth will be my own.
- Over time, I am finding I have less need to monitor my negative thoughts; they are becoming more positive.
- I know the laws of the mind and I am choosing to use these to my advantage by preparing my mind for the best possible birth.
- I am confident that my birth can be one filled with positivity, joy and peace.

## Hypnobirthing Breathing





## Hypnobirthing Triggers

Relaxation Trigger	1,2,3,4....relax	Hand on shoulder (upon 'relax')	Deepens your relaxation
Relaxation Trigger (Special Place)	1,2,3,4....relax	Transports you to your special place	Connected to your baby during surges
Quick Release Trigger	1,2,3,4 ...release	Long out breath on 'release'	Feel the emotion releasing
Anesthesia Trigger (Hand Numb)	(1,2,3,4 ...numb)	Hand becoming numb	Hand removed of sensations
Anesthesia Trigger (Transferring)	1,2,3,4 ...release	Place numb hand on body. Long out breath on 'release'	Feel the numbness releasing to the body; for comfortable birthing

### Checklist: I Have The Tools For Birth

- Relaxation breathing is easy and I use it anytime I need to find peace and calm.
- Surge breathing is becoming automatic and 'my balloon' is continually rising up higher.
- Birth breathing is something I am comfortable with practising daily from 35 weeks.
- Perfect pushing (intervention) is practised in case a 'change of plans' is needed.
- My partner and I are confident in the 1,2,3,4,....Relax Trigger.
- My partner and I are confident with Touch Relaxation.
- I have a special place to use when I am in a surge.
- I visualise my perfect birth often.
- I see the 'Baby Head Down' and 'Butterfly from Cocoon' pictures daily.
- I use the Emotional Release Trigger: 1,2,3,4 ....release, to gain emotional freedom.
- The Anesthesia Triggers are working and I will birth in comfort.

### Checklist: I Have The Knowledge For Birth

- I know about the stages of my birth and I will be prepared for the wonderful day.
- My birth plan reflects my choices and my caregiver is supportive of my plan.
- My body and my baby will let me know when it is the right time to be born. If I need help, I choose natural methods of induction first.
- If a hospital induction becomes necessary, I am confident in my choices.
- Hypnobirthing provides comfort for natural births; if my birth has a change of plans and I require pain relief, I am aware of my best options.
- I know how to be active in my birth and choose the best birthing positions.
- I am familiar with the array of natural and alternative comfort measures in birthing.

- My birth partner and I are confident with light touch massage.
- My birth partner and I are confident with counter pressure massage.
- The Anaesthesia Triggers are in my tool box to use on the day of my birth.

### Use B.R.A.I.N. for a change of plans

- Is my partner in danger?
- Is the baby in danger?

If the answer is **NO**..... “Then we would like to take some time for considering any change to our plan. Could we talk about this again in an hour?”

If the answer is **YES**..... Then ask the following:

#### Think **BRAIN**

**B** Benefits

**R** Risks

**A** Alternative

**I** Intuition

**N** Nothing (at least for a while)

## Hypnobirthing Hub Home Study Course

### Review Weekly Example (Before 35 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relaxation	T2 Pregnancy Relaxation and Health	T2 Rainbow Relaxation	T3 Quick Relaxation and Baby Bonding		T3 Birth Relaxation		
Visualization	T4 Pregnancy Affirmations (Visualize)		Go to your 'Special Place' and visualize your birth			T2 Visualize Your Amazing Birth	T3 Birth Affirmations (Visualize)
Breathing		Practice Surge and Relaxation Breathing		Breathing Tracks			
Other Hypnobirthing				Birth Music with own relaxation			T3 Creating Anesthesia
Tools	Practice Relaxation Triggers		Practice Quick Release Triggers		Practice Anesthesia Triggers		
Partner Practice		Relaxation Trigger (partner hand on her shoulder)		Light touch and counter pressure massages			Partner Directed Touch Relaxation
Birth Partner		T2 Rainbow Relaxation				T4 Birth Partner Relaxation	

- I am continuing with the 'Prepare my Body for Birth' exercises.

## Hypnobirthing Hub Home Study Course Review Weekly Example (After 35 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relaxation	T2 Pregnancy Relaxation and Health <b>or</b> Quick Relaxation	T2 Rainbow Relaxation			T3 Birth Relaxation		
Visualization	T3 Birth Affirmations (Visualize)		Go to your 'Special Place' and visualize your birth		T2 Visualize Your Amazing Birth		T3 Birth Affirmations (Visualize)
Breathing	Practice Relaxation and Surge Breathing every day. Practice Birth Breathing with each bowel movement.						
Other Hypnobirthing			Your Birthing Day Guide Recording	Birth Music with own relaxation			T3 Creating Anesthesia
Tools	Practice Relaxation Triggers		Practice Quick Release Triggers		Practice Anesthesia Triggers		
Partner Practice		Relaxation Trigger (partner hand on her shoulder)		Light touch and counter pressure massages			Partner Directed Touch Relaxation
Birth Partner	T2 Rainbow Relaxation					T4 Birth Partner Relaxation	

- I see the 'Baby Head Down' and 'Butterfly from Cocoon' pictures daily.
- I am continuing with the 'Prepare my Body for Birth' exercises.

**Note:** If you are completing Hypnobirthing Home Study Course later in your pregnancy, you may wish to increase your weekly listening and practice.