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

Relaxation Breathing

In ...1,2,3,4 out ....1,2,3,4,5,6,7,8
To easily be able to relax deeply.
During pregnancy, pre labour and between surges.

Surge Breathing

Abdominal breathing. Same count in and out.
To increase space for effective and comfortable surges.
During surges: early and established birthing.
## Hypnobirthing Triggers

<table>
<thead>
<tr>
<th>Trigger Type</th>
<th>Trigger Command</th>
<th>Action Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation Trigger</td>
<td>1,2,3,4....relax</td>
<td>Hand on shoulder (upon ‘relax’) Deepens your relaxation</td>
</tr>
<tr>
<td>Relaxation Trigger (Special Place)</td>
<td>1,2,3,4....relax</td>
<td>Transports you to your special place Connected to your baby during surges</td>
</tr>
<tr>
<td>Quick Release Trigger</td>
<td>1,2,3,4...release</td>
<td>Long out breath on ‘release’ Feel the emotion releasing</td>
</tr>
<tr>
<td>Anesthesia Trigger (Hand Numb)</td>
<td>(1,2,3,4 ...numb)</td>
<td>Hand becoming numb Hand removed of sensations</td>
</tr>
<tr>
<td>Anesthesia Trigger (Transferring)</td>
<td>1,2,3,4 ...release</td>
<td>Place numb hand on body. Long out breath on ‘release’ Feel the numbness releasing to the body; for comfortable birthing</td>
</tr>
</tbody>
</table>
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)**

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Relaxation</td>
<td>T2 Pregnancy Relaxation and Health</td>
<td>T2 Rainbow Relaxation</td>
<td>T3 Quick Relaxation and Baby Bonding</td>
<td>T3 Birth Relaxation</td>
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</tr>
<tr>
<td>Visualization</td>
<td>T4 Pregnancy Affirmations (Visualize)</td>
<td></td>
<td>Go to your ‘Special Place’ and visualize your birth</td>
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<td>T2 Visualize Your Amazing Birth</td>
<td>T3 Birth Affirmations (Visualize)</td>
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<tr>
<td>Breathing</td>
<td></td>
<td>Practice Surge and Relaxation Breathing</td>
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<td>Breathing Tracks</td>
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<tr>
<td>Other Hypnobirthing</td>
<td></td>
<td></td>
<td>Birth Music with own relaxation</td>
<td></td>
<td>T3 Creating Anesthesia</td>
<td></td>
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<td>Tools</td>
<td>Practice Relaxation Triggers</td>
<td>Practice Quick Release Triggers</td>
<td>Practice Anesthesia Triggers</td>
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<tr>
<td>Partner Practice</td>
<td>Relaxation Trigger (partner hand on her shoulder)</td>
<td>Light touch and counter pressure massages</td>
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<td>Partner Directed Touch Relaxation</td>
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- I am continuing with the ‘Prepare my Body for Birth’ exercises.
# Hypnobirthing Hub Home Study Course

## Review Weekly Example (After 35 weeks)

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<td><strong>Breathing</strong></td>
<td>Practice Relaxation and Surge Breathing every day. Practice Birth Breathing with each bowel movement.</td>
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- 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.