

# The Hypnobirthing Pack Course Curriculum



## ***What's included***

### Intro:

- What is hypnobirthing?
- PBC founder Siobhan Miller's hypnobirthing story
- The power of words
- Set the scene for the birth you want
- But could I do a poo like this?

### Science:

- The uterus muscles
- The journey of the cervix
- How muscles work
- Adrenaline is the enemy of birth
- Oxytocin is your best friend
- The cycle of fear, tension and pain
- How to break the cycle

### Relaxation:

- Up breathing
- Down breathing
- Guided meditation
- Light touch massage
- The traffic light system (for birth partners)
- Using your new toolbox



## Be Informed:

- Use your B.R.A.I.N.
- Your body, your baby, your birth, your choice
- Birth partners, I'm looking at you
- Gravity will help you give birth
- Tearing isn't as bad as you think
- Head down baby!
- When baby doesn't get the memo
- Busting the due date myth
- To sweep or not to sweep?
- Why induction is a big deal
- The process of induction
- Choosing a gentle or natural cesarean

## The Big Day:

- Choosing where to give birth
- Early signs to look out for
- Early labour
- The up stage of labour
- What is transition?
- The down stage of labour
- The golden hour
- Active management of third stage

## Conclusion:

- Outlining your birth preferences
- Practice makes perfect
- Now the fun begins



## ***Additional Resources***

- Infant feeding guide by breastfeeding counsellor Adele Jarret-Kerr
- MP3 relaxation pack
- Guided relaxation scripts
- Course notes booklet
- Birth preferences template

