



Fact Sheet

Hypnobirthing

What is Hypnobirthing?

Have you noticed as soon as people found out you were pregnant they all had a story to share? How did those stories make you feel about birth? The good news is, their birth story doesn't have to become yours! With good preparation and useful tools, many mums are discovering how they can follow their instincts for a better birth.

Over the period of 4 weeks, we will share the secrets of a calm, positive and empowered birth. You know how to give birth... really, you do. We are realistic, we know for some mums and bubs interventions are necessary, but knowledge helps to accept when things deviate, and manage those circumstances with confidence too.

7 Things Hypnobirthing Parents Do Differently

- 1 They are not afraid of birth. They understand that birth is normal, natural and they trust their innate ability to give birth.
- 2 They ask their care provider LOTS of questions because they know knowledge is power.
- 3 They are focused on having a calm birth and the techniques they've learnt.
- 4 They learn breathing techniques and relaxation tools to help them relieve stress during pregnancy birth and beyond.
- 5 If circumstances change they know they've done everything in their power and so they are calmly able to accept whatever turn their birthing takes.
- 6 Hypnobirthing mums always brag about how wonderful their partners were at supporting them during birth.
- 7 Hypnobirthing dads are knowledgeable and know how to advocate for mum and baby.