

Know your worth, Hypnobirth™



You and your baby deserve a
birth story to cherish forever

Tamara Cianfini



Contents



Know your worth, Hypnobirth

1



What on earth is a Hypnobirth?

2



The power of pregnancy relaxation sessions

3



Mastering the Hypnobirth Breath

4



The ideal Hypnobirth environment

5



Your simple Hypnobirth practice routine

6

Hey Mama, Welcome to the Queenhood of Motherhood!

Big congrats on your pregnancy! You and your little one are totally worthy of an epic birth story, and guess what? I'm right here to help you make it happen.

You're about to step into a world where pregnancy isn't just a phase, it's your red-carpet moment. This journey? It's not just about becoming a parent. It's about rising as the queen of your unique birth story.

Now's the time to celebrate your body's amazing power, to give yourself some major love, both in heart and health, and to gear up with all the confidence and elegance you've got.

This is YOUR time to sparkle. You're not just bringing a new life into this world; you're doing it with all the grace and strength of a true queen. This journey to parenthood? It's your kingdom, where you rule with love, bravery, and the stunning magic of creation.

Remember, giving birth isn't just something you 'do' - it's an unforgettable ride that'll leave its beautiful mark on your life forever. Every emotion, thought, and every bit of strength you feel, it's all part of this incredible journey.

No matter your birth plan, this experience is going to touch your soul, shape your thoughts, and rock your world in the best way possible. You and your tiny human totally deserve a birth story that you'll both love looking back on. Let's make it one for the books!

Here's to creating a birth experience that's as amazing as you are!

Know your worth, Hypno**birth**[™]





Feeling a Bit Overwhelmed?

If you're riding the rollercoaster of 'Am I ready for this?' or feeling a bit jittery thinking about the big day, just know you're not alone. All those butterflies? Totally normal. They often come from things like the fear of pain, worries about losing control, stressing over your baby's well-being, all those intense birth stories you've heard, maybe some past experiences, or just the big unknowns of childbirth and stepping into parenthood.

But hey, since you're here (and I'm super excited that you are!), let me introduce you to something pretty awesome - a game-changer in birth prep that's going to arm you with confidence and smarts to welcome your little one into the world like the boss mama you are.

Enter the world of hypnobirthing - it's all about kicking those fears to the curb. We're talking about wonderful tools like deep chill-out vibes, picture-perfect visualisation, and breathing techniques that can turn childbirth into a more positive and 'I've got this!' kind of experience.

Here's a golden nugget of advice: Don't just coast along and leave it all up to others on the big day. You being here? That's a sign you know how important it is to be prepped and ready. So let's harness that smart thinking of yours and turn it into your superpower for a birth that's mindful and totally prepared. You're absolutely capable of this, and I'm right here with you, every step of the way!

“The right education will build your confidence, keep you calm, and help you make informed decisions.”

Wondering why you should really get into the nitty-gritty of birth prep?

Well, think about it - the day you meet your baby isn't just another Tuesday. It's like the ultimate life-changing, Insta-worthy, 'I did that!' kind of day. It deserves all the prep and hype you can give it.

Remember the last time you had something big on the horizon? Maybe it was nailing that job interview or planning an epic birthday bash. You probably left no stone unturned, right? You planned, you practiced, and you totally rocked it.

Now, imagine bringing your baby into the world. It's a gazillion times more significant. So, this journey? Yeah, it's worth all the strategy, heart, and soul you've got. And the best part? Even though we might not meet IRL, consider me your invisible cheerleader, your calming playlist, your midnight Google search, all rolled into one.

I'll be like that calm, reassuring voice in your ear, guiding you, cheering you on, and reminding you just how kickass and powerful you are. And hey, I'm super excited you're diving into hypnobirthing! It's like discovering the ultimate life hack for the big day. So, let's do this! I can't wait to see you own your birth story like the birthing queen that you are.



Ready to be the boss of your birth story?

When you dive into learning all about birth, it's like you're grabbing the reins of your own epic journey. This isn't just any day, it's your day, and it's going to be amazing because you made it that way.

Let's get real for a sec - maternity care is super stretched right now. Midwives and units are doing their absolute best, but they're juggling a lot. This is why being your own birth guru is more important than ever. Think of it like prepping for a big road trip - you got to know your stuff in case of detours, right?

Your childbirth journey is in your hands. It's full of decisions to make and paths to choose. And mama, knowledge is power! When you're clued up on what to expect and how to handle different scenarios, you're setting yourself up to slay any challenge that comes your way.

Depending on just the midwife to guide you through labour? That's like leaving your playlist in someone else's hands at your own party. You want your birth to be as smooth and happy as it can be, and stepping up to co-pilot this adventure is key.

Picking the right birth prep? Major. It's your golden ticket to making your birth experience everything you want it to be. I've been living and breathing hypnobirthing since 2007, teaching and training others to teach it, and being there for so many amazing births. Trust me, it's the real deal.



Think of hypnobirthing as your personal GPS for birth - it's there to help you navigate all those unexpected twists and turns, keeping you chill and in control. No matter how your birth story unfolds, you'll be ready to handle it with grace and confidence, all the way to that magical moment you meet your baby. You've got this, and I'm here to help you achieve a great birth!



Tamara teaching how to hypnobirth in preparation for the big day

Ever feel like you might be missing out on something big?

I totally get it. But here's the deal - I'm on your team now, ready to help you rock this whole birthing thing. We're talking empowered choices, seizing the day, and making sure your birth story is filled with love, support, and those 'wow, did I just do that?' moments.

You and your little one? You deserve nothing but the best. I mean, it's your birth story - it should be as awesome as you are! Are you intrigued to discover how incredibly strong you are and to start this journey toward a birth experience that's right for you?

Fabulooooos! Let's kick any worries to the curb, amp up your confidence, and get you feeling like the prepared, informed, birth-boss you are. And the cherry on top? Getting super excited to meet your tiny, adorable VIP. Let's do this together!

First up, quick question - if you had to pick just one word to sum up 'birth', what would it be? Go on, take a sec to really think about it. This isn't just any question; it's a little window into your mindset right now.

Your word:

If the word that popped into your head feels kind of heavy or negative, let's chat about flipping that script. You know, thinking in a not-so-great way can really throw a shadow over your whole vibe - it can mess with your decision-making, zap your energy, and make every little bump in the road feel like a mountain.



And here's something super important: when you're pregnant, feeling all that stress isn't just a you thing. It can actually have a ripple effect on your little bump too. But here's the good news - recognising this gives you the power to turn things around for both you and your baby.

Pregnancy is this wild, beautiful ride, but let's be real, it also brings a whole mixtape of feelings, worries, and big question marks. Maybe you're swimming in a sea of birth stories from from people around you, or those intense scenes you've seen online, or just the big unknowns of what's to come. And that's totally normal.

Feeling a bit lost in the birth world maze? Especially if you're new to this whole hypnobirthing scene? Well, I'm over the moon to be the one to swing open the doors to what is one of the world's best-kept secrets ever.

As we dive into all this, you might be thinking, 'Can it really be this good?' Especially if you've been down the birth road before. But here's the thing: this stuff works. I've lived it, and I've seen tons of other parents rock it too. If we can find our groove with hypnobirthing, you absolutely can too. Trust in the power of you, your baby and the birthing process

You know that feeling when you've absolutely crushed something?

It's not just about crossing the finish line; it's about the sweat, the hurdles you've leaped over, and every single step that got you there. Picture this: Spring 2007, a day that totally changed my life. That's when I rocked my first hypnobirth. And let me tell you, it was nothing short of amazing - a kind of magic I never knew existed. Pain-free, empowering, and just... wow. Word spread, and next thing I knew, I was sharing my story at the London Baby Show. It was like a lightbulb moment, sparking this burning desire in me to guide others on this path.



But here's the real deal - my first birth? It was tough, really tough. I'm talking about the kind of experience that sticks with you because you just weren't ready for what was coming. That's exactly why I'm on this mission now. I don't want anyone to feel unprepared or scared like I did back then.

So here I am, all about giving you the tools and wisdom to transform any nervousness into total confidence. Whether it's your first time or you're back for another round, I believe with all my heart that hypnobirthing is the way to go.

I'm here to help you step into your power, to embrace your pregnancy and birth experience with all the strength, grace, and joy you deserve. Because, trust me, when you're holding your little one for the first time, you'll want to look back and say, 'I did it my way, and it was incredible.' Let's make your birth story one to remember!

Let me tell you about the night-and-day difference hypnobirthing made in my life. Picture me, post my first birth, which was honestly a nightmare - I was so traumatized I vowed 'never again.' Add to that, birthing on the same day as the heartbreaking 9/11 attacks just piled on more fear and anxiety.

Sleepless nights were my norm, obsessing over how I'd handle labour a second time. I was this close to opting for a Caesarean birth, thinking it was my only escape from reliving that trauma. But then, hypnobirthing entered my world, like that perfect song coming on at just the right moment, and it changed everything.

It was like the universe was saying, 'Hey, there's a better way.' I went from dreading every unknown to actually looking forward to my first contraction with a kind of fierce confidence I never knew I had.



Alana, born 21st March 2007
visiting at the London baby show
Age 2 months (I think!)

My hypnobirth? It was like flipping to a new chapter in the best book ever.

I went from a traumatic first experience to a second birth that was not just bearable, but absolutely incredible. I was so chilled during my hypnobirth that my hubby, mum, doula, and midwife were all like, 'Is she even in labour?' I was smiling while I breathed my daughter into the world - no pushing, no drama, just pure joy. And she was a solid 9.5lbs, no less!

The moment I held her, and our eyes met for the first time. That 'birth imprint' moment, it's the stuff of magic - the start of an unbreakable bond. And to think, this is a huge deal for your baby's emotional and psychological start in life too.

So, why not do everything you can to snag that 'once in a lifetime' kind of moment? Trust me, getting ready for this - it's like laying down the tracks for the most beautiful journey you'll ever take. You're turning your hopes and dreams into the most amazing reality



Tamara's first birth was traumatic due to fear, poor education and lack of preparation



The moment Tamara realised that birth could be a truly profound and beautiful experience.

Like thousands of parents who have delved into these lifechanging resources, I emerged on the other side with a sense of accomplishment and a teaching career that has fulfilled me in so many ways. My hypnobirth journey reshaped my birth story, my life, and I truly believe it can do the same for you.

The most striking difference between my two children lies in the serene and relaxed nature of my daughter. Could this be a reflection of the peaceful manner in which she was born? I wholeheartedly believe it is. Another great reason to choose hypnobirthing!



‘From the instant Alana entered the world, her calm nature was evident - no tears, an immediate, perfect latch, sound sleep, happy and content. She was, in every sense, a dream baby.’

“I am the boss of my birth story and I embrace this journey with strength and confidence.”

Imagine this: Your baby arrives into the world, and instead of tears, there's just this peaceful, content vibe. Sounds dreamy, right? That's the magic of hypnobirthing for many parents. It's not just a buzzword; it's a real game-changer. I've been in those birthing rooms, seen those zen-like babies who are just too chill to fuss. Maybe they're onto something - a peaceful entry into the world sets the tone for a serene start to life.

Think of pregnancy and childbirth like uncharted chapters of a great book you've yet to read. With hypnobirthing, you're not just flipping through the pages; you're writing them. You're the hero of this story, the mastermind of your own epic birth adventure.

Whether you're a first timer to the parent club or looking to make round two (or hey, three or more!) a smoother ride, you're in the perfect spot. Welcome to the empowering universe of hypnobirthing. Here, it's all about real skills for real mamas. We're talking navigating a maternity system that doesn't always go by the book, taking the reins so you're in charge, and prepping like a pro for any birth scenario.

With hypnobirthing, you're paving a smoother path into parenthood and giving your little one the best start to their life. Because let's be real - birth isn't just another day. It's a big deal, and you deserve a birth story that's nothing less than extraordinary.

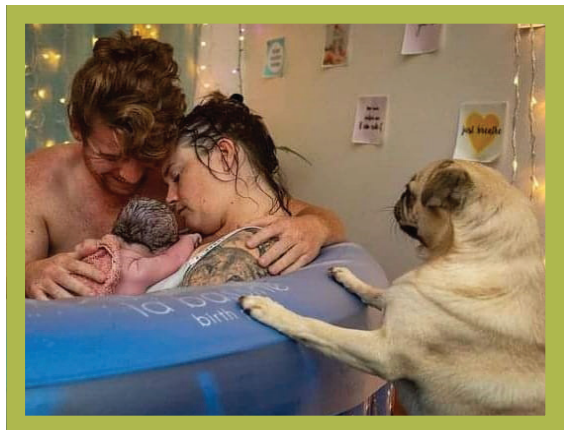
So, let's make it happen. I'm here to guide you to the birth you and your baby are meant to have - one you'll look back on and smile about forever.



Ready to turn your birth story into something pretty epic?

Dive into this book, and let's get you all set up with some life changing hypnobirthing knowledge:

- **Power Up with Hypnobirthing:** It's all about embracing a birth vibe that makes you feel like a superhero. Get ready to understand just how awesome a positive birth experience can be.
- **Discover the Chill of Hypnobirthing:** Picture a blend of self-hypnosis, super-relaxing vibes, and breathing tricks that'll make your delivery as serene as a spa day.
- **Pregnancy Relaxation Sessions:** Step into your zen zone with guided relaxation that's all about soothing your mind and body, prepping you for a smooth ride when baby-time comes.
- **Breathing Like a Boss:** Nail down those hypnobirthing breaths that are your secret sauce for keeping calm and in control when the contractions kick in.
- **Create Your Cozy Birth Bubble:** Learn how to set up a birthing space that feels like your own personal chill-out lounge, all comfy and tailored just how you like it.
- **Get into Your Hypnobirthing Groove:**
We're talking about a hypnobirthing routine that feels as easy as your fave morning coffee ritual. Build that confidence and get into the flow for when your little one decides it's go-time.



Wondering when's the best time to jump into hypnobirthing?

The perfect moment is right after your 20-week scan. That's your cue to start tuning into your personal pregnancy relaxation sessions. Picture this: you're chilling out, feeling all the good vibes, and getting super excited to meet your precious baby.

Our online resources? They're like your 24/7 chill-out buddy, ready whenever you are. Can't sleep and it's midnight? No probs! Just grab your phone, snuggle up, and let the soothing 'Relax with Nature' sounds whisk you off to dreamland. Not just for you, but your birth partner and baby too. If sleep's playing hard to get, these sessions are your new BFFs.

And guess what? Your hypnobirthing classroom is wherever you want it to be. All you need is some trusty Wi-Fi, your phone, and that brilliant open-minded spirit of yours. Ready for a bit of learning adventure?

Plus, let's talk about the perks of learning from home. You + your coziest PJs + hypnobirthing = a match made in heaven. Dive in, relax, munch on your fave snacks, and binge-watch all the inspiring videos you want, right from your comfiest spot on the sofa. It's all about learning, chilling, and loving every moment - because you totally deserve it.

You will find everything you need in the Hypnobirth HUB - www.hypnobirth.co.uk





1. Know your worth, Hypnobirth

So, you're pregnant and stumbled upon this thing called hypnobirthing. Maybe it's just a flicker of curiosity, or you've got this gut feeling that this could be the key to turning birth from something to 'get through' to something pretty amazing. Amidst all the baby prep chaos, I'm here to slide this life-changing hack into your busy world, no sweat.

Let's talk pregnancy real talk - one second, you're all #PregnancyGlow, the next you're googling 'why are my ankles balloons?' And let's not even start on those random belly rubs or Aunt Susan's old-school advice. But hey, this journey? It's about you stepping up to the VIP section of life's coolest club: Parenthood.

Underneath the wild ride of hormones and all those 'just-so-you-know' tips from literally everyone, you'll find your inner mama bear instincts. Trust me, you've totally got this. So, go on, set those boundaries (yes, even with the bump-patting brigade). And when you're bombarded with birth stories, take what works for you and leave the rest. Your birth story is going to be uniquely, fabulously yours.

Welcome to what's about to be your most epic role yet - Parenthood. And guess what? Hypnobirthing is like your backstage pass to rock this whole pregnancy thing, embracing your beautiful, changing body, and owning your choices like a boss.



Be kind to yourself, indulge in some self-care, and gather your dream team who gets what you're about. Remember, you're the leading lady in this journey, and your feelings, your body, your rules.


And when you realise just how incredible you are, you'll be all about standing up for the birth you want. Whether it's setting clear boundaries, seeking second opinions, or even switching up your birth plan or team - it's all good. You and your baby? You deserve the best.

Is hypnobirthing worth it?' 100% yes! Because deep down, you know you and your little one aren't just part of the story - you ARE the story. You're the stars of this show, and I'm here, your hypnobirthing guide, ready with a suitcase of confetti, to make your birth a celebration of calm, joy, and plenty of relaxation.

Is Hypnobirthing Your Jam? Let's Find Out!

So, you're wondering if hypnobirthing is your thing? It's perfect for parents-to-be who are all about getting schooled on birth, knowing their worth, and making sure their little one gets the grandest entrance into the world. If you're dreaming of a birth vibe that's more chill, empowering, and kind of like a 'we got this' moment, then hypnobirthing is totally for you.





Who's going to love hypnobirthing? Here's the lowdown:

- **First-Time Parents:** If you're new to this whole baby game and want to prep your mind and body for the big day, hypnobirthing's for you.
- **Been There, Done That:** Had a rough go the first time around? This is your ticket to a comeback birth story that's way more 'Yay!' than 'Nay.'
- **Anxiety? What's That?:** If just thinking about labour has you in a sweat, hypnobirthing is like the ultimate chill pill to help you keep your cool.
- **All-Natural Vibes:** If you're all about that holistic life and want to keep things as nature-intended, hypnobirthing is your kind of groove.
- **Super Partners:** Wanna be the ultimate birth cheerleader? Hypnobirthing shows you how to be the rockstar support your partner needs.
- **Pain? No Thanks!:** Learn the art of relaxation with techniques that make you wonder why you ever worried about pain. You will be focussing on what 'comfortable' feels like.
- **Special Circumstances:** Even if you know there's a C-section or induction in your future, hypnobirthing can help you stay zen and in control. These techniques can be applied to all types of births.

Think of hypnobirthing as the universal secret sauce for any expectant parent looking to turn birth into a celebration rather than something to stress over. It's about being the boss of your birth, no matter how your little star decides to make their debut.



2. What on earth is a hypnobirth?

So, you might be like, ‘What the heck is hypnobirthing, and why is everyone talking about it?’ Well, let me break it down for you. Hypnobirthing is kind of like the superhero in the world of births. It’s this super empowering approach that’s making waves, especially now when things like medical interventions and inductions are kind of the norm in many hospitals.

Now, don’t freak out, but the reality is that giving birth these days can be a bit more complicated than before. You’ve probably heard all sorts of stuff in those NHS classes about what can go wrong, what drugs you might need, and all sorts of medical interventions. It’s almost like they’re prepping you for a marathon of hurdles.

As someone who’s taught hypnobirthing and trained many midwives in it, I’ve seen firsthand the difference it can make. I just wish hospitals had the resources to offer this to every parent to be out there. When I was pregnant the first time, those NHS classes had me thinking birth was a medical emergency waiting to happen.

But then, enter hypnobirthing. Imagine if, instead of all the scary talk, you learned about how amazing and empowering birth can be. Think trusting your body, chilling out with some super effective breathing and relaxation techniques. If I knew then what I know now, right?



Tamara training the NHS Warwickshire midwives to teach her programme.

And here's a real talk moment: Our maternity system has its issues. When I had my hypnobirth back in '07, Caesarean birth rates were like 25%. Now? They're over 40% in many places. We totally appreciate our healthcare pros, but we've also got to ask why things are changing so much?

That's where you come in. It's super important for you to get clued up and take charge of your birth story. This means knowing your stuff, so you can confidently say things like, 'Hold up, this doesn't feel right to me,' or 'Can I get a second opinion?' It's all about being the boss of your birth.

So, hypnobirthing? It's not just a trend. It's a movement. It's about taking back the power in your birth experience, making it as calm, positive, and 'you' as possible. Ready to join the revolution?

Let's turn your birth story into a power story!

Let's look at what hypnobirthing focuses on compared to other antenatal education.

Traditional antenatal education vs Hypnobirthing education



Tamara teaching one of her hypnobirthing classes in WGC, Hertfordshire

Let's Break Down the Real Deal About Antenatal Classes



Navigating through antenatal classes can be like choosing between a yoga retreat and a traditional classroom - both have their perks, but the vibes are totally different. Here's the lowdown on what I've discovered:

VIBING WITH CHILDBIRTH:

Hypnobirthing: Think of it as your empowerment jam. It's all about celebrating birth as a natural wonder, tuning into your body's own rhythm, and waving goodbye to fear and jitters.

Traditional Antenatal: More like a prep course for a medical procedure, spotlighting possible complications and interventions.

PAIN MANAGEMENT SCENE:

Hypnobirthing: We're talking natural pain management - visualisation, self-hypnosis, and specific breathing techniques. It's about finding your zen, without promising a fairy-tale, pain-free birth (though hey, it could happen!).

Traditional Antenatal: It's more about the menu of medical pain relief options - epidurals, drugs, and more.

MIND AND EMOTIONS GAME:

Hypnobirthing: Big on the mental and emotional side of childbirth. It's like having a toolbox for your brain to keep vibes positive and fears in check.

Traditional Antenatal: Gives a nod to emotions but doesn't dive deep into the psychological toolkit.



BREATHING LIKE A PRO:

Hypnobirthing: Specialised breathing techniques are the stars of the show here, helping you ride those waves of labour like a chill surfer.

Traditional Antenatal: They may mention the importance of it but unlikely to go into any detail.

EMPOWERMENT AND DECISION MAKING:

Hypnobirthing: It's about powering you up with knowledge and trust in your gut, so you can make the calls that feel right for you.

Traditional Antenatal: Offers the facts for informed decisions, but sometimes misses the personal intuition bit.

CHILLAXING TECHNIQUES:

Hypnobirthing: Integrates deep relaxation and stress-reduction into your daily grind, making both pregnancy and birth more of a chilled-out experience.

Traditional Antenatal: Might touch on relaxation, but not in the 'deep zen' kinda way.

PARTNER IN CRIME ROLE:

Hypnobirthing: Gets your birth partner super involved, giving them an A-list role in supporting you.

Traditional Antenatal: Keeps the partner in the loop, but more on the sidelines.

POSTPARTUM RECOVERY VIBES:

Hypnobirthing: Often leads to a quicker bounce-back and a happier birth memory because of its less interventionist style.

Traditional Antenatal: Covers the recovery bases, but higher intervention rates can mean a longer post-birth journey.

PERCEPTION OF BIRTH:

Hypnobirthing: Works to flip the script on birth from something scary to an experience that's empowering, and joy filled.

Traditional Antenatal: Tries to prep you but can sometimes accidentally hype up the fear factor.

CUSTOM FIT:

Hypnobirthing: Tailors the experience to what feels right for you, with flexibility to match your style.

Traditional Antenatal: More of a one-size-fits-all curriculum.

So, in a nutshell, hypnobirthing is like your personal birth cheerleader - holistic, empowering, and all about getting you and your support team ready for a positive birth journey, no matter how the day unfolds.



Ready to Give Your Brain a Spa Day During Birth?




Okay, so picture this: Hypnobirthing is like treating your brain to a super chill spa day, all while you're on the amazing adventure of bringing your little one into the world. It's this cool mix of relaxation, visualisation, and deep-breathing techniques that turns the whole birth vibe into something more like a chilled-out yoga sesh than a dramatic movie scene.

You know those over-the-top scenes in films with all the screaming and chaos? Yeah, we're not about that life. Hypnobirthing is all about creating your own zen garden moment during birth. Sounds pretty dreamy, right? Trust me, I was right where you are - a bit sceptical at first, thinking, 'Is a calm, empowering birth even a thing?'

But then, boom! My mind was totally blown when I saw these incredible hypnobirths. It was like witnessing a serene, powerful kind of magic. That's why I've put together this awesome video collection in the Hypnobirth HUB. It's like Netflix for birth - seeing other parents rock hypnobirthing is the ultimate 'believe it to see it' moment.

Still on the fence? Imagine having a secret cheat code for birth - one that lets you glide through every stage like a pro. You're not just going through the motions; you're leading the charge in your birth story. Setting the pace, calling the shots, and finding joy in every moment. Even when birth throws a curveball, you've got this.

You're like the captain of a ship, sailing through waves and weathering any storms (and yeah, dodging those random rogue seagulls a.k.a. the unexpected stuff). You're the main character in this pregnancy and birth saga, and with the right mix of know-how, support, and a dash of humour, you're going to be navigating like a boss.



Think of hypnobirthing as your trusty GPS, guiding you to that ultimate treasure - the perfect birth for you and your baby.

So, let's raise the anchor and set sail! Whether it's a water birth, a cozy home birth, or a hospital birth, I'm right there with you, cheering you on like the world's most supportive shoulder parrot, keeping you calm and in the groove, no matter where or how you're birthing.

Pop on that captain's hat, and let's ride those waves together!

Captain your birth

So, guess who's totally into hypnobirthing? None other than England's star football captain Harry Kane and his amazing wife, Kate! They've rocked my pregnancy relaxation sessions for their last three births - talk about a hypnobirth hat-trick!

This power couple's choice just shows how cool and adaptable hypnobirthing is, fitting into all sorts of lifestyles. If your partner's raising an eyebrow at your hypnobirth game plan, just drop the Kanes' story. It's like the ultimate proof that hypnobirthing is for everyone and anyone, no matter who you are.

Feeling a bit iffy about all this? Think of hypnobirthing as the perfect strategy to 'kick' those doubtful thoughts out of the park. It's all about teaming up with your body and mind to make your birth experience as awesome as scoring the winning goal in a World Cup final. Ready to captain your own birth story with all the confidence of a football legend? Let's do this!

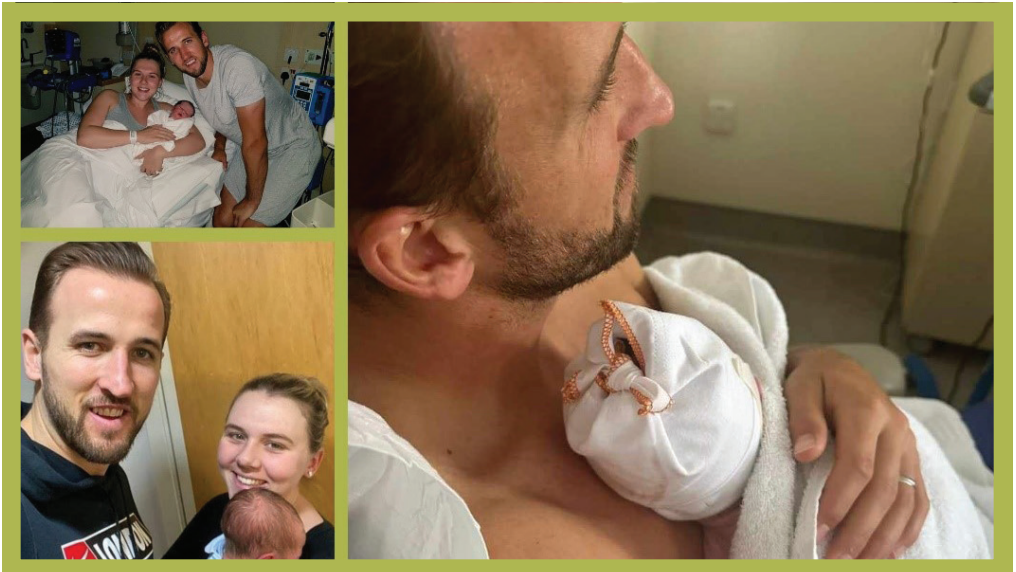
Get Your Glow on In The Celeb Hypnobirth Club!

Ready to birth like the star you are? Join the club where hypnobirthing is the celeb-approved way to welcome your little one into the world. It's not just a trend - it's a movement, and it's taking the spotlight!

Celebs are totally shaking up the birth scene, busting myths and spreading the word about how amazing hypnobirthing can be. They're sharing their stories in interviews, hitting up their Insta with all the good vibes, and influencers are all over it, making hypnobirthing the talk of the town.

Curious about who's on this glam hypnobirthing list? You might just recognise some of these fab parents who are totally on board with this empowering birth choice. From red-carpet regulars to your fave influencers, the celebrity hypnobirth club is ever-growing and seriously inspiring.

So, why not add your name to the list? Embrace your inner VIP and get ready to experience birth in a whole new light - with confidence, calm, and a touch of celebrity sparkle.





WILLIAM AND KATE:
Future King and Queen of England

“I saw the power of it, really, the meditation and the deep breathing and things like that that they teach you in hypnobirthing when I was really sick and actually, I realised that this was something that I could take control of, I suppose, during labour. It was hugely powerful.” Duchess of Cornwall.

HARRY AND KATE KANE:
England football captain and his wife


“Harry and I used hypnobirthing again like we did with both girls’ births. I originally looked at hypnobirthing when I first got pregnant with Ivy as I was so fearful of birth and the unknown and it taught me not to fear birth and to take control of it” Kate Kane.

JESSICA ALBA:
Hollywood actress

“I highly recommend it. It just makes you chill, I was freaked my first time going into labour, like, ‘What if I panic? What if I just freak out and am not prepared for it?’ This just prepares you.” Jessica Alba

FERNE MCCANN
English TV Personality

“Tamara taught me how to relax and escape the stress of my life. I learnt so much from her”



Other famous names that have used hypnobirthing techniques to remain calm and relaxed during pregnancy and birth include

Angelina Jolie: Hollywood actress

Fearne Cotton: British television presenter and radio DJ

Nadia Sawalha: British actress and TV presenter

Alesha Dickson: Singer, presenter, and judge on Britain's Got Talent

Giovanna Fletcher: Author, blogger, and wife of musician Tom Fletcher (Mc Fly)

Harry Judd: English musician (McFly)

Busy Philipps: American actress

Danny Miller: Winner of 'Celebrity get me out of here' and actor (Emmerdale)

Tiffani Thiessen: American actress.

Miranda Kerr: Australian supermodel.

Gisele Bündchen: A Brazilian supermodel

Billi Mucklow: The former reality TV star from "The Only Way is Essex"

Binky Felstead: The reality TV star from "Made in Chelsea"

Luisa Collins (Zissman): Reality star and presenter

Kimberley Walsh: The singer from Girls Aloud.



Helen Flanagan: The actress known for her role in “Coronation Street”

Jamie King: An American actress.

Rebecca Judd: The Australian model and television presenter.

Harry Judd: The drummer from McFly and his wife, Izzy.

Sophie Ellis-Bextor: The English singer and songwriter.

The Shires: Musician and band member Ben Earle

Natasha Hamilton: Singer from Atomic kitten

Nicky Hilton: The American socialite and fashion designer.

Rochelle Humes: English presenter and singer, former member of the band The Saturdays.

Greg Rutherford: Olympic gold medallist

James Cracknell: Olympic gold medallist

Beverley Turner: TV and radio presenter

Matt Dawson: International rugby player

Susanne Shaw: Singer and presenter

Natasha Hamilton: Singer from Atomic Kitten

Millie Mackintosh: The English reality TV star from “Made in Chelsea”



Sam Faiers: English television personality from “The Only Way Is Essex”

Ferne McCann: English television personality from “The Only Way Is Essex”

Danielle Armstrong: English television personality from “The Only Way Is Essex”

Billie Faiers: English television personality from “The Only Way Is Essex”

And the list goes on...

The TOWIE mum’s say...The Only Way is a Hypnobirth!



Shoutout to Kate Middleton for sharing the details of her hypnobirth.

Okay, so usually, I'm the first to give the side-eye to stuff I read in newspapers. But then, something pretty amazing happened - the Daily Mail gave me a ring. Why? Because none other than Kate Middleton, our very own Princess of Wales, spilled the tea on how she rocked hypnobirthing for all three of her royal arrivals.

Yup, you heard it right. Kate actually said she 'really quite liked labour' thanks to hypnobirthing. Talk about a royal seal of approval, right? This totally set the internet buzzing, and guess who they called to dish out the deets on hypnobirthing? Yep, yours truly!

Being asked to weigh in as the hypnobirthing guru for their article (shoutout to Jill Foster for the write-up on 16th February 2020) wasn't just a career highlight. It was like the universe saying, 'Hey, hypnobirthing isn't just some hippie trend - it's legit.'



So, a massive thanks to Kate for spreading the word and making hypnobirthing the new 'it' thing. If it's good enough for royalty, it's definitely worth a shot, right?

Ready to join the hypnobirthing wave and make your birth experience royally amazing?



3. The Power of Pregnancy Relaxation Sessions

Okay, let's talk about one of the best parts of hypnobirthing prep - pregnancy relaxation sessions. Think of these as your mental spa days, where you get to kick back, destress, and focus on you and your precious baby.

Imagine these sessions as a bit of gardening for your mind. We're going to weed out all that fear and negativity, and in their place, grow some awesome confidence and positivity. You'll feel calmer, more centred, and ready to rock this birth.

Before we dive into the how-tos, let's bust some myths about hypnosis (promise, it's coming soon!). But first, here's the scoop on how these relaxation sessions are total game-changers:

Deep Relaxation: It's like hitting the refresh button. You'll feel super chill, which can make the whole birth thing feel more like a zen meditation than a stress-fest.

Fear Release: We'll hunt down any sneaky birth fears and show them the door, boosting your confidence and putting some pep in your pregnant step.



Visualisation Time: Picture your ideal birth. These sessions help your mind and body team up to turn that vision into reality.

Affirmations Galore: Get ready for some feel-good mantras that'll have you believing in your body's birth superpowers.

Pain Management Like a Pro: With deep relaxation, you'll be surprised how much more manageable those labour feelings can be.

Baby Benefits: Those chill tunes aren't just for you - they're like a brain-boosting lullaby for your little one.

Bonding Sessions:

It's not just relaxation; it's quality time with your baby. And post-birth, the same soothing sounds can be a familiar, calming presence for your baby.



My pregnancy relaxation sessions are all about setting you up with confidence, a sunny outlook, and the tools you need for a chill, empowering birth. It's also about making this beautiful connection with your baby, surrounding them with love and security from the get-go.

Why wait to transform your pregnancy into a serene and empowering adventure? Let's press play now and begin this incredible journey of relaxation and bonding together!

It's Time to Get Your Relaxation Playlist Sorted!

I've created some special pregnancy relaxation sessions just for you, to help turn your pregnancy and birth story into something straight out of a dream. Plus, I've got a few tracks designed especially for your big day to keep you zen, focused, and feeling like the birthing queen you are.

1. WISE MOTHER - EMBRACE YOUR PREGNANCY

Kick off your hypnobirthing journey with 'Wise Mother.' It's a heartfelt session that celebrates your incredible transition into parenthood. Dive deep into the emotional bond with your baby, even before you meet. It's all about nurturing that special connection and soaking up the shared vibes of relaxation.

2. CLOAK OF PROTECTION - YOUR PERSONAL SHIELD

Step into your power with 'Cloak of Protection.' This session is all about building your strength and confidence, creating a protective bubble around you and your bump. It's perfect for keeping any negative energy at bay and rocking your pregnancy journey like the superhero you are.

3. AFFIRMATIONS - FLIP YOUR BIRTH MINDSET

'Affirmations' is your go-to for everyday listening. These positive vibes will replace any doubts with a dose of confidence. Whether you're chilling at home or on-the-go, let these affirmations rewire your thoughts towards a super positive birth experience.

4. RELAX WITH NATURE - FIND YOUR CALM

Need a quick escape to tranquillity? 'Relax with Nature' is like a mini vacation for your mind. Imagine the soothing sounds of the sea, the calming hues of nature, all melting your stress away.

5. BOND AND BREATHE - YOUR CALM CONNECTION

Get your chill on with 'Bond and Breathe.' Whether it's pre-birth jitters or just one of those days, this session is your secret weapon to staying calm and collected, no matter what life throws your way.

6. COVE OF CONFIDENCE - WASH AWAY THOSE FEARS

Feeling a little nervous? 'Cove of Confidence' is like a gentle wave that washes away all those fears. Perfect for a pick-me-up or when you're counting down those post-due dates, it's all about embracing your journey with a happy heart.

7. SEA OF SERENITY - YOUR BIRTH REHEARSAL

Ready for a positive birth rehearsal? 'Sea of Serenity' is your go-to from 30 weeks onwards. Connect the rhythm of the waves with your breathing, prepping you for a serene birth experience, no matter how your story unfolds.

8. POST BODY NURTURING & BREASTFEEDING AFFIRMATIONS

Celebrate your amazing body and journey with this postnatal session. It's a powerful reminder to stay patient and calm as you navigate the new world of parenting and breastfeeding. Your little one might even find comfort in the familiar tunes!

9. EMBRACING INDUCTION WITH CONFIDENCE

Feeling some induction nerves? This session eases you from relaxation into readiness, mirroring the emotional and physical journey of induction. It's all about stepping into labour feeling calm and excited.

So, ready to fill your days with calming vibes and empowering affirmations? You will find everything you need in the Hypnobirth HUB - www.hypnobirth.co.uk



If your caregivers suggest induction, it's important to thoroughly understand their reasoning for this intervention. Ask plenty of questions and gather all the facts!

Listening to pregnancy relaxation sessions is like creating your own little sanctuary

Think of your thoughts as a garden in your mind. You know those pesky negative thoughts? They're like the weeds that pop up uninvited. Thoughts like 'birth is super scary' or 'it's going to hurt like crazy' can start small, but if you don't deal with them, they can totally take over, just like weeds in a real garden.

But here's the cool part - you're the head gardener of your mind! When you spot those negative weed-thoughts sprouting up, you've got the power to yank them out. Whether it's chatting about your fears, diving into some empowering reads, or finding chill ways to deal with them, you're keeping your garden tidy and making space for the good stuff.

Now, let's talk about the 'flowers' - those positive, blooming thoughts. Picture ideas like 'birth is natural, and I'm totally built for this' or 'I've got the strength to rock my birth.' These are the thoughts you want to water, give sunlight, and let flourish. They're like your mind's own bouquet of confidence and positivity.

Just imagine how much calmer and ready you'll feel when your mind garden is full of these beautiful flower-thoughts. It's like creating your own little sanctuary, a place that makes you feel good and super prepared for the big day.

So, just like a gardener decides what blooms in their garden, you get to choose which thoughts you let grow. And trust me, this can make a world of difference in your pregnancy and birth experience.

Ready to grow a gorgeous garden of positive birth thoughts like these hypnobirthing parents?

Tamara's Pregnancy Relaxation Sessions – Real Parents, Real Stories

I've got to share some heartwarming feedback from parents who've used my relaxation sessions. It's kind of wild to think of my voice being part of so many birth stories. Every time I hear how these sessions helped new parents stay focused and relaxed, it just blows my mind.

Noemi from Manchester: “My hubby and I were listening to ‘Cloak of Protection,’ and our little one started kicking a lot! It was like he was trying to tell me something. Unforgettable! Falling in love with the music and blending it into our daily routine was easy and we looked forward to it every day. The practice was easy to fit into our lifestyle too. I am sure number two will be on the way soon!”

Fiona from Welwyn: “During labour, whenever I felt a bit overwhelmed, your voice was like this anchor of strength. The birth affirmations were pure gold to me in labour and kept me focused on getting through it all. My midwife couldn't believe how calm I was throughout my labour. My birth was positive and beautiful. Thanks so much!”

Jack from London (The Supportive Partner): “Honestly, the music chilled me out too. Even caught the midwife snoozing a bit! Keeping the tunes rolling gave me a sense of being part of the whole thing. My girlfriend used a bit of gas/air towards the end and coped well. I would recommend this to all future parents, particularly first-time parents”.

Beth from Kent: “I almost forgot about the sessions as things were speeding up, but once I tuned in, it was like a wave of calm just washed over me. You kept saying ‘You can do it,’ and guess what? I totally did!”

Nicole from Hertford (Twin Mama): “The sessions were my special bonding time with my twins. Feeling them move together while I relaxed? Absolute magic. It was like we were all in this peaceful little bubble together. I birthed twin one on my knees and then twin two on my back with the bed raised. I saw it all and I loved it all.

Zoe Arkley

I was pregnant during covid, but was lucky enough to be offered a free wise hippo course delivered remotely by a local midwife. Having those mp3s helped to keep me centred through what was a strange and scary time for all of us, and so many unknowns as a pregnant woman during that time too. While my labour was so fast I didn't have chance to play them once we'd left home, I did use them to relax with in the bath with a few candles on during my pregnancy, and I actually went into labour in the bath one evening listening to them 😊

Liuba Oniujec Colotelo

Besides everything was said here (and I've experienced on my first birth), it helped me overcome my own trauma (with my second birth) and achieve the healing birth that I was (almost desperately) looking for, in a quick and easy way (I've even experience a trance during expulsion). I've realized I can be much stronger than I was ever thinking 🥰🥰🥰. Lots of love to you Tamara! 🥰🥰🥰

Daniella Davey

Thanks to the wise hippo birthing programme I had the right birth on the day for myself , my baby and my husband . I breathed my way through my surges and had a pain free delivery whilst listening to the sea of serenity 🥰🥰🥰🥰

5y [Love](#) [Reply](#) Edited



Kav Griff

Being a medic, I have mostly witnessed things going wrong during labour so I was very anxious. Hypnobirth calmed those nerves and helped me stay focused with great breathing techniques that no other antenatal class could give me.

5y [Love](#) [Reply](#)



Lucia Lowrey

After a traumatic first birth, it helped prepare me for any outcome and to face my fears. Even after my daughter's wonderful healing birth, I still count down from 10 every time I go to Bed or nap! Not just labour skills, life skills 🥰

5y [Love](#) [Reply](#)



It's these stories that make me so passionate about what I do. Whether it's bonding with your bump, finding strength during labour, or giving partners a sense of involvement, these sessions are here to add a sprinkle of calm and confidence to your birthing day.

Let's talk Baby Bonding!

Bonding with your little one before they even make their grand entrance? Totally a wise move, and it's super important. This isn't just about feeling all the feels - it's about setting up an amazing emotional connection that's going to benefit your baby in so many ways. We're talking emotional intelligence, social skills, and even giving their little brain a head start.

Did you know? When you chat, sing, or read to your bump, you're not just passing time - you're actually lighting up your baby's brain! It's like you're laying down the tracks for their learning and giving them this cozy sense of being connected to you.

Mixing in some tunes or relaxing sounds is another great way to vibe with your baby. Pregnancy relaxation sessions? They're like a dual bonding session - good for you and fab for your baby. Pop on those headphones for some me-time with relaxing music, but remember, your baby's tuning in too! So go ahead, play those soothing tracks out loud sometimes. It's great for their development and for building that heart-to-heart bond.



And let's be real - those sleepless nights post-birth can be a bit of a challenge. But guess what? The same calming music you've been playing? It can be a total game-changer. It's familiar and soothing for your baby, making those 2 AM parties (aka feedings and changings) just a tad easier.

So, ready to start this beautiful bonding journey with your baby? I have written a session called 'Wise Mother' that I know you and your baby are going to love.

Pain-Free Birth with Hypnobirthing? Let's Chat Realities and Possibilities

So, you've probably heard the buzz - 'Do hypnobirthing and you won't feel a thing!' And while I'd love to promise you a birth that's all rainbows and butterflies, let's keep it 100% real.

I can't hand you a crystal ball to predict exactly how your birth will go (though how cool would that be?). But here's the straight-up truth: A birth that's low on the pain scale and doesn't lean on pain relief isn't some kind of fairy tale. It's legit. I've seen it, I've lived it, and I've watched so many families rock their births using just hypnobirthing techniques.

It's honestly mind-blowing to see. But here's the real magic of hypnobirthing - it's not just about aiming for a pain-free experience; it's about how you handle the twists and turns, especially when things don't go exactly as planned.

It's like having the ultimate toolkit for your birth. Maybe you'll open it up and find you hardly need anything from it (hello, dream scenario!). Or maybe you'll use every tool in there, navigating those special circumstances like the boss mama you are. Either way, you're prepared, empowered, and in control. I absolutely cherish the feedback I receive, and what truly warms my heart is hearing stories of how parents triumphed over their challenges. It's incredibly uplifting to learn about their journeys and victories.



'I approached my birth with a blend of excitement and nerves, unsure of what to expect. When the time came and a Caesarean birth became necessary, I felt a wave of anxiety. However, the hypnobirthing techniques I had learned proved to be invaluable. Despite the change in my birth plan, I was able to remain composed, thanks to the breathing exercises and visualisation practices I had mastered. The calm and positive mindset that hypnobirthing instilled in me made a world of difference. It turned a situation that could have been fraught with stress into a more serene and controlled experience. I am deeply grateful for the role hypnobirthing played in helping me navigate this unexpected turn in my son's birth. On another note, I don't think I could have remained as calm having not watched a few positive C- section births as part of my preparation.' Carol from Scotland.

I'm super excited to share with you some of the most amazing birth stories I've been lucky enough to witness as a birth educator. These stories are not just about bringing new life into the world; they're about transformation, strength, and the incredible power of the human body.

Seeing these births unfold is like watching magic happen. They're not just stories; they're real-life experiences that could totally change how you and your birth partner view the whole birthing process. It's like opening a window to a world where you see birth in a whole new light.

And here's something super empowering: knowing that a birth with minimal or no pain relief isn't just a wishful thought - it's a reality for some parents. Just imagine the possibilities! It's about discovering your own strength and embracing the journey with a sense of empowerment and confidence.



It's time to focus on what 'comfortable' feels like



As you gear up for your big day, I've got a super tip for you: Put comfort at the heart of your birth prep. Trust me, it's a game-changer. Here's why focusing on comfort can be your secret weapon:

Positive Vibes Only: When you zero in on feeling comfy, you naturally foster a positive mindset. This can be a major stressbuster, boosting your confidence and overall happiness.

Relaxation Level: Homing in on what makes you feel at ease helps you find and perfect relaxation techniques that really click for you. When it's go-time, you'll be a pro at chilling out.

Pain Management, But Make It Chill: Thinking about comfort can actually help manage pain. It's like steering your mind away from discomfort and into a more relaxed zone, which could mean a smoother ride during labour.

Coping Skills on Point: By focusing on comfort, you get to build some seriously effective coping strategies. This means you're more ready to handle whatever comes your way, making you feel more resilient.

Wrapping your birth prep in the concept of comfort means you're mentally and emotionally kitted out to tackle the highs and lows with way more ease and confidence.

And about pain - it's super personal. Doctors and midwives often use scales or questionnaires to gauge what you're experiencing, but remember, your feelings are yours alone. It's not about comparing; it's about understanding your unique experience.

Let's talk about PAIN (and Spice!)

Ever thought about how pain is kind of like spicy food? Stick with me here. Everyone's got their own level of what they can handle when it comes to spice. Some of us can chow down on the hottest chili pepper and be like, 'Bring it on,' while others get teary-eyed at just a hint of heat. It's not that the dish's spiciness changes - it's all about how each person reacts to it.

Pain during birth? Totally the same idea. What feels like a slight discomfort to one person might be super intense for someone else. It's not the actual situation that's different; it's our own, totally unique reaction to it.

This is why understanding and managing pain can feel like a puzzle sometimes - because it's such a personal thing. It's kind of like everyone has their own 'pain spice level.'



And here's an interesting nugget: pain doesn't always mean something bad. Think about eating a super spicy pepper. It's intense, sure, but not necessarily harmful. Pain's kind of like your body's own alarm system. It's there to let you know when something's up - like when you need to pull your hand away from something hot.

But not all pain means danger or damage. Like when you're doing a hardcore workout or running a marathon - your muscles might scream, but it doesn't always mean harm. It's just your body stepping out of its chill zone.

So, as you prepare for your big day, remember - your experience of pain is as unique as your taste in spicy food. And that's totally okay. Just because a madras curry might have you reaching for the water doesn't mean you won't be a superstar in your birthing room! Here's to understanding your unique journey.

Power of Focus: How Determination Can Alleviate Pain Perception.

An example of how intense focus can affect feelings is that of an athlete focusing on winning a competition. For instance, take footballer, Harry Kane (our hat-trick hypnobirthing Dad!) fully dedicated to scoring the winning goal during an important game. In the heat of the moment, he may collide with an opponent or fall over, resulting in a bruised knee or a twisted ankle. However, Harry's unwavering focus on achieving victory might cause him to not immediately notice the pain or even perceive it as less intense.

His determination to succeed allows him to push through any discomfort and continue playing, illustrating how our perception of pain can be significantly impacted by the level of importance and focus we give to a situation.

Now, let's apply this to giving birth. I am pretty sure that once you have mastered your hypnobirth techniques your determination to

bring new life into the world will allow you to push through the intensity of labour, illustrating how our perception of pain can be significantly impacted by what you will be focusing on at the time.



Let's decode the 'Gate control theory of pain'.

Ever wonder why we all feel pain differently? It's all thanks to this cool concept called the 'Gate Control Theory of Pain.' It's like your brain has this gate that controls how much pain gets through to you.

Here's the gist: When you're super focused on something - maybe you're deep in a yoga pose, lost in your favourite playlist, or just super into a Netflix binge - your brain can kind of 'close the gate' on pain. That means you don't feel it as much because your brain is too busy with other stuff.


But, if you're super fixated on the idea of pain or you're expecting it to happen, that gate swings wide open. Your brain zones in on those pain signals, and suddenly, ouch - you feel it more. That's why doing things like getting lost in a good book, practicing some deep breathing, staying in the moment, or just chilling out can be total game-changers for managing pain. They switch your focus, so the pain dials down a notch.



So, you might be thinking, 'Does this mean if I listen to my relaxation tracks during labour, I can turn down the pain?' Exactly! By getting into those relaxation vibes, you can tweak how your brain handles pain. It's like tuning the radio to your favourite chill station during the big moment.

But real talk - it does take some practice. Regularly tuning into your pregnancy relaxation sessions and getting those relaxation techniques down is key to making this work and mastering your mind's pain gate for a smoother birth. Here's to a journey of chill and empowerment!

I can't promise you a pain free birth, but I can help you achieve 'The right birth on the day'.



In the context of a hypnobirth, “the right birth on the day” is a phrase I coined when putting together my hypnobirthing programme. It emphasises the importance of flexibility, trust, and acceptance during the birthing process. It acknowledges that every birth is unique, and the ideal birth experience may vary depending on the specific circumstances on the day.

'The right birth on the day' – Your Birth, Your Way!

OK, so you're probably already picturing how your birth story might unfold. Let's chat about what 'the right birth on the day' really means - it's like your personal birth mantra:

Stay Informed, Stay Empowered: Know your birth options like the back of your hand, but also be cool with the idea that things might need to switch up. It's all about balancing your plan with what's actually happening.

Trust Your Gut: Your body's pretty amazing, so listen to it. Trust those instincts and team up with your healthcare providers to make choices that feel right for you and your little one.

Flexibility is Key: Think of your birth plan as a playlist - be ready to shuffle it if the vibe calls for it. Adapting to what you and your baby need in the moment is super important.

Let Go of 'Perfect': Ditch the idea of a one-size-fits-all 'perfect' birth. Your story is yours alone, and that's what makes it perfect for you. Embracing this mindset means walking into your birth experience with an

open heart and a flexible mind. It can seriously help chill out any stress or worries if things don't roll out exactly as you've imagined. And trust me, it can make your birth feel even more empowering and positive.

And here's something super important: The way you feel about your birth afterwards is huge. It's a story that sticks with you, a story of strength, love, and the awesome moment you brought a new life into the world.



Post- Birth Feels and Why They Matter

As you step into parenthood, how you feel after giving birth is super important for your mental health, your bond with your baby, and even your relationship with your partner. Here's why:

Rollercoaster of Emotions: Post-birth can be like an emotional marathon - there's joy, love, maybe some vulnerability, and sometimes a touch of blues or anxiety. These feelings play a big role in your overall mental health and wellbeing.

Baby Bonding Time: A smooth birth experience can be like a golden ticket to bonding with your little one. It's all about creating that secure, love-filled connection that's so crucial for their growth.



Your Partner and You: The birth story doesn't just affect you; it can shape your relationship with your partner too. A positive experience might bring you closer, while a tough one might add some stress. Keeping that line of communication open is key.

Parenting Confidence: How you feel post-birth can totally influence how you see yourself as a new parent. A feel-good birth might leave you feeling like a superhero, while a rough one could bring up some doubts.

Recovery Road: A good birth experience can make your physical and emotional recovery smoother. It helps you gear up for the adventure of life with a newborn and might even ward off postpartum blues.

Social Butterfly or Cocooning? Your birth experience can also affect how you socialise in those first few weeks. A happy birth story might have you wanting to share with everyone, while a tough one might make you want some alone time.

Breastfeeding Journey: If you're feeling positive and chill post-birth, it can set the stage for a successful breastfeeding experience. Stress, on the other hand, can make things a bit tricky with milk flow and all.

How you feel after giving birth is a big deal. It shapes your mental health, your new life as a parent, and even your relationships. A positive experience can make the transition to parenthood a bit smoother, but if things get tough, remember it's okay to reach out for support.

Anna's story is a perfect example of how hypnobirth training can flex and flow with you, no matter what your birth throws at you. It's about building that inner strength and confidence, so you're ready for anything.

“During my pregnancy, I attended hypnobirthing classes, NCT classes, and yoga classes to prepare for my homebirth. Friends thought I was overdoing it and so did John, even though he happily tagged along to all the classes with me (except the yoga). I am so glad we did because they were all very different. One thing they did all have in common was teaching us the importance of remaining calm in labour, but it was the resources I discovered in the hypnobirth hub that really taught me how to focus and relax.

I was 6 hours into my labour when the community midwife arrived to check on me. She noticed that my baby was upside down (undiagnosed breech) so I was transferred to the hospital as the midwife considered it too risky to continue having a home birth. I did feel disappointed, but I also knew that no matter what happens I was confident that I would be able to easily get into the zone no matter where I was.

I remember feeling ok about my plans changing apart from the bumpy ride in the ambulance which was not relaxing at all! I just kept saying to myself ‘I am calm and relaxed, my breathing will get me through, I have all the tools I need to stay in control of this situation’.

After Lily’s Caesarean birth, I felt positive and grateful for the techniques that I had learnt that kept me calm and in control on the day. Even though I didn’t get my homebirth I still believe all my preparation paid off, I played my music in theatre, my breathing techniques kept me calm, I had immediate skin to skin contact and John was by my side throughout.

When I reflect back on my birth experience now, I feel that what I learnt in the hypnobirth classes helped me the most and is the reason why I have been left with such fond memories of this special time in my life.

What really blew my mind was the knowledge I gained around hypnosis. I certainly didn’t realise it was a state that we all go in and out of daily like starring out the window at work in deep thought.

I now understand the importance of a positive mindset and how to manage any negative thoughts and feelings which will come in handy in my role as a new mum. Thank you for this life changing education that kept me calm when I really needed it. ‘Anna P, London

Hypnosis in a Relatable Way



You might've heard the term 'hypnosis' and thought of stage shows or movies where people do wild stuff they don't remember. But real talk? Hypnosis is more like getting lost in a daydream or being so into a movie or book that you forget where you are. It's about your mind being super relaxed and open to new ideas, which is exactly what we aim when listening to the pregnancy relaxation sessions.

When you're super focused, your brain can tune out distractions, including pain. Think of it like being so absorbed in your phone that you don't hear someone calling you. That's a bit like hypnosis! It's about zoning in so deeply on something that everything else fades into the background.

And here's the kicker: when you're chilling to pregnancy relaxation sessions, you're training your brain to hit this relaxed, focused state. It's like practicing for labour. These sessions are all about kicking fears to the curb, boosting your confidence, and gearing up for labour so it feels more like a power session and less like a scary movie.

Now, let's break down what this means for you during labour:

Deep Relaxation: Getting into that super chill zone where you're calm and centred.

Positive Vibes: Turning those scary thoughts about birth into empowering ones.

Inner Strength: Finding that mama bear courage to handle labour like a boss.

When you regularly listen to these sessions, your brain learns to switch gears into this chilled-out state. It's like having a secret weapon during

labour - you're focused, in control, and ready to handle whatever comes your way.

And here's the cool part: hypnobirthing isn't just a one-time thing. The skills you learn are like a lifelong superpower. They don't just help with pregnancy and birthing; they're tools you'll carry with you as a parent, ready to take on whatever parenting throws at you. Let's get our hypnosis on!


'When a friend suggested hypnosis to ease my birth anxieties, it felt like a had found a solution to the horrible way I was feeling. As I immersed myself deeper into learning all about it, something incredible happened. For someone who finds comfort in being in control, hypnosis opened a door to a level of empowerment I never knew existed.

I realised that hypnosis wasn't just about relaxation; it was about harnessing control in the most profound way. It was like uncovering a secret, an extraordinary method of birthing that completely shifted how I viewed the entire process. I felt empowered, prepared, and incredibly connected to my own strength and capability.

It felt like a transformative experience that completely changed my perception of birth. This education gave me the tools to turn fear into power, and anxiety into excitement' Jackie, London.

Just imagine you're about to hike through this lush, uncharted forest - it's beautiful, mysterious, and a bit daunting, right? This is pretty much what diving into pregnancy and childbirth can feel like. Without the right info or support, you might feel like you're wandering without a clue, every decision feeling like a total shot in the dark, and hello, stress!

But, what if you had a trusty map and compass with you? That's what having access to the right pregnancy and birthing resources is like. It's about turning that overwhelming forest of the unknown into an adventure where you feel totally in charge-. Think it of this way:



Your Map (Knowledge is Power): Just like a map shows you the lay of the land, having solid info gives you a clear picture of what to expect during pregnancy and birth. It clues you in on important landmarks and potential challenges.

Your Compass (Staying on Track): And then there's your compass - your ability to stay grounded and make adjustments as needed. This is all about tapping into your intuition, listening to your body, and staying aligned with your birth preferences, even when things go a little off track.

Armed with these tools, you can step into your pregnancy journey feeling like a total boss. You're prepared, you know the terrain, and you've got the skills to navigate through any twists and turns. Even if surprises pop up (because, let's face it, pregnancy is full of them), you've got what it takes to handle them like a pro.

Ever heard of the iceberg metaphor?

It's a perfect way to understand how hypnosis taps into the hidden power of your mind. Think of your mind like an iceberg floating in the ocean. What you see above the water - that's your conscious mind, the part you're aware of, where you do all your everyday thinking and decision-making.

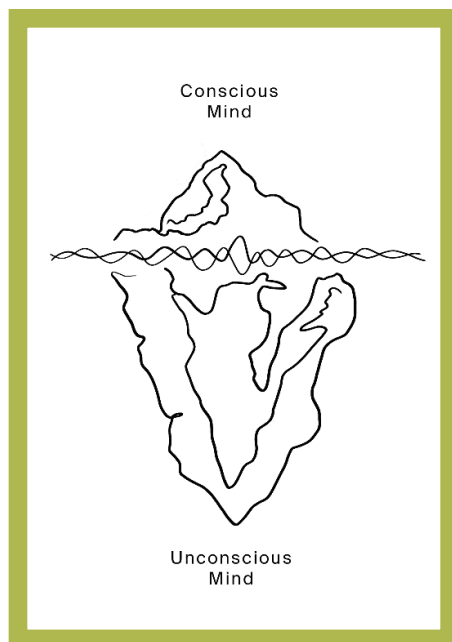
But here's the interesting part: most of the iceberg is actually underwater. That's your subconscious mind, and it's a treasure trove of thoughts, beliefs, and emotions you might not even know you have. This part of your mind plays a huge role in how you think, act, and feel.

By getting into hypnosis, especially as you prep for birth, you're kind of like an explorer diving below the surface. You get to uncover and understand all this stuff hidden in your subconscious. It's like finding out there's this whole other part of your mind that can help you grow, change, and even make giving birth an empowering experience.

Think about it - your subconscious mind is this powerful resource just waiting to be tapped into. It can help you break free from fears, build confidence, and totally transform how you view the birthing process.

So, ready to explore the depths of your mind and unlock all that amazing potential that's been chilling beneath the surface?

When you start prepping for your hypnobirth, it's like you're diving into this underwater part of the iceberg. You're tapping into that powerful subconscious mind of yours. And guess what? This is where all the magic happens.




Let's break down this metaphor a bit more:

Conscious Mind (The Tip of the Iceberg): This is where your logical, analytical thoughts live. It's all the stuff you're aware of and actively thinking about.

For example, consciously, you might say, "I want to have a great birth and feel confident." However, beneath the surface lies the vast subconscious mind, like the submerged portion of the iceberg. This is the part that holds your beliefs, emotions, and automatic responses that greatly influence your thoughts and actions.

The subconscious mind can have a powerful impact on how you feel about yourself and your abilities. If subconsciously you have doubts or fears about birth, it can undermine your conscious desires and make you feel unsure or anxious. Understanding this interplay between the conscious and subconscious mind is key to unlocking your full potential and becoming more positive about birthing your baby.



Subconscious Mind (The Hidden Iceberg): This is where your deeper, often unnoticed thoughts and feelings chill. It's the powerhouse behind your beliefs, habits, and emotions.

The subconscious mind is constantly shaping our thoughts, emotions, and actions, even though we may not always be aware of its influence.

By delving into hypnobirthing, you're unlocking the door to this hidden powerhouse. You get to explore and influence those deep-rooted thoughts and feelings that can shape your birth experience.

Let's Explore the Amazing Mind/Body Connection!

As you gear up for this incredible journey of pregnancy and birth, understanding the mind-body connection is like unlocking a superpower. It's all about how your thoughts, feelings, and emotions can totally shape your physical experience, and vice versa. Let me break it down with some relatable examples:

Stage Fright Feels: Picture yourself about to give a big presentation or heading into a job interview. Feeling nervous? That's your mind sending signals that can make your heart race, your palms sweat, and your stomach do somersaults. It's a classic example of your emotions affecting your body.

Celebration Vibes: Remember that time you aced a test or won a prize? The excitement probably had you bouncing around with a burst of energy. That's positive emotions giving your body a 'feel-good' boost.

Down Days: On the flip side, when you're feeling low or upset, your body might slow down, making even hanging out with friends feel like a chore.



It's a glimpse of how negative emotions can dampen your physical state.

Sick and Snappy: Ever noticed how being under the weather with a cold can leave you feeling grouchy? That's your physical state looping back to affect your mood.

The Power of Intimacy: Let's talk about sex - it's a powerful display of the mind-body link. Feeling stressed or distracted can put a damper on the experience, while being relaxed and present can make it way more enjoyable. This intimate connection not only feels great but also releases hormones that boost your mood and deepen your bond.

So, how does all this relate to your birthing journey?

Birth and Your Brain: When it comes to giving birth, your mindset plays a massive role. If you're stressed or scared, your body might tense up, making things tougher. But if you approach birth feeling calm and confident, your body's more likely to relax, which can help ease the process.

This is where hypnobirthing shines. It teaches you how to harness this mind-body link. By practicing relaxation and breathing techniques, you're essentially training your mind to help your body through labour. It's about creating a mental space where you feel empowered and at ease, which can make a huge difference in how you experience birth.

Understanding the mind-body connection is like having an inside scoop on how to make your birth experience more positive and empowering. By aligning your thoughts and emotions with what your body is doing, you're setting yourself up for a more relaxed and in-control birthing experience.



4. Mastering The Hypnobirth Breath



Diving into the world of hypnobirthing, one of the coolest tools you've got is the power of your breath. Slowing down and deepening your breath is like giving your body and mind an opportunity to come together in harmony.

Let me break down why mastering this is a total game-changer:

Hello, Chill Mode: Deep breathing lights up your parasympathetic nervous system - that's your body's own relax-and-unwind setting. It's like hitting the brakes on the 'fight or flight' response, so you feel less stressed and more zen.

Bye-Bye, Stress: When you breathe deeply, you're basically telling stress hormones to take a hike. This helps you keep your cool and stay in control, especially when those pre-birth butterflies start fluttering.

Heart Rate and Blood Pressure: Deep, slow breaths are like a love letter to your heart. They help keep your heart rate and blood pressure in check, improving your overall health.

Oxygen Boost: Think of deep breathing as your personal oxygen bar. It pumps up the oxygen flow to your cells, leaving you feeling more energised and rejuvenated.

Mental Clarity for Days: This type of breathing isn't just about feeling good - it sharpens your focus and clears the mental fog. It's perfect for those moments when you need a mental power-up.

Emotional Balance on Point: It's like a natural mood enhancer. Deep breathing can ease muscle tension and uplift your spirits, making emotional rollercoasters a bit more manageable.

Sleep Like a Baby: Having trouble catching Zs? Slow breathing before bed can be your lullaby, helping you drift off into dreamland with ease.

And here's where it gets super exciting for your hypnobirthing journey: mastering these breathing techniques is not just a feel-good practice - it's a crucial part of your birth prep. It's about fuelling your birthing muscles with oxygen, keeping your mind clear, and maintaining that all-important calm vibe.

In the Hypnobirth HUB, you'll find a bunch of videos showing you exactly how to nail these techniques. Plus, you'll see real parents using them in labour, which is pretty amazing to witness.

So, ready to breathe your way to a more relaxed, focused, and empowering birth experience?

'Two hours into my labour and things were getting challenging. My husband looked at me and in a stern voice said, 'You must slow your breath down'. He started slow breathing with me, and I followed his pace. Once I was back on track, I again closed my eyes and went back to my special place in nature. I imaged my breath slowly going up and down my body and imagined my uterus filling with plenty of oxygen so that every surge would bring my baby closer to me. Joe's support was crucial, and I am so glad I asked him to sit and watch the videos with me so that he knew how to support me' Danielle and Joe, from Essex



Here's how to breathe through your surges/waves/contractions (whatever you want to call them!)

As you settle into a comfortable position, gently draw in a deep, soothing breath through your nose, feeling the calmness spreading within you. When you're ready, let this breath flow out slowly, at your own rhythm, through your nose. Breathe as leisurely as you find comfortable.

**If nose breathing isn't comfortable, feel free to exhale through your mouth.*

Now, with your eyes softly closed, repeat this breathe. This time, engage your imagination. Visualize each breath as a gentle wave or a stream of water, gracefully flowing up and down through your body. Or, if you prefer, count each breath as it travels, tracing its soothing path.

Allow yourself this peaceful experience for about a minute - just estimate what feels like a minute to you.

Remember, a surge in labour can last anywhere from 30 seconds to a minute and a half. This practice gives you a sense of the duration you'll be using this breathing technique during labour.

You might find this breathing style comes naturally, or it may require a bit more practice. Either way, it's a nurturing process.

Embracing this method during your surges ensures that your uterus muscle is bathed in a rich supply of oxygen, essential for a nourishing and effective birthing process.



Your Amazing Birthing Body



As you gear up for the big day, knowing how your incredible birthing muscle - the uterus - works can seriously boost your confidence and connection with your body. Understanding this powerhouse organ can make the whole birthing process feel more manageable. It's like getting the inside scoop on how your body is designed to rock childbirth.

Getting Ready: Picture the starting line of your birthing journey. Your uterus begins with rhythmic contractions, working to thin (efface) and open (dilate) your cervix. It's prepping a path for your little one to make their grand entrance.

Uterine Contractions: These contractions are like waves, with the top part of your uterus (the fundus) leading the charge. They work in a beautiful, rhythmic dance, nudging your baby closer to meeting you. As your baby's head presses down, your body ups its oxytocin game, making those surges stronger and more frequent.

The moment of birth: Now, it's all about teamwork. Your uterus is contracting, you're using your abdominal muscles, and together, you're guiding your baby down the birth path. It's a powerful moment where every part of you is working in harmony to welcome your baby into the world.

Birthing the Placenta: Even after your baby's big debut, your uterus keeps going. It contracts to help birth the placenta and plays a crucial role in reducing postpartum bleeding. It's the unsung hero of the childbirth process.

Your uterus is this amazing muscle specifically designed to support you through every stage of labour. It's strong, capable, and absolutely incredible - just like you!

So, as you prepare for this journey, remember how extraordinary your body is, and trust in its ability to bring your baby into the world.

Let's Talk About Kicking Fear to the Curb

So, what happens if fear sneaks into your birthing journey? When you start feeling anxious or scared, your body's like, 'Alert! Alert!' and pumps out stress hormones like cortisol and adrenaline. These hormones aren't the best friends of childbirth - they can actually slow things down, making what the docs call 'failure to progress' more likely.

Think of it like this: you're in the middle of a peaceful yoga session, and suddenly there's loud construction noise outside. Your zen vibe? Totally thrown off. That's kind of what happens in your body when fear shows up during labour.

Plus, if you're feeling pain and you get scared or tense because of it, it's like adding fuel to the fear fire. This can make it harder for you to relax and go with the flow of your surges

But here's the good news: learning to stay calm and relaxed is like having a superpower against fear and tension. It's about transforming those 'uh-oh' moments into 'I've got this' moments.

Imagine you're riding a wave - instead of panicking and flailing, you learn to surf it smoothly. That's what staying calm during labour can be like. It helps you handle those surges like a pro, keeping your body and mind in a good place.



Breaking the Fear-Tension-Pain Cycle

Navigating through labour and birth can feel a bit like preparing for a big adventure. To make sure you're set up for a smooth journey, breaking the cycle of fear, tension, and pain is key. Think of it as packing the right tools in your birthing bag.

Knowledge is Power: First up, hypnobirthing education. It's like having a detailed map of the terrain ahead. Understanding how your body works during childbirth can clear up any scary myths and calm those nerves.

Emotional Cheer Squad: Continuous emotional support is like having your personal cheer squad. Whether it's your partner, a friend, a family member, or a doula, their encouragement and presence can be a huge comfort. It's like having someone holding your hand, telling you, "You've got this!"

Chill with Skills: Now, onto relaxation techniques such as deep breathing, visualisation, and tuning into those pregnancy relaxation sessions. They're like your calming tools, helping to ease any tension or anxiety.

Comfort is Key: Don't forget comfort measures like massages, water immersion, or just moving around. They're like those extra comfy shoes or that perfect pillow - small things that make a big difference.

By tackling fear head-on and knowing the importance of remaining calm and relaxed, you're setting up the perfect hormonal mix for labour. It's all about ensuring those essential childbirth hormones are flowing just right, paving the way for a smoother and comfier labour progression.



5. The Ideal Hypnobirth Environment

Ever think about how even the mightiest creatures, like hippos, instinctively pause their birthing when they feel unsafe? It's a reminder of how crucial the right environment is for birthing - for animals and us humans too!

Here's how you can create a relaxing hypnobirth environment, turning your space into a peaceful sanctuary for welcoming your little one:

Location, Location, Location:

Whether it's a cozy corner at home, a welcoming birthing centre, or a hospital room, pick a spot where you feel safest and most comfortable.

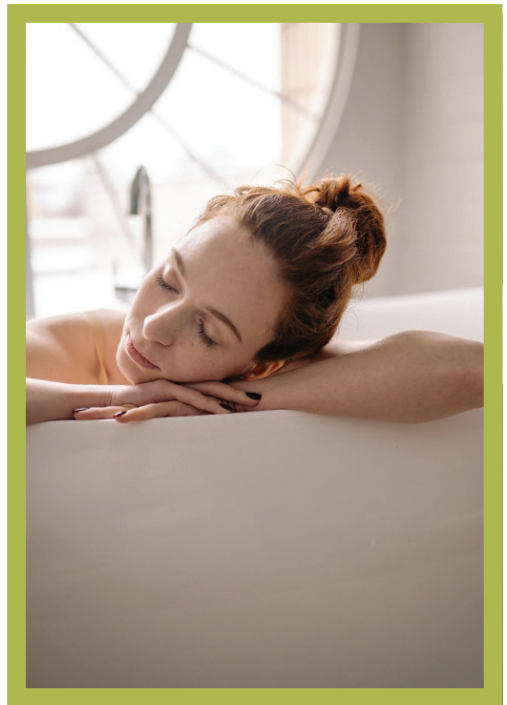
Your Personal Chill Playlist: Set the mood with soft tunes or nature sounds. You will find plenty to listen to in the Hypnobirth HUB.

Lighting the Way to Relaxation:

Soft, dim lighting can make a world of difference. Think fairy lights, dimmer switches, or just some good old natural light, filtered through curtains for a soft glow.

Aromatherapy Magic: If you're cool with scents, a drop of lavender or chamomile oil can work wonders for creating a calm vibe. Just remember to keep it subtle.

Just Right Temp: You want to be comfy, whether that means cozy blankets or a cool breeze from a fan. Listen to your body - it'll tell you what it needs.



Flexible Positioning: Grab some birthing balls, stools, or piles of pillows. Being able to move and find the position that's right for you is key.

'Do Not Disturb' Mode: Chat with your healthcare team about keeping interruptions to a minimum. This day is all about you, your partner, and your baby.

Personal Touches: Bring along anything that makes you feel at home - photos, your favourite blanket, or that lucky charm.

Team Support: Having your partner, a friend, family member, or doula who's down with hypnobirthing can be a huge comfort. They're your cheerleaders, after all.

Stay in the Zen Zone: Lean into those deep breathing exercises, visualisation, and relaxation sessions you've been practicing. They're your secret weapons for staying calm and relaxed.

Creating this nurturing, tranquil space isn't just about comfort - it's about empowering you to have the positive birthing experience you and your baby deserve.



Let's Mix Up a Hormonal Cocktail for Your Birthing Room

As you gear up for the grand arrival of your little one, think of your birthing room as a stage for a beautiful hormonal symphony. It's all about getting that perfect blend of natural hormones to help your body do its incredible work. Here's the lowdown on these superstar hormones:

Oxytocin - The Love Hormone:

This is the star of the show! Oxytocin is like the conductor, guiding your surges and helping your body get ready to bring your baby into the world. It's also the hormone that helps you feel all those warm, fuzzy, lovey-dovey feelings.

Endorphins - Nature's Painkillers:

These are your body's natural feel-good chemicals. Think of them as your in-built pain relief, helping you cope with the intensity of labour.

Adrenaline - The Energy Boost: This one kicks in like a turbo boost, especially as you get closer to meeting your baby. It gives you that extra surge of energy you need to birth your baby.

Creating the right environment helps this hormonal cocktail do its magic. It's about feeling safe, calm, and supported. The more relaxed and undisturbed you are, the better these hormones can flow.

So, as you prepare for your birth, imagine setting the stage for this amazing process. You're not just waiting for your baby; you're actively creating the best possible conditions for a smooth and empowering birth.



Let's Navigate Hormones and Keep Fear at Bay!

You know how when you're super scared, like during a horror movie, you feel your heart racing? That's kind of what happens in your body when fear creeps in during labour. It can throw off the awesome hormonal balance your body naturally sets up for childbirth.

Let's break down what's happening:

Oxytocin - The Labour Leader: This is the hormone that keeps your surges going strong and steady. But when fear kicks in, it's like putting a damper on oxytocin's party, which can slow things down in the labour department.

Endorphins - Your Feel-Good Friends: These are your body's own pain-relief squad. High stress and fear can make them take a back seat, which means you might feel the intensity of labour more.

Adrenaline - The Stress Signal: Fear can trigger this hormone, putting your body into a 'fight or flight' mode. This isn't helpful during labour because it can send blood and oxygen to your muscles and brain (for quick thinking and running fast), and not so much to where it's needed for birthing.

Prolactin: This one steps up post-birth, helping with milk production and bonding with your baby.

Remember, while it's super important to aim for this hormonal harmony, birth can be full of surprises. Being open and flexible, ready to adapt to whatever comes your way, is part of the being well prepared for your special day.

Let's Talk About Making Time Fly During Labour

Imagine you're in labour, but instead of clock-watching, you're so wrapped up in your hypnobirth zone that time just seems to blur and flow. That's exactly what happened to me and many other parents who've mastered the art of deep relaxation during childbirth.

This magical time warp is called time distortion, and it's like another superpower during labour.

Here's why it's awesome:

Feeling Zen, Losing Track of Time: When you're deeply relaxed in a hypnobirth state, time can feel like it's bending. It's like being in a calm, peaceful bubble where hours feel like minutes.

Less Worry About the Clock: This cool time trick can make you less anxious about how long labour is taking. It's like being in your favourite exercise class where you're so in the moment that you forget about everything else.

Ease the Ouch: When time feels like it's flying, you're more in control and the discomfort can seem less intense. It's all about being present, focused, and riding the wave of each moment.

Your Relaxation Playlist: Tuning into pregnancy relaxation sessions can be your ticket to this time-travel experience. It's like putting on noise-cancelling headphones in a busy café - the world fades away, and you're in your zone.



Just Like Losing Yourself in a Good Book or Game: Ever been so into a game or book that you don't notice how much time has passed? That's exactly what we're aiming for when birthing. When you're engaged and focused, time does its own thing.

The Power of Your Uterus Muscle: Think of your uterus as a strong, stretchy hero in this journey. It's working hard, contracting, and relaxing to guide your baby down the birth path.

Calm Over 'Fight or Flight': We want to keep that 'superhero' stress response at bay. Staying chilled and relaxed helps your body focus on birthing, keeping those helpful hormones, oxytocin, and endorphins, flowing.

By mastering relaxation and hypnobirthing techniques, you're setting the stage for a more serene, time-warped experience. It's all about letting your body and mind work in harmony, making the journey to meet your baby as smooth and joyful as possible.



6- Your Simple Hypnobirth Practice Routine

You know that saying, 'Practice makes perfect'? Well, in the world of hypnobirthing, we say 'Practice makes permanent.' It's all about building habits that stick. But here's the twist: it's super important to practice the right way because what you practice is what you'll perform. Think of it like learning a dance routine - you want to get those steps just right.

Your Hypnobirthing Practice Routine:

Embrace the Learning Curve: Remember learning to ride a bike? At first, you were super aware of every pedal and wobble. That's where you start with hypnobirthing. It's about understanding each breath and visualisation technique consciously.

Smooth Transition Through Practice: Just like riding a bike becoming second nature, practicing hypnobirthing will gradually embed these skills in your subconscious. Soon, they'll feel as natural as breathing.

Mastering the Art: Eventually, you'll reach a point where hypnobirthing techniques become an instinctive part of your birthing process. You won't have to think about it; you'll just do it.

Why This Matters:

Control over 'Fight or Flight': We want to avoid that stress-induced 'fight or flight' mode. Staying calm and relaxed lets your body focus on birthing.

Hormone Harmony: Think of your body as a hormone cocktail mixer. We want to keep the stress hormones out and let the good guys (oxytocin and endorphins) do their thing.

Know your worth, Hypno**birth**[™]



Time Warp Magic: With practice, you might experience time distortion, where hours feel like minutes. It's like being so into a great movie that you forget time exists.

Fear, Be Gone! By mastering relaxation, you can keep fear at bay. Fear can mess with your hormone balance, but your hypnobirth practice will keep you cool, collected, and in control.

Your Birth Partner's Role:

Your birth partner is your personal cheerleader and support squad. They're there to remind you of your strength, advocate for your needs, and help maintain that calm, peaceful environment. Think of them as your co-pilot, guiding and supporting you through this journey.

Boosting Natural Pain Relief:

Light massage/soothing strokes can be a game-changer. It not only feels amazing but also helps release those feel-good endorphins. Practice different massage techniques with your partner before the big day to find what works best for you.

Remember, you're prepping for one of the most extraordinary experiences of your life. Your practice routine is all about making sure you feel empowered, confident, and ready to welcome your little one with love and serenity.



Let's Talk Smart Decision-Making with B.R.A.I.N.S

Navigating pregnancy and birth can sometimes feel like you're in a whirlwind of decisions, especially when chatting with medical pros. But guess what? You've got a secret weapon to help you make those choices confidently - it's called B.R.A.I.N.S!

B.R.A.I.N.S - Your Go-To Guide for Informed Decisions:

Benefits: What's in it for you and your baby? Understanding the good stuff about any suggested treatment or procedure helps you balance the yay vs. nay.

Risks: What are the not-so-great parts? Knowing the potential downsides is super important to see the full picture.

Alternatives: What other options do you have? There's often more than one path to the same destination, so explore them all.

Intuition: What does your gut say? Trust those parental instincts - they're often spot-on.

Nothing: What if you hit pause or do nada? Sometimes, waiting it out is the best move.

Second Opinion: Still unsure? A fresh perspective from another person can be a game-changer.

Using B.R.A.I.N.S means you're taking charge of your birthing journey, making choices that are right for you and your little one.



Quick & Easy Hypnobirthing Practice Routine for Busy Parents:

Get Comfy: Find your zen spot. Maybe it's on a birthing ball or a cozy chair.

Set the Mood with Tunes: Play some chill music or one of my pregnancy relaxation sessions. It's like creating a mini-spa vibe right at home.

Aromatherapy Magic: Light that soothing candle or drop some essential oil. Ahh, smells like relaxation!

Partner Massage

Time: Let your partner work their soothing magic on your back, arms, and head for 10 blissful minutes. Think 'goose bumpy feeling' this helps to tap into the endorphin system.



Visualise & Breathe:

Close your eyes, imagine a surge (contraction) coming, and breathe through it using those hypnobirthing, breathing techniques you've been practicing.

This routine is more than just relaxation; it's about connecting with your partner, bonding with your baby, and reinforcing your hypnobirthing skills. Just 10 minutes a day can make a world of difference.

Ten Hypnobirthing FAQs

1. Online vs In-Person Hypnobirthing Courses:

Online courses rock! They offer the same top-notch resources as in-person classes. Our course is super user-friendly, and we've got your back with easy instructions and tech support. Plus, you can learn at your own pace - no tech genius required!

2. Will I Miss Out on Personal Interactions Online?

Nope! Our vibrant online community means you're never alone. You'll have email support from me and my team, keeping the personal touch alive.

3. Time Commitment for Online Course:

Totally flexible! You can tailor the course to fit your schedule, with most parents spending a few hours a week on it.

4. Is the Online Course Worth the Cost?

Absolutely! It's an investment in a happier, more empowered birth experience. The value you get from these lifelong skills is priceless.

5. Sceptical About Hypnobirthing?

Healthy scepticism is normal! Check out the glowing testimonials and research backing hypnobirthing's effectiveness in easing labour and reducing anxiety.

6. Overwhelmed by Course Info?

No way! We've designed the course to be easy to digest, with each module building on the last. Plus, we give you handy summaries, key points and an easy to implement practice diary.





7. Why Hypnobirthing Over Traditional Methods?

Hypnobirthing doesn't just tell you about the importance of staying calm and relaxed; it actively demonstrates and guides you through it, transforming words into a tangible, serene experience.

8. What's Covered in the Online Course?

We cover it all - from the nitty-gritty of birth physiology to relaxation techniques, birth plans, and communicating with healthcare providers.

9. Will My Midwife Get Hypnobirthing?

For sure! Most midwives are familiar with hypnobirthing and can support you. Just flag it in your birth plan. Why not request a midwife familiar with hypnobirthing when you hand your birth plan/preferences over?

10. Quality and Credibility of Our Course?

Led by the Hypnobirthing expert Tamara Cianfini, our resources are top-quality, backed by years of experience and thousands of happy parents. Tamara is a nurse, hypnotherapist, birth doula, hypnobirthing teacher/midwife trainer and founder of The Wise Hippo Birthing Programme and World Hypnobirthing day.



Our Birth Outcome Stats Don't Lie

Navigating the birth journey in the UK often feels like an emotional rollercoaster ride. With over 600,000 births each year and some bumps along the way (think understaffed hospitals and a bit of chaos), it's been tough for lots of expectant parents. However, Hypnobirthing parents have been rocking it, showing just how powerful and effective this approach is, even when the going gets tough.

So, What's the Real Deal with our Hypnobirthing Results?

'The Right Birth on the Day':

A whopping 92% of our hypnobirthing parents felt they had just that - the perfect birth for them.

Confidence Boost: 98% of mamas and 96% of birth partners ended up feeling more confident.

Homebirth Goals: 74% of parents who dreamt of a homebirth made it happen (that's huge!).

Lower Induction Rates: Only 24% needed a little nudge to get labour going, compared to the 34% national average.

Less Pain Relief Needed: 47% of our hypnobirthing parents breezed through without needing pain relief.

Vaginal Births: 86% had natural births, way over the 52% national average.



Positive C-Section Experiences: 88% of those planning C-sections were totally happy with how it all went.

Informed Decisions All the Way: 99% felt like they were calling the shots during their birth.

Early Bonding: 91% got to have that precious skin-to-skin contact within the first hour.

Prep Paying Off: 97% said their hypnobirthing prep was a game-changer during labour.

Raving Recommendations: 98% would tell other parents to go the hypnobirthing route.

Post-Birth Bonus: 73% of parents kept using their hypnobirthing skills even after the big day - talk about a gift that keeps on giving!

Hypnobirthing isn't just a course; it's a journey to a more positive, empowering, and joyful birth experience. And the numbers? They are totally back it up!

Want to dive deeper into these amazing stats and see how they stack up against the national average? Check out www.thewisehippo.com for more information.



A Summary - Let's Unpack the Power of Hypnobirthing

Speedier Labour: Hypnobirthing can help speed things up in the labour department. It's all about kicking stress and anxiety to the curb, so your body can do its thing more efficiently.

Less Pain, More Gain: Imagine a birth experience where you might need less pain relief and fewer medical interventions. That's what hypnobirthing can offer - a comfier ride to becoming an empowered parent.

Happy Babies, Happy Parents: Stress down, vibes up! Hypnobirthing not only makes for a chill birth environment but also means healthier, more zen babies and a super strong parent-baby bond.

You're in Charge: Feel like the boss of your birth, more connected to your body and your little one, all thanks to hypnobirthing.

Speedy Recovery Post-Birth: With less stress and a positive headspace, bouncing back after giving birth could be quicker.

Bonding Time: Practicing hypnobirthing with your partner? It's like relationship glue - stronger confidence and connection for the whole family.

One Size Fits All: Whether it's a natural vibe, a medicated route, or a C-section, hypnobirthing's got your back, keeping you calm and collected, whatever the scenario.



Mental Health and wellbeing: Less chance of postpartum blues and better breastfeeding success - hypnobirthing is a win for your mind and body.

Healthcare Caregivers are Onboard: More and more, doctors and midwives are learning about and supporting hypnobirthing and recommending it to many parents to be.

Family happiness: Think of hypnobirthing as a life skill upgrade for the whole gang. Stress management, being mindful, and clear communication can make home life sweeter and everyone more relaxed.

Hypnobirthing isn't just about birth; it's a lifestyle change that can sprinkle some extra happiness on your whole family's journey.

Let's Talk About the True Value of Your Birth Experience

You're not just gearing up for the big day; you're arming yourself with wisdom and skills that'll last a lifetime. Think about it - what's the real value of feeling empowered, calm, and connected during your birth? It's priceless, right?

Sure, a stylish nursery and cute baby outfits are great, but they can't compare to the deep satisfaction of knowing you're totally prepared for birth. It's about creating unforgettable memories and building an unbreakable bond with your little one from day one.

Now is the time to step into your



power, steer your birth journey with confidence, and get ready to glow. Because this isn't just about welcoming any baby into the world - it's about welcoming your special little one in the best way possible.

As we wrap up this book, let's circle back to that key question I asked at the start. What one word would you use now to describe birth?

The word I choose is

_____.

Think back to the word you picked at the beginning. Has it changed as you turned these pages? If it has, it's a beautiful testament to how much you've grown and learned. And just imagine, as you step forward into your hypnobirthing adventure with me, how much more you'll grow, how your view of birth will evolve, and how empowered you'll feel.

Ready to dive deeper and get all the tools you need for an incredible birth?

Visit www.hypnobirth.co.uk now to grab your life-changing hypnobirth resources. Let's make your birth experience one that you and your baby will cherish forever, know your worth, Hypnobirth.



You and your baby deserve only the very best!

As you embark on your Hypnobirth journey, imagine your birth story as a blank page in a book, waiting to be filled with your unique and empowering experience. Through the sacred dance of Hypnobirthing, your mind and body will come together in harmony, guided by the symphony of birthing hormones that ebb and flow throughout the process. Informed decisions will serve as your compass, helping you navigate the path towards a deeply personal and cherished birth experience.

As you step into your hypnobirthing journey, picture this: Your birth story is like an unwritten page in a beautiful book, eagerly awaiting the details of your one-of-a-kind, empowering journey. Through the graceful dance of hypnobirthing, your mind and body will unite in a symphony, perfectly in tune with the natural rhythms of your birthing hormones.

Think of informed decisions as your trusty compass on this journey, guiding you through each turn and twist with confidence. This isn't just any birth story; it's yours, unique and deeply personal, waiting to be lovingly crafted into an experience you'll treasure forever.

Let me be your guide in this incredible adventure and together we will relax, breathe, bond and smile as you prepare to bring your precious baby into the world in the best possible way.

With warmth and wisdom

Tamara x

www.hypnobirth.co.uk

