

Hypnobirth BRAIN TRAIN



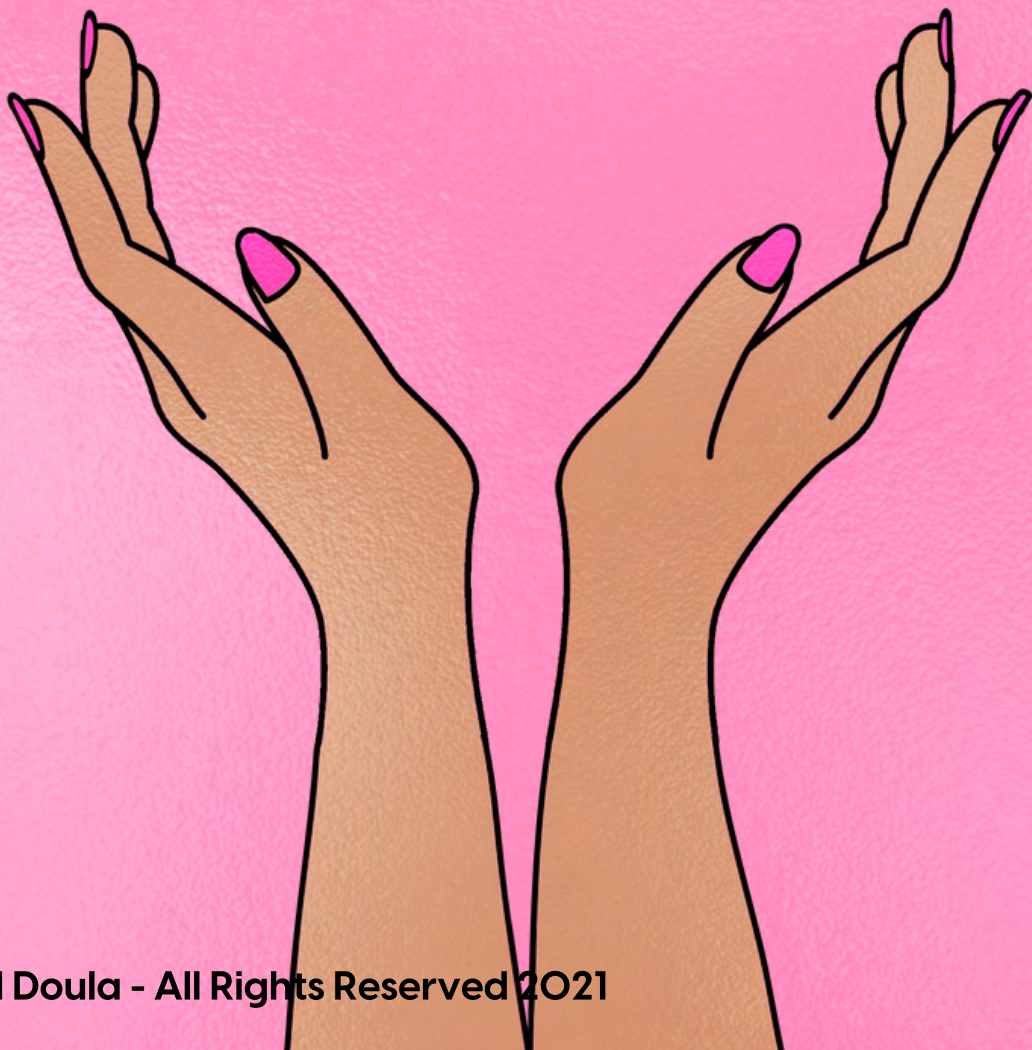
Guide & Workbook

Use this workbook and guide as a go to booklet to ensure you're getting the most you can out of your hypnobirth group class. Remember the more practice the better!

**YOU'VE
GOT THIS!**



**OXYTOCIN
IS THE
'MOSTIN'**





OXYTOCIN

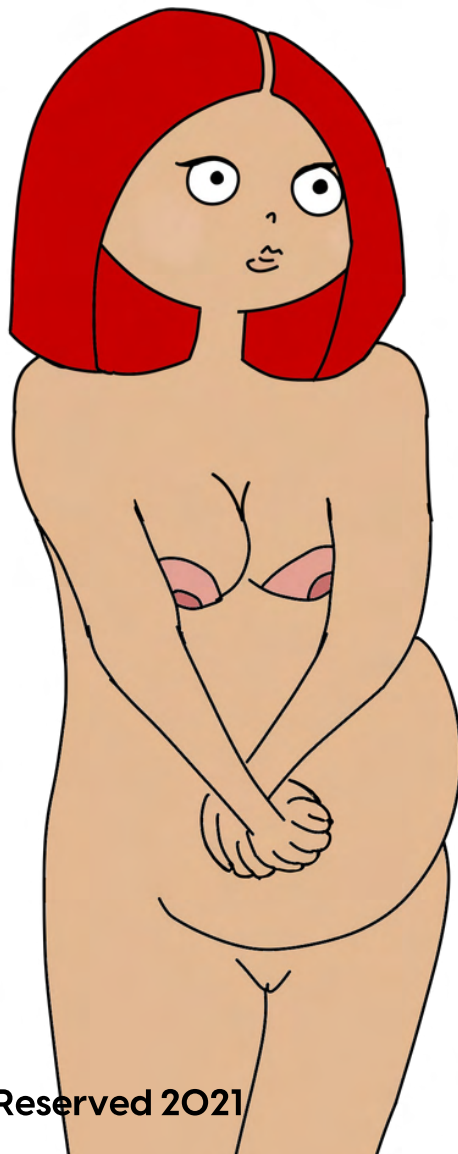
NOW ADD YOUR OWN OXYTOCIN BOOSTERS...

DO'S

LAUGH
CUDDLE
MUSIC
SEX
FAMILY / FRIENDS

DON'TS

STRESS
ANXIETY
NEGATIVE COMMENTS
FEAR
LACK OF PRIVACY





OXYTOCIN

Write in things that will boost YOUR oxytocin at these times so that you & your birth partner remember what will boost you up!

THINGS YOU CAN DO DURING THE EARLY STAGES OF LABOUR

THINGS YOU CAN DO DURING THE ACTIVE STAGE OF LABOUR

THINGS YOU CAN DO DURING THE HARDEST PARTS OF LABOUR



Hypnobirth
BRAIN TRAIN

Managing **PAIN** with your brain



VISUALISATION

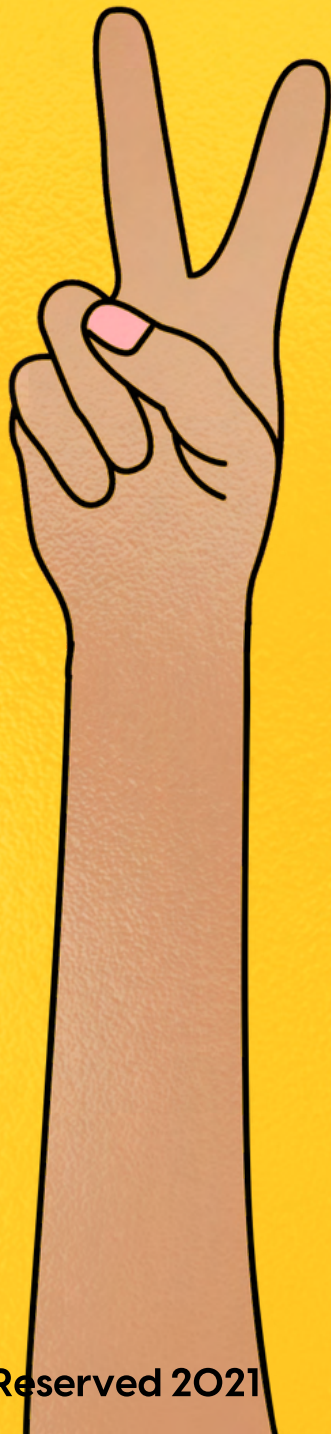
BREATHING

MIND & BODY

AFFIRMATIONS

RELAXATION

VISUALISATIONS





VISUALISATIONS



Have you got yours yet?

FLASHCARDS

ANCHORS

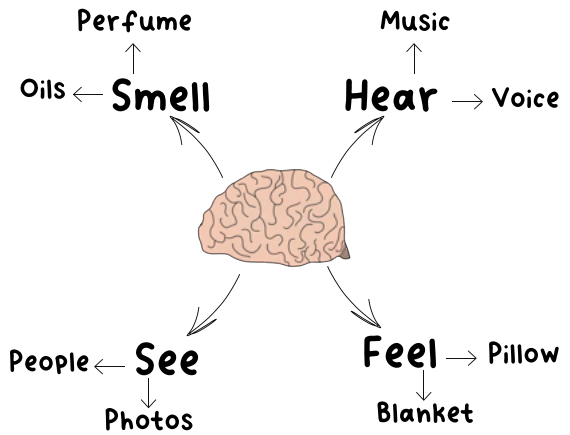
Practice creating a perfect birth zone.

Focus on a memory, vision, photo

etc...close your eyes and focus. What

can you see, smell, taste, hear and feel?

Write some more ideas down ...



Practice with an ice cube!

THE DIAL

Take a deep breath. Focus on the

pain point. Imagine your dial.

Maybe it's colours like below, or

maybe it's numbers.!

SHAPE CHANGER

Take a deep breath. Focus on the pain point.

Give the pain a shape and colour, focus on it for

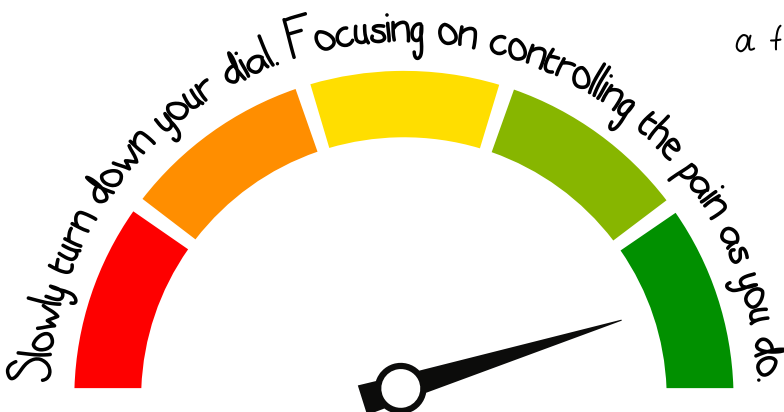
a few minutes. Then focus on changing the shape

and colour to something that looks and feels

more positive...

Once you feel the sensation changing continue

and open your eyes once it has subsided.





VISUALISATIONS

ANCHORS

Anchors are like **triggers**, so for example when you hear a song and it reminds you of something - that's a trigger or anchor! It's a **connection** in the brain between a smell, sound, sight or feeling and a **memory**...

In labour, you can also use additional **small anchors**, like photos, items, blanket/pillow from home, music etc. Things that help 'remind' you.

Now, think of a happy memory, write down all the words that remind you of this memory - things you see, feel, smell, hear and taste.

Smell is different to the rest of the senses, as it bypasses the normal pathway and takes a shortcut. It's like concord!

So practice having a smell and concentrating in detail about a memory (happy one) either from childhood or a place you've been or a special day.

VISUALISATIONS

VISION BOARD EXAMPLE

Vision boards are a great visual of how you want your birthing experience to look and feel. They are a collage, or collection of pictures and words that you want to 'manifest'. Focus on the environment, affirmations, anchors etc.



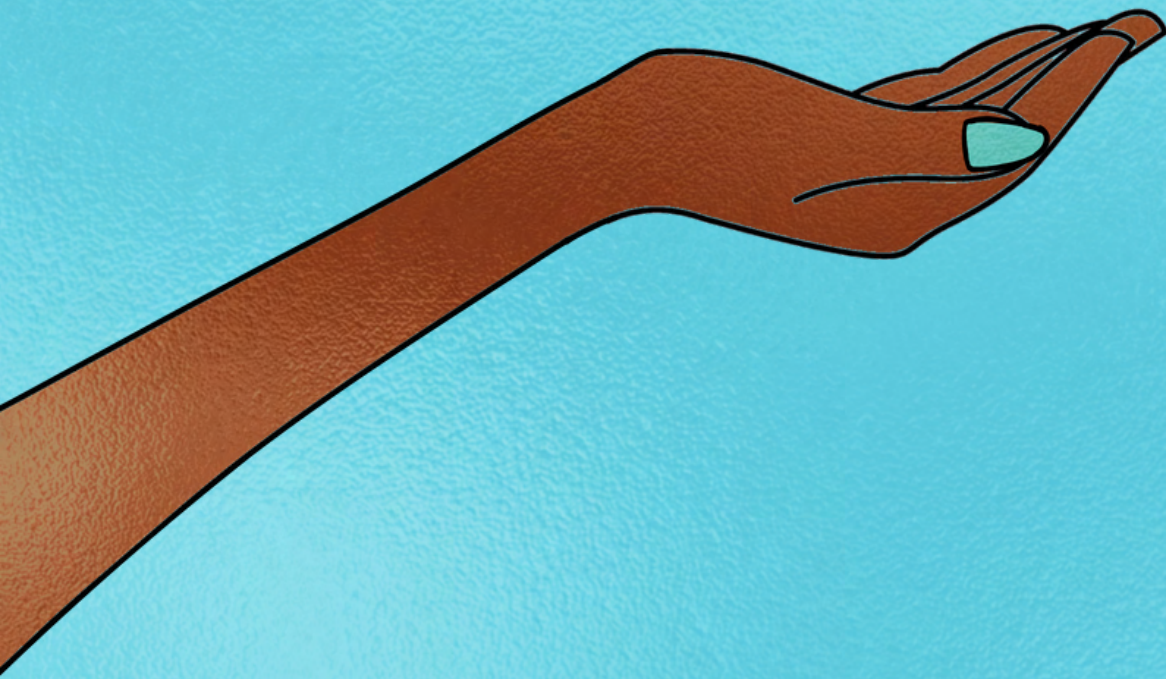


VISUALISATIONS

VISION BOARD

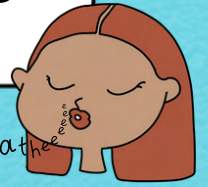
Now its your turn. You can draw/write, print images off and stick them down, use Pinterest, Canva etc.

BREATHING





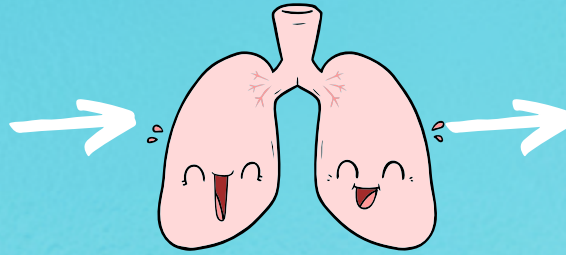
BREATHING



Breeeeath

3.2.1 RELAX, RELAX, RELAX!

Breathe in
and relax!



Breathe out
and let go!

01

Allowing a comforting, relaxing feeling to drift down through all the muscles in your head, down through your eyes. Every tiny muscle softening, relaxing, letting go, down through your cheeks, mouth and jaw. Your jaw loose and soft.

02

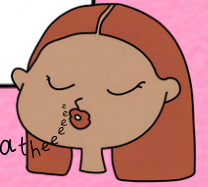
As your jaw softens, your neck and shoulders sink into your body, letting go of any tension, that comforting feeling drifting down through your chest, each breath taking you deeper into relaxation.

03

Your breath carries that relaxation deeper into your body, down through your tummy to your baby, nudging your baby gently down, letting go deeply comfortably, soft, open, strong.



BREATHING



Breeeeeeeath

BIRTH DEEPENER

Focus on your
breathing

10

09

08

07

06

Going deeper and
deeper

05

04

I am doing this, I
can do this!

03

Letting go

02

01

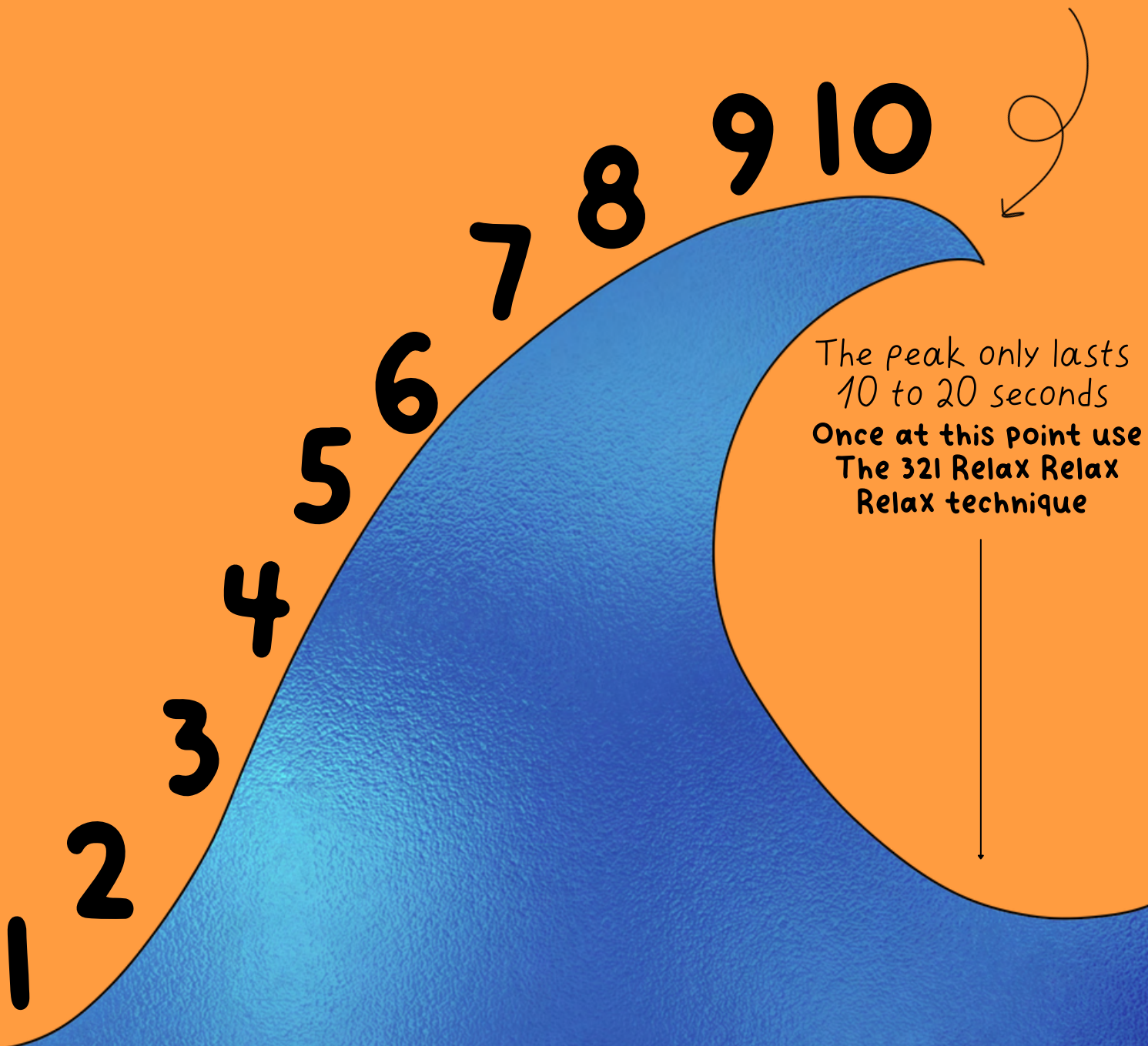
Deeply relaxed

BREATHING THROUGH CONTRACTIONS

Contractions are like waves - they rise in intensity

Taking deep belly breaths in a controlled breaths out - the space between each one should be enough to say FLOPPY FACE FLOPPY FANNY.

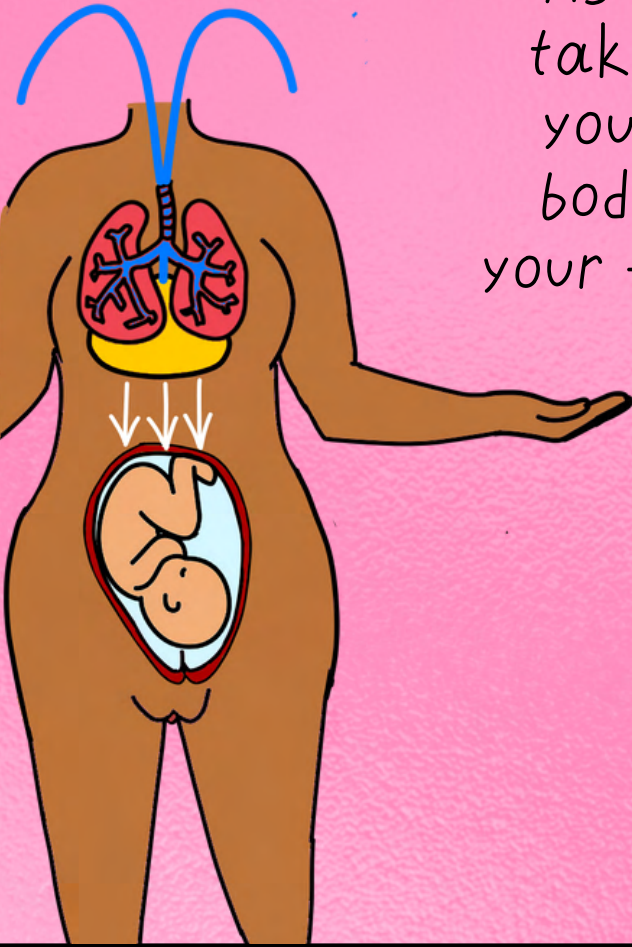
Doing this 10 times should bring you to the peak of your surge.



BREATHING BABY OUT

Work with your uterus - not against it

As the contraction starts to rise take a nice big breath in... and on your out breath push it down the body in a controlled way. Keeping your face and jaw relaxed and soft.



AFFIRMATIONS





AFFIRMATIONS

I trust and tune into my body

Breathing in I feel strong, breathing out I let go!

The more I relax the more my body softens and expands.

I allow the energy of birth to move through me.

I am centred and strong, breathing in and breathing out.

I take strength!

I am filled with love for my baby!

Each wave is bringing my baby closer to me.

My body relaxes in between contractions and expands during them.

I am in tune with the rhythm of my body.

I imagine the sensations as a pressure nudging my baby down.

My baby is surfing the waves, enjoying the rhythm of labour.

Breathing in and breathing out!

As I breathe in I relax, as I breathe out I let go

Relax, let go, relax let, go, trust, love and centered.



AFFIRMATIONS

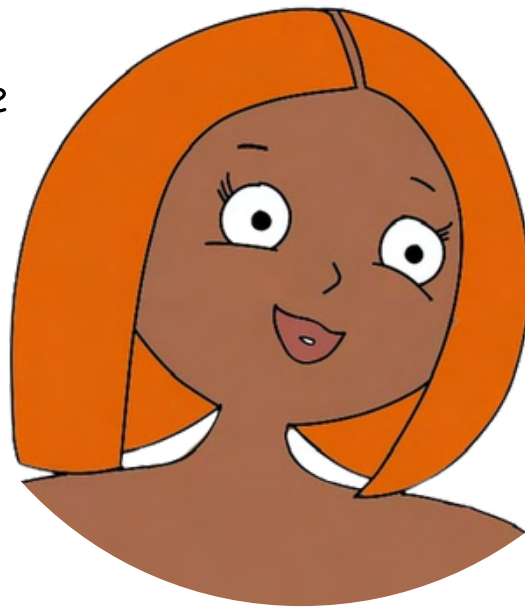
Things you should say
to yourself



My body is a
fucking temple
growing a little life

I am a fucking
goddess

I am strong
and capable



I am confident
and ready for
birth

It's important to be patient with myself
while I adjust & adapt to new things



AFFIRMATIONS

Now it's your turn, write down your own affirmations that you can speak over yourself during labour:

A large, empty rectangular box with a thick pink border, intended for writing affirmations.



AFFIRMATIONS

PARTNER 101

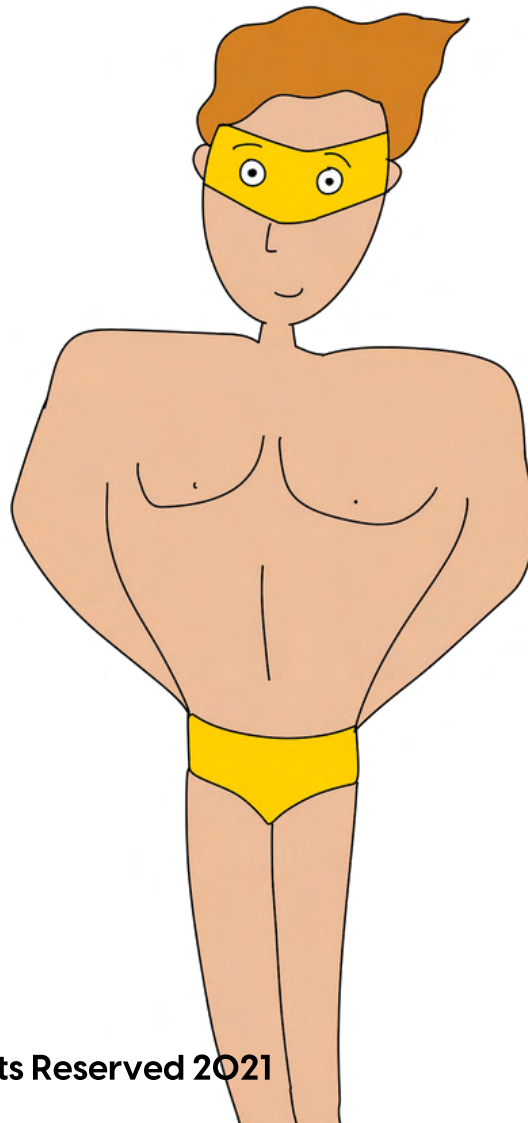
Add some more examples for your birth partner.
What do you want them to say? What words
will encourage you?

"LEAN ON ME."

"I'M WITH YOU."

"YOU ARE
STRONG."

"YOU CAN DO
THIS."



"I AM PROUD
OF YOU."

"I BELIEVE
IN YOU."

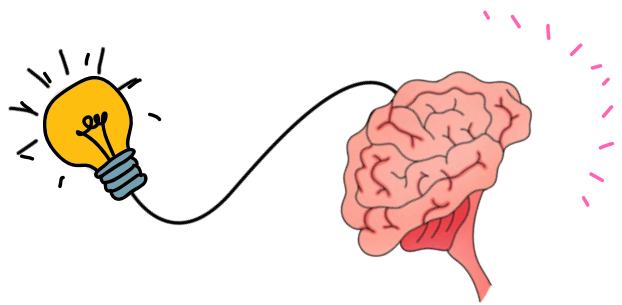


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REFRAME YOUR BRAIN



REFRAME YOUR BRAIN



What is reframing?

Reframing is an extremely powerful technique used in therapy, mindfulness, hypnosis and hypnobirthing

The Science

When we reappraise or reframe a situation, image or memory the brain is able to turn that negative experience into something more neutral.

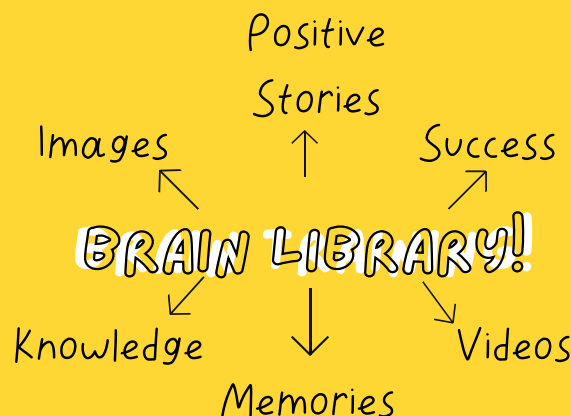
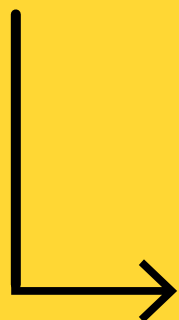


But How?

Studies show when we reframe the left prefrontal cortex increases in activity... ok big words. But basically this is the super happy part of the brain that gives you positive feelings and thoughts.

How can you use reframing to change...

- Fears around birth
- previous trauma
- mental health
- being scared
- complications



CALM



POSITIVE



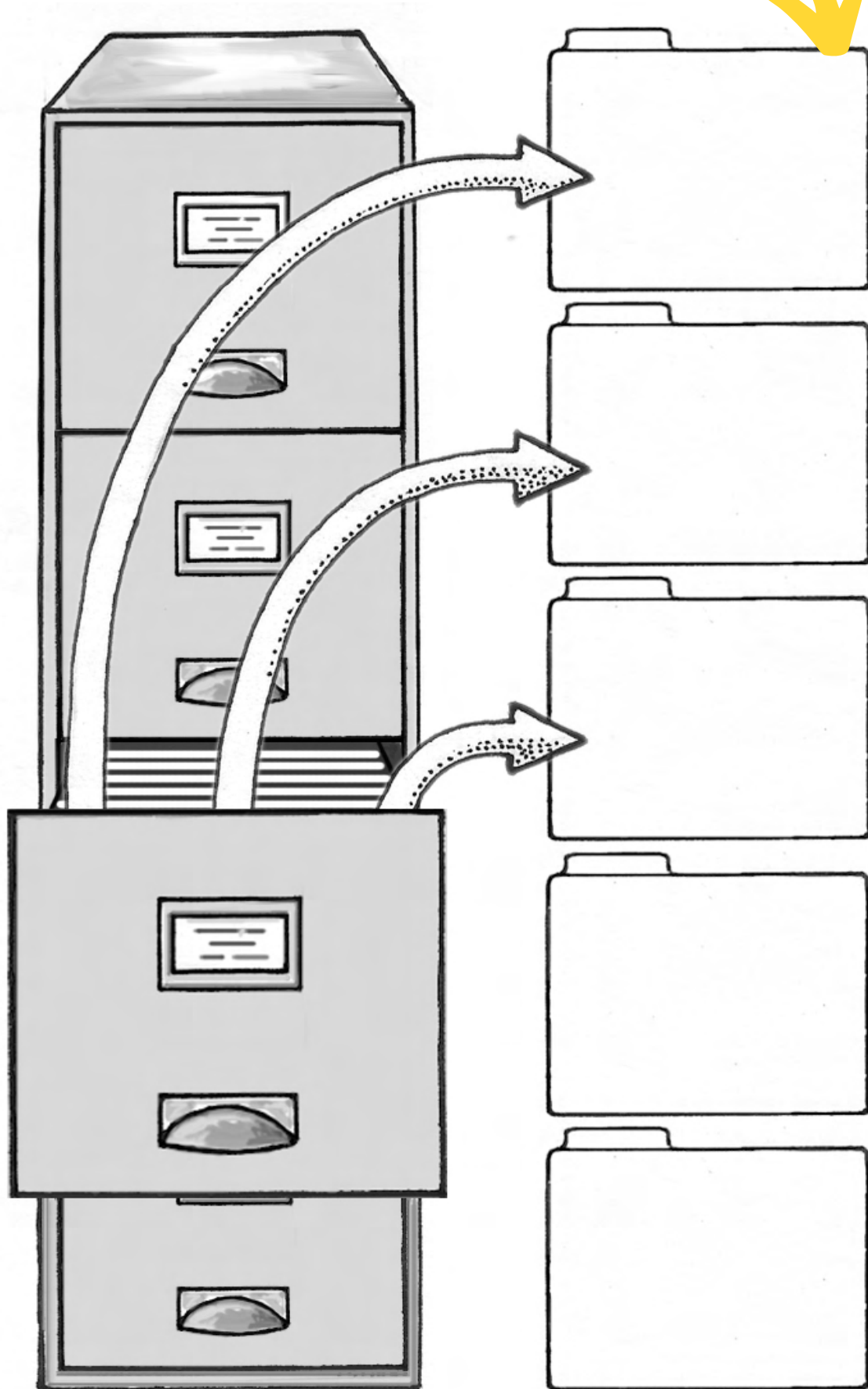
CONFIDENCE



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REFRAME YOUR BRAIN

What is in your **birth file?**





REFRAME YOUR BRAIN

Decision making...

Benefits

of BOTH accepting and declining intervention.

Risks

of BOTH accepting and declining intervention.

Alternatives

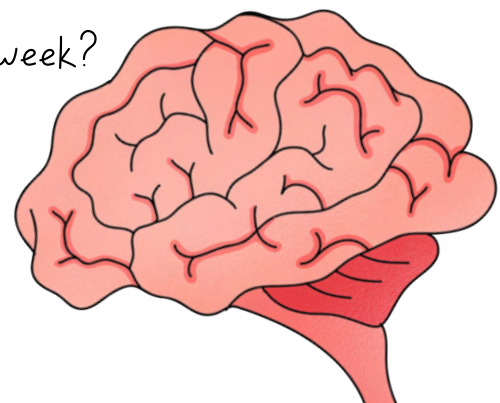
What are they?

Intuition

What does your gut say?

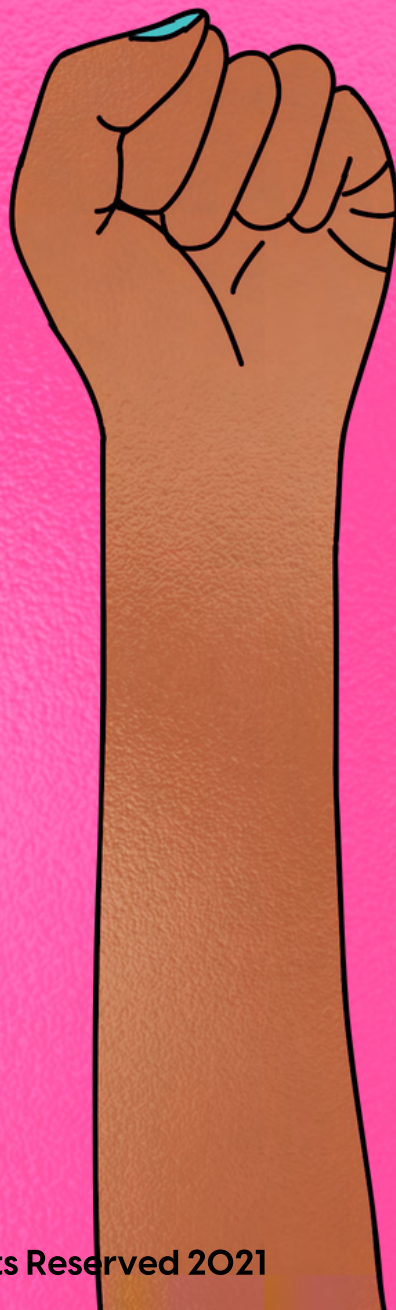
Nothing

What if you were to wait 1 hour? 1 day? 1 week?





PREPARATION





The importance of **PREPARATION**



Giving birth with foundations gives you the confidence, trust and ability to have a better experience.

Mindset is a key element to a positive experience.

Planning and prep are the "most important parts" of your birth experience.

Without **PREP** and **PLANS** you have:

- ✗ NO control
- ✗ NO understanding
- ✗ NO known rights
- ✗ A longer labour
- ✗ More chances of intervention
- ✗ More chances of FEAR and TRAUMA



PREP AND PLANNING MAP...

Planning IS important for your experience.
Follow this for success!

Where

Where are your birth place options, how can you make it a comfortable environment.

When

When to start planning. As soon as you like. The sooner you learn and prep your body, the sooner you'll be able to understand what YOU want and what WORKS for you.

Who

Who should know! Make sure your partner, birth partner and care professionals KNOW your wishes. Print some copies to take.

What

What do you want! You hold all the cards. This is your birth. Do your research and choose how you'd like your experience to be.

How

How to labour...super important. Learn about your body. Take an antenatal class, hypnobirthing and/or additional classes. Be confident in your body and techniques.

Why

Ask why. If things need to change on the day use the B.R.A.I.N acronym. What are the BENEFITS, RISKS, ALTERNATIVES, what does your INSTINCT say and what if you do NOTHING.



PREP AND PLANNING MAP...

Where

What

When

How

Who

Why

PREPARATION

ENVIRONMENT

Prepare and plan, to make the perfect environment for you and your baby, whether that's at:

- Home
- Birth Centre
- Maternity Lead Unit
- Labour ward
- Wherever the f*** you like

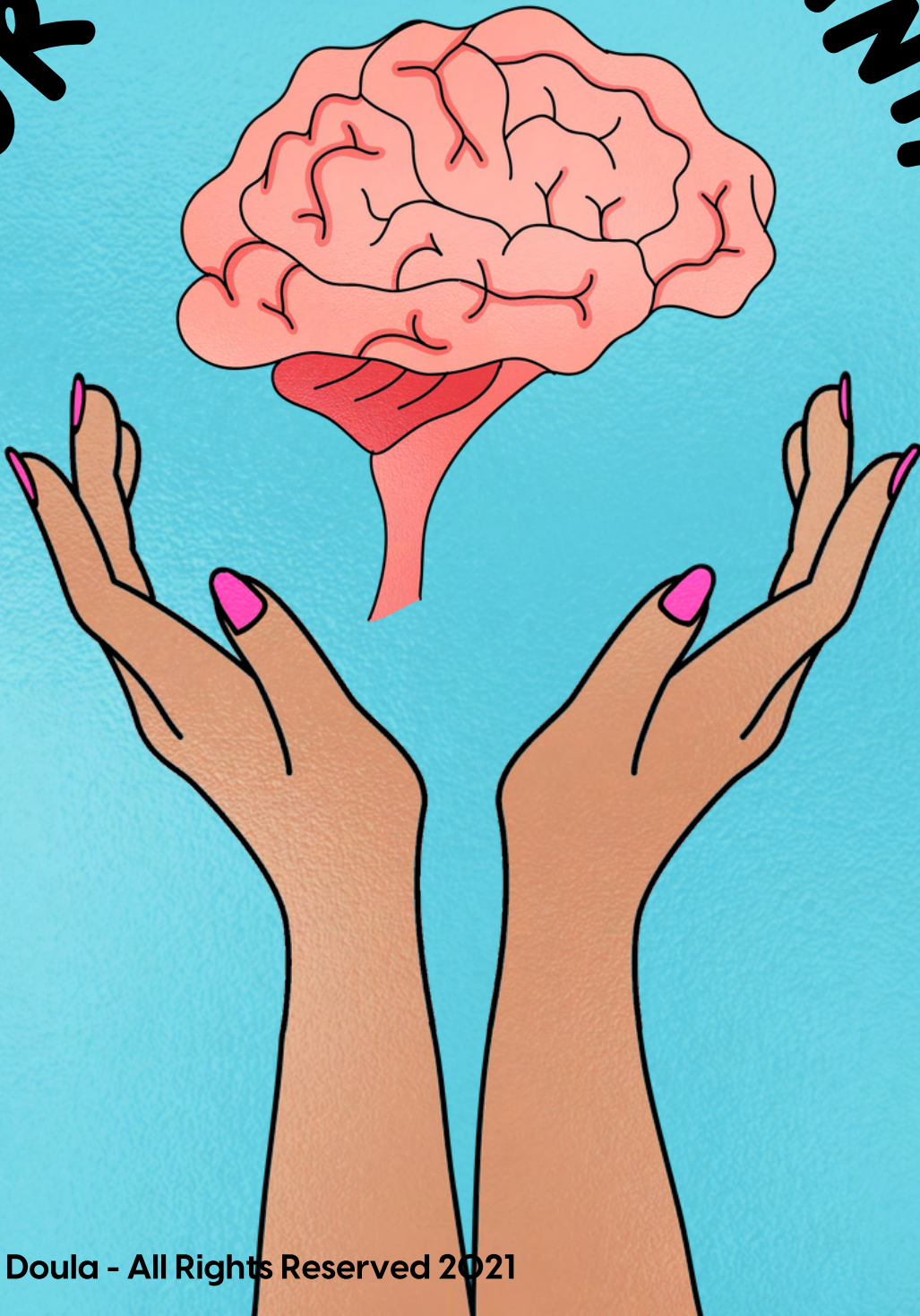


What are your plans to create the perfect environment?



Hypnobirth
BRAIN TRAIN

YOUR BRAIN TRAINING

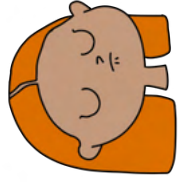


YOUR WEEKLY BRAIN TRAINING GUIDE

Fill in your ideal weekly schedule, what areas do you need to focus on?

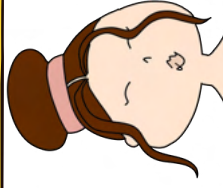


MONDAY



- Lengthening breath
- Read out affirmations
- Watch/listen to positive stories.
- Brain library check-in
- Look over vision board

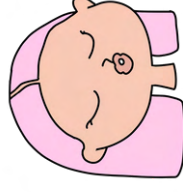
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

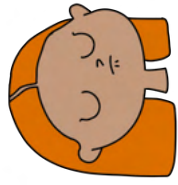




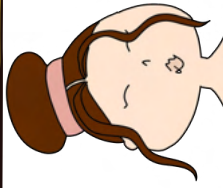
YOUR WEEKLY BRAIN TRAINING GUIDE

Fill in your ideal weekly schedule, what areas do you need to focus on?

MONDAY



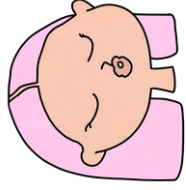
TUESDAY



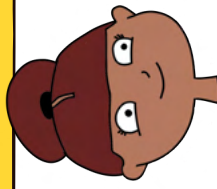
WEDNESDAY



THURSDAY



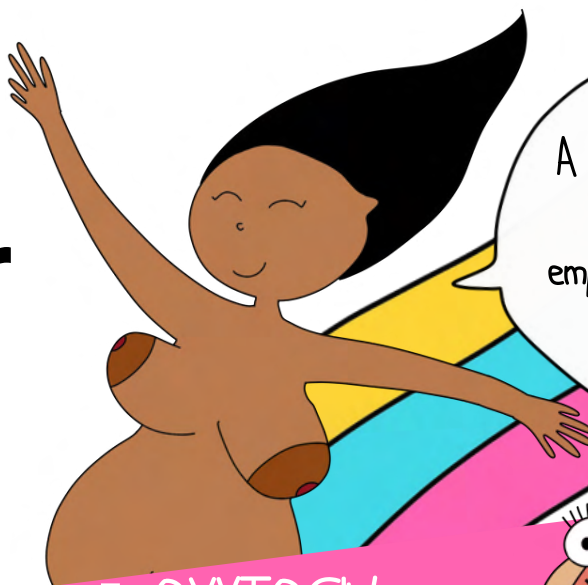
FRIDAY



A HELPING HAND!



The Naked Labour Cheat Sheet



A quick and easy guide to an empowered labour experience

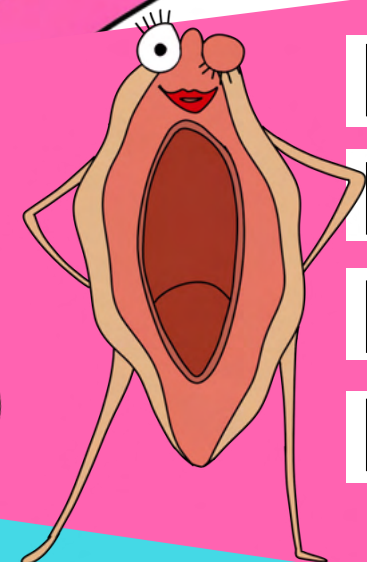
Knowledge is POWER. Learn. Know. Plan.



Safe
Warm
Quiet
Dark
Private

Environment

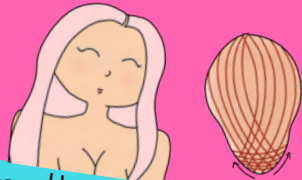
+ OXYTOCIN
The MOST important thing during labour
= DILATION
Smoother & sooner labour experience



Floppy Face
Floppy Fanny

Anchors

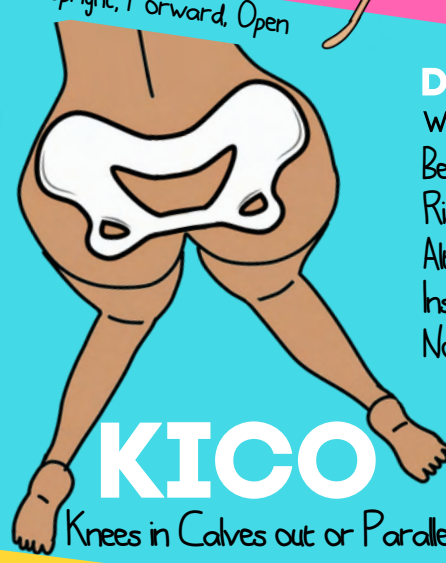
Pick your memory & your anchors. Use your senses and take your memory vacation during labour



Upright, Forward, Open



@thenakeddoula



KICO

Knees in Calves out or Parallel

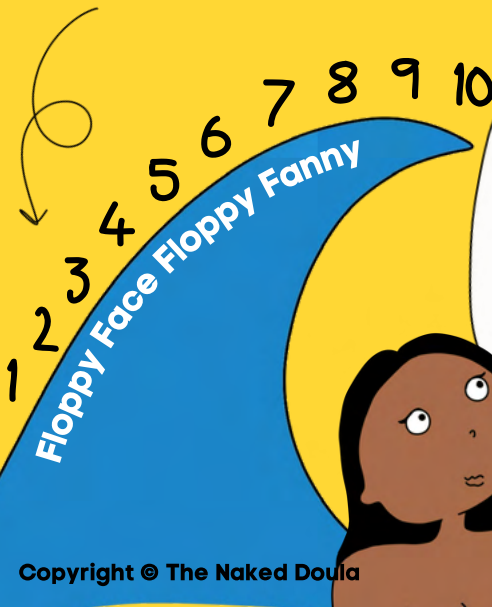
Decision Making

- what are the
- Benefits -
- Risks -
- Alternatives -
- Instinct -
- Nothing -



BRAIN

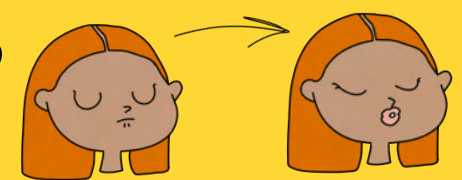
Contractions



Breathe through contractions. 1 Floppy Face Floppy Fanny, 2 Floppy Face Floppy Fanny. Focus on that breath. Allow your body to surrender. At the peak of the wave take a deep breathe in and a controlled long breath out relaxing your face and body for **OPTIMAL DILATION**

Breathing baby out

Deep breath in through your nose then down through the body on your out breath



Avoid clenching your jaw

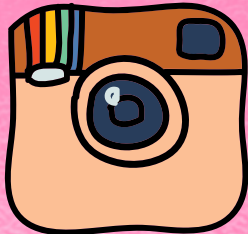
THANK YOU



Its not goodbye - you can now become a member of the Naked Doula members club! Come and join us for ongoing Support throughout your pregnancy



All my courses are complimented beautifully with my FLASHCARDS FOR BIRTH check them out on my Etsy store



Don't forget to share your boosters and vision boards on Instagram and tag me!

**PLEASE DO SEND ME YOUR
REVIEWS & STORIES**

