birth-hood

# Why Hypnobirthing?

## Your Guide

# Message from @birth-hood

Hi,  thank you for looking into Hypnobirthing with me!

I'm Leanne, mum of two, (and a cocker spaniel, Ron) Doula, Perinatal Yoga teacher and Birth Trauma Resolution practitioner, and obviously a hypnobirthing nerd!

When you become pregnant, for the first, or the fifth time, your mindset changes instantly, as well as being excited, it can be overwhelming and full of uncertainty. The years of birth fear becomes a huge reality and you have no idea but to go with the flow?
How you feel is so important, it will impact how we birth and how we feel about it after.

What better way to help you gain knowledge, tools for calm and control and shed loads of resources than Hypnobirthing?

But FYI.... Hypnobirthing doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable.

I adore teaching birth preparation, supporting you and your partner as you adjust to this new phase of your journey, coming away feeling totally in control and ready for birth!

I have created this little guide to help to answer any questions and give you a few tools to start your hypnobirthing journey now!

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Leanne xx

# The benefits of Hypnobirthing

- Hypnobirthing helps you manage stress hormones, such as adrenalin, and reduce anxiety, which should lead to a calmer birth and prevent labour from stalling
- During labour, your body produces a chemical called oxytocin, which helps progress your labour, Hypnobirthing tools help increase it!
- Your fear of birth will be reduced GREATLY!
- Hypnobirthing has been shown to make labour shorter.
- Hypnobirthing may help you cope with anxieties if you had a previous traumatic birth experience.
- Hypnobirthing may reduce the need for analgesics and medical intervention.
- It can be added to any birth plan and the techniques can be used wherever you give birth – in a hospital or birth centre, or at home.
- Calmer birth and baby.
- Hypnobirthing can help your birth partner play a more active role during labour.

77% of HypnoBirthing parents who birthed vaginally did so without epidural anesthesia
45% of HypnoBirths happened in eight hours or less
17% of HypnoBirthing parents birthed via cesarean-section, compared with the national average of 33%
9.5% of HypnoBirthing parents chose to birth in the comfort of their homes (the national average is less than 1%)
6% of HypnoBirthing parents chose to birth in freestanding birth centers (the national average is less than 1%)
*Data provided by the HypnoBirthing Institute, between 2005-2010

# WTF is hypnobirthing?

The chances are hypnobirthing to you may sound like some 'hippy' thing that only people having home births use or you may have heard that it is just 'breathing'.

When, it's the name that lets it down, because it is so much more than that!!

It's getting informed about birth- It's learning all about the process of birth, the hormones involved, how to choose your birth place, how your environment can help you to feel positive and help the process along, the role of the birth partner, the stages of labour, positions to help aid baby's position, how to write a birth plan and all sorts of other stuff that if you haven't been at loads of births (and most of us haven't) you just won't know unless you've been told it or sought it out.

The more you know about birth, the more likely it is that you will feel prepared to face it yourself. So ultimately, it's a change of mindset.

Knowing what the body is doing and HOW can really help you to see birth as a bodily function like any other and take a lot of the fear away. Even if your birth is not going to be a planned physiological birth, understanding the processes and maximising hormones can you're your birth be way more positive.

Between getting as informed as possible and taking in lots of positive information about birth, you can completely change your mindset from one full of fear, of what can 'go wrong' into one that expects birth to 'go right' (whatever that means).

Feeling positive and confident at the start of labour can go a long way to helping the process along by keeping away from fight or flight and producing lots of oxytocin (the hormone that is responsible for birth). It's learning decision making tools- Knowing your rights when it comes to birth and knowing how and where to get all the information you need, helps you to feel informed and confident in making the decisions needed to birth your baby. This may be during pregnancy, by getting information from third parties such as AIMS doing your own research or having a go to (your hypnobirthing teacher). It maybe during labour, in which case using decision making tools designed to get as much information about your circumstances will help you to make decisions about your care. Just knowing the questions to ask to find out if it's safe to take 30 mins to make your decision can make a huge difference. Nobody wants to decide in a rush, knowing some time could have been taken to process it and ensure the choices were understood and considered and the best one for the family chosen!

# The tools you will learn

**Breathing Techniques**- These ensure you're taking lots of nice big even breaths throughout your labour to keep the oxygen flowing nicely, this will help your uterus to be able to do its job as efficiently and comfortably as possible. They are also a great way of distracting you from what's going on around you and giving you something else to focus on. It sounds simple but breathing techniques can do so much to keep you calm and if you practice them during pregnancy, you will feel the benefit on the day.

**Affirmations**- Using the law of repetition, you can convince your brain to believe something just by showing it the same information repeatedly. Instead of talking about how you DON'T want labour to go, write affirmations and say things about how you DO want it to go. Giving your brain a bit of cheerleading can help it to believe in you! Instead of saying 'I don't want to tear' say 'my body WILL stretch to accommodate my baby'. After a while the affirmations sink into your subconscious and help you to have confidence in yourself which in turn will help you feel more relaxed and encourage the hormones needed for labour.

**Hypnobirthing tracks**- Listening to hypnobirthing tracks will help you to relax, they are usually written by hypnotherapists and therefore help to induce a state of calm and relaxation. The words will also provide you with lots of encouragement and self-belief as they talk you through how amazing you and your body are. Don't worry if you fall asleep listening to them, they will still be going into your subconscious even if you're not actively listening. Just be sure you don't listen when driving or operating heavy machinery as this is not safe. It's fine to listen to affirmation tracks anytime though for that little boost of confidence!

**Relaxation**- As humans living in a world full of things to do, technology etc. we rarely spend time relaxing and doing absolutely nothing! This means that our neocortex, the part of our brain responsible for rational thinking, is almost never switched off. We very much want that part of the brain to be out of the way during labour and not interfering with the process by thinking of unhelpful scenarios! By practising relaxation during pregnancy, you can make it easier to relax on cue, a skill that's very handy for labour! Try lying back and doing absolutely nothing, on the sofa, in bed or in the bath, wherever you like! If you find it difficult to switch off then doing something that doesn't require much thought counts too! Colouring in, knitting/ crochet, walking in nature etc. may be more your thing. Do what works for you!

**Anchoring-** Whilst you are practising relaxation you can help by setting up cues for your brain to associate with relaxation and therefore help you to do it whenever you want, these are called anchors. Anchors can help you to incorporate all 5 senses and therefore make the conditions seem the same wherever you are. You may spray a room spray or have an essential oil that you use whilst relaxing that you then use in labour, you may have a blanket or cushion that you have with you whilst relaxing that you can have with you in your birth space or you may use your hypnobirthing tracks or relaxing music to aid your relaxation, then you can use this during labour and it will all help you to relax despite other things being different such as the location (or the fact you're in labour eeek!).

**Visualisation**- This is a way to almost practise birth before its time to do it for real. Thinking in your head about how you'd like your birth to go or saying it out loud, can help you to feel more confident in your plans and trick your mind into thinking it's nothing new when labour starts for real! This can help reduce the chance of entering fight or flight and keep oxytocin flowing!

# So, what do you get?

1

It is a full antenatal hypnobirthing programme, 10 hours of interactive, face to face instruction.

2

Research and evidenced based knowledge specific to your needs and signposting to extra material too!

3

Personable teaching, I like to get to know you and build really positive rapport so you feel super comfortable talking about anything!

4

Full 121 support throughout the course pregnancy and 4th trimester, always on the end of a text or call!

5

All resources, MP3's, parent handbook, birth plan, postnatal plan, printable affirmations and more. Plus access to the Online Parents Hub.

6

Support group on Whatsapp/ Facebook and parent meet ups too! Plus early bird access to my other offerings!

AND so many extras including pre-recorded sessions on: breastfeeding support, baby wearing, baby massage, baby weaning– all included. Think about sport, you can do it anytime, but if you have the right equipment (water, fuels, technique, clothing etc) the results are better! We'd do that for sport, gym, work etc, so why not for birth?

# FAQ’s

**When should I start hypnobirthing classes?**
You can start your hypnobirthing whenever the hell you like, but from 20 weeks gestation. is most common to give you time to practice but the best time to come is when you feel that you are ready: hypnobirthing can still help you even in the late stages of pregnancy. However, the more time you have to practice and listen to my MP3s, the more you will benefit from the hypnotherapy and relaxation tools that you will learn.

**What is the difference between hypnobirthing classes and antenatal classes?**
The primary function of hypnobirthing is to teach you how to ensure you get the best experience from your birth. So aside from just explaining the processes, we explain how to ensure your rights are adhered to and utilise your own resources to help you to relax, to be in control and feel  positive about your labour. Antenatal classes generally cover how to best look after your health during pregnancy and labour and how to look after your baby after the birth. I do that too!

**Who can use hypnobirthing?**
Absolutely fucking anyone! Hypnobirthing is about increasing your sense of control irrespective of who you are and how your baby arrives into the world.
I ensure the courses are inclusive, supportive and no nonsense!

**Does my partner need to attend?**
Classes are for both you and your birth partner (where possible!) you'll learn badass techniques for both of you. It'll also allow you both to feel prepared and positive about the birth of your child. If you don’t have a partner or are planning to birth without your partner present, hypnobirthing will still work for you: many birthing people have had great hypnobirths without a partner present.
(or hire me as your doula - you can do that with a partner present also!)

**Which areas do you teach hypnobirthing in?**
I currently teach courses around the Midlands, specifically Leicestershire .
However I teach both in person and online. Private courses can be taught around Leicestershire and surrounding areas.
 If you live outside of these areas and you are interested in classes, please DM me for online options!
My home postcode is in the LE67 area!

**How many couples are in the group?**
I teach groups between 4-6 couples as well as private 121 course.
I also offer semi private sessions, so if you and a friend want to book together and it feel more intimate this is for you!

**What do you cover?**
Head here and see the full session outlines! https://www.birth-hood.co.uk/sessionsoutline

**You both can get £50 off your courses using code MATESRATES**

# What courses are on offer?

birth-hood offers an awesome, comprehensive Hypnobirthing birth preparation course, with specialist knowledge, support and techniques to help you have a confident, calm and empowering birth.

I work with first pregnancies, subsequent pregnancies, multiple births, caesarean births, inductions, parents with gestational diabetes, pre-eclampsia, basically, hypnobirthing is for all births and all people.

It is a fully interactive, fully evidence, based birth preparation course for you and your partner, which includes your Hypnobirthing relaxation MP3's, affirmation cards, 121 support during and after the course, for your 4th trimester and so much more!

You will also receive your awesome birth-hood Parent Handbook full of everything you need to own your birth.

**We offer a number of course options:**

Face to face-

- Group £225
- Private 1-1 courses £325

Online-

- Group £200
- Private 1-1 courses £300

Consultations (online) -FREE

Refresher courses (both online and face to face) from £100

3 hour Caesarean workshops £145

3 hourHasty Hypnobirthing workshops (38weeks) £145

**You can also upgrade a Hypnobirthing package to include virtual doula support throughout pregnancy, following all antenatal appointments etc (not including the birth) as an Antenatal Package (£425) please contact below for more info and to discuss.**

# Why Birth-hood?

Well if you read my reviews you can see why hundreds of couples have already chosen me to help with their birthing journey. I love my job! But here's a few more reasons....

1. A fully interactive, no nonsense hypnobirthing antenatal course, from a birth nerd and advocate for empowered birth.

2. Research and evidenced based knowledge specific to your needs and signposting to extra material too!

3. Personable teaching, I like to get to know you and build really positive rapport so you feel super comfortable talking about anything!

4. Someone who will advocate for you, if or when you need me to. You'll have me in your corner.

5. I am someone who has used the tools and techniques and has a huge support network of badass birth workers,  so if there is something I don't know, I sure will do soon enough!

6. As a doula and someone who is part of a collective of birth workers, you won't get better support elsewhere.

7. I aim to be fully inclusive, and that means all births, all people!

8. If you are struggling to access the course, due to finances, or are in a marginalised group, please contact me to see how I can support you!

Birth is the one day in your life you will remember, you deserve to have the best experience possible and I truly believe that investing in my course will bring you SO much closer to the birth you deserve.

Leanne's Training:

Hypnobirthing- KGHypnobirthing 2019 DipHb

The Birth Uprising conversion 2020

Doula- Badass Birth 2021

3 Step Rewind (Birth Trauma) - Ruth Olayinka 2021

LGBT+ Competency trained - The Queer Birth Club (AJ Silver) 2021

Advocacy training - Illy Morrison 2021

Birth Biomechanics - Molly O'Brien 2022

85hr Pregnancy/Postnatal Yoga teaching - Sally Parkes 2022

# How do I book?

## Head to: www.birth-hood.co.uk/booking

This is an investment, but we invest in our weddings, houses, baby 'stuff', why not our birth, we remember if for always, it completely changed my life. You deserve to invest in yourself.

£50 secures your place!

birth-hood hypnobirthing courses are frate 5 STAR on Google

**Any other feedback welcome!**

Leanne is VERY knowledgeable and such a beautiful person to be around. She has made us feel so much more relaxed and informed

**Any other feedback welcome!**

Well taught course and has helped both me and my partner understand what to expect. We feel more prepared and feel that this is only because of doing this course.

**Any other feedback welcome!**

I really enjoyed the course, the knowledge you have is unbelievable, and you teach it in a non boring way (normally I can't stay focused for longer than an hour) I feel we can Birth our baby confidently as you have given us all the tools to do so. Thank You

**Any other feedback welcome!**

Lea you were born to do this. You have made me feel calm, more at ease and in control. The passion you have for birth reflects in every word you say and empowers us soon to be mothers.

**Any other feedback welcome!**

Great course and great teacher! Well worth the money and will definitely recommend to friends in the future.

**Any other feedback welcome!**

Just a massive thank you, I feel empowered and informed and very well supported. My husband also has really come in to his own and is actually excited for birth - at home. Which he was totally against. So a huge weight lifted for me there too! Can't wait to have my positive birth!!

**Any other feedback welcome!**

You're awesome, thank you 🙌

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