



## HypnoBirthing

Positive birth prep for every outcome!

Providing you and your family with individualized evidence based info  
how you want when you want it!

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Why are you here? Be honest with yourself.

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Have you been traumatized by a labour and birth? Have you heard about traumatic births? Detail them here and compare how often you hear about trauma as opposed to positive experiences.

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What does a traumatic birth mean to YOU? (this definition is going to be different for everyone)

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What effect do you think a traumatic birth would have on you? Your partner? Your family? Your baby?

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What does HypnoBirthing mean to you? What does the word make you think of?

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What did your first day at your job feel like as opposed to 6 months down the track?



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How did the arm punching exercise feel? What did you notice about the difference between when your arm was relaxed as opposed to tense?

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Are you able to relax on demand? Why? Why not?

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How did you find the calm breathing? What did you notice about your body and breathing?

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Where do you need to breath when calm breathing? Where do you breath in and out of?

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What is the difference between your parasympathetic nervous system and your sympathetic nervous system?

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How does your fight/flight reflex affect your labour and birth?



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How do you relax?

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How do you move away from a fight/flight reflex?

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How did you find the relaxation exercise?

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Hypnosis – what is it? What are the benefits?

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What are the major components of HypnoBirthing?

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