



One to One Midwives

Hypnobirthing Course

One to One Midwives offer all women (and their partners) the opportunity to undertake the KG Hypnobirthing classes free of charge.

What is hypnobirthing?

The KG Hypnobirthing course teaches you to take control of your birthing process, to be empowered and to be part of the decision-making process in partnership with your midwife.

Hypnobirthing combines an understanding of the physiological process – How your body works during birth together with self-hypnosis and the ability to deeply relax and let go. When you birth in an atmosphere of calm relaxation, you are free of fear. When you have a trusting loving partner- your body will release the loving hormone oxytocin. This together with endorphins will ensure a calm relaxed enjoyable birth. Your birthing partner will be empowered to be part of the birthing process to encourage you, to support you and to advocate for you.

- o With HypnoBirthing you are likely to experience a natural, calm, comfortable birth.
- o You may find you don't need any pain relief at all.
- o It often shortens the length of labour.
- o You will be more alert and in control.
- o Hypnobirthing lessens the physical impact of childbirth.
- o Your birthing partner is actively involved.
- o Your birthing partner knows that he/she has played an important role in the birth of their child.
- o Allows your baby to enter the world drug free and in an atmosphere of calm and gentleness.

Giving birth can be an empowering and positive experience. With HypnoBirthing you learn:

- o Fear release methods to allow you to be relaxed and confident for the birth.
- o Self-hypnosis inducing deep relaxation.
- o Massage techniques - stimulating endorphins, your body's natural anaesthetic.
- o Visualisation exercises to keep you grounded, serene and positive.
- o How your mind and body work together efficiently and comfortably

What do I need to bring?

- o A few bottles of water
- o A comfortable cushion and a yoga mat
- o Your own lunch
- o And of course, you are more than welcome to bring along your birthing partner!