



HypnoBirthing Masterclass 10am-12noon

SUSAN HOGAN

*WHILE WAITING FOR CLASS TO START
PLEASE TYPE FULL NAME AND D.O.B IN THE
CHATBOX*



**THE
ROTUNDA
HOSPITAL**
DUBLIN



What will be covered

- What is Hypnobirthing
- The importance of birthing hormones
- How hypnobirthing can help
- The role of the relaxation scripts
- Hypnobirthing language
- Hypnobirthing Tools



Book Recommendation

Either:

- Hypnobirthing, the way to an easy, peaceful birth

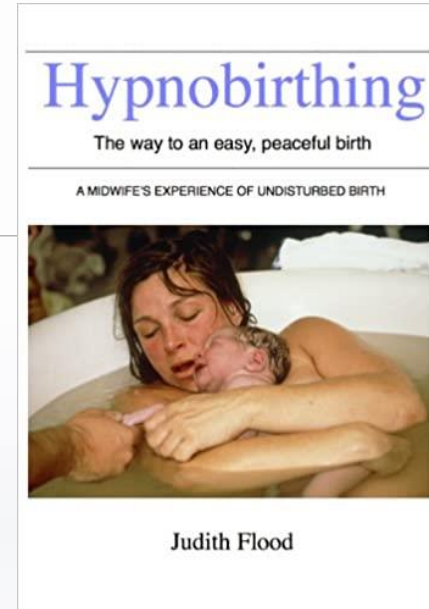
Written by Judith Flood

<https://www.amazon.co.uk/Hypnobirthing-Way-Easy-Peaceful-Birth/dp/0957616201>

- Hypnobirthing, Practical ways to make your birth better

Written by Siobhan Miller

<https://www.d-pdf.com/book/pdf-download-hypnobirthing-practical-ways-to-make-your-birth-better>

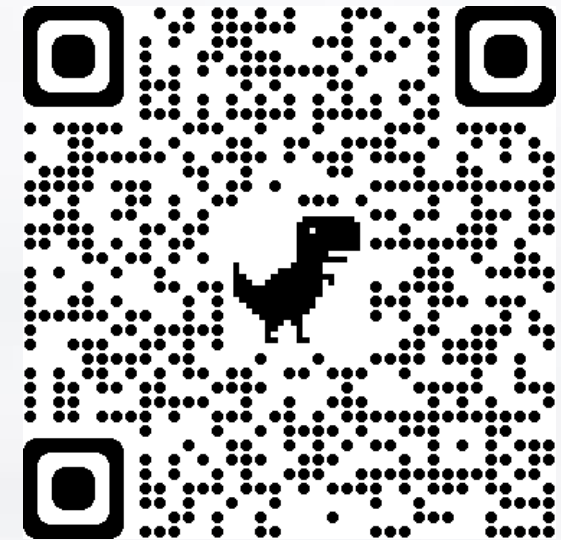


Who likes a podcast?

The blurb:

This series is all about Hypnobirthing and positivity around birth. The host is a Hypnobirthing teacher and a mum of two who is aware of how much negativity there is around birth and how it can be scary and daunting for parents to be. This series is a safe space for everything positive and will include some useful chat and amazing positive birth stories.

If you are interested in Hypnobirthing or you are pregnant and needing a positive space to visit - this is the podcast for you!



What is Hypnobirthing?

Hypnobirthing, is a form of Antenatal Education that is scientific, evidence-based and logical



Hypnobirthing, is not for one type of birth, just as its not for one type of women.... Hypnobirthing is for everyone!



Hypnobirthing aims to give you a calmness which may help you feel in control during your labour and birth.... As it is how a woman feels during her birth that will last a lifetime (not the actual mode in which baby was born). Always remember-baby will make the plan.

What you will learn

Education

Physiology of birth and the role of the hormones involved

Visualisation

Imagine an easy birth.... Play it over in your mind. When the day comes it is likely that your body will just know what to do!

Ability to stay calm

Understand that when your body relaxes those birthing hormones can do their job

Hypnobirthing Toolkit

Breathing techniques, visualisations, guided relaxation exercises, light touch massage, aromatherapy, positive affirmations etc.

Importance of Mindset



A well known study which partly used visualisation looked at performance outcomes for Olympic athletes based on physical and mental training ratios:

- Group 1 received 100% physical training
- Group 2 received 75% physical training with 25% mental training
- Group 3 received 50% mental training with 50% physical training
- Group 4 received 75% mental training with 25% physical training

**Group 4 had the best performance results-What does this tell us!

Importance of Mindset



- Our mindset and our expectations can change and shape our behaviors
- Our behaviors during pregnancy, labour and birth can influence our outcomes
- Having an awareness of different behaviors that can positively influence your labour and birth is really important:
- Some examples are:
 - Optimal fetal positioning
 - What to eat and drink in early stages of labour etc.

Hypnobirthing Tracks

We all have different thoughts and ideas around labour and birth, possibly brought about by different conversations, movies, social media that we have been exposed to throughout our lives.

Guided Relaxation tracks aka Hypnobirthing Tracks are aimed to bring you to hypnotic state so that the words in the track can embed in your sub-conscious and unconscious mind-changing your views and perceptions of birth to those of calmness. This may help you stay calm and relaxed during your labour and birth.

Advice:

- Nice calm environment
- Listen once a day (both Mum and Partner), Twice a day from 37 weeks
- It doesn't matter if you drift off to sleep



Your altered level of awareness is your 'hypnotic state':



The hormones that make birth happen:



The Nervous System



Parasympathetic State

- ▶ When we are calm, we are in our natural or parasympathetic state
- ▶ When we are in parasympathetic state our labour hormones are produced



Sympathetic State

- ▶ When we are stressed. We are in our sympathetic state
- ▶ When we are stressed, we produce adrenaline, this tells our brain that we feel threatened and that maybe it isn't a great time to have a baby-this can cause labour to slow down

Prostaglandins (Parasympathetic State)



- So, What do we know about Prostaglandins?
- Prostaglandin is the first birth hormone your body will produce
- It softens the neck of the womb allowing it to thin out and open when contractions begin
- Prostaglandin is present in semen
- Interestingly, A prostaglandin pessary is sometimes the first step in the induction process

Oxytocin (Parasympathetic state)



So, what do we know about Oxytocin?

- It is the hormone that is responsible for making contractions happen
- Its also produced when we reach orgasm (prostaglandin + oxytocin may = labour + birth)
- Can sometimes make you sleepy!
- An oxytocin infusion is a part of the induction process

Prostaglandin & Oxytocin in Action



Endorphins (Parasympathetic state)

So, what do we know about Endorphins?

- We produce endorphins when our bodies are under physical stress (like exercise)
- They are our bodies natural painkillers
- Interfere with our perception of time
- They make us feel happy!
- As oxytocin increases endorphins increase



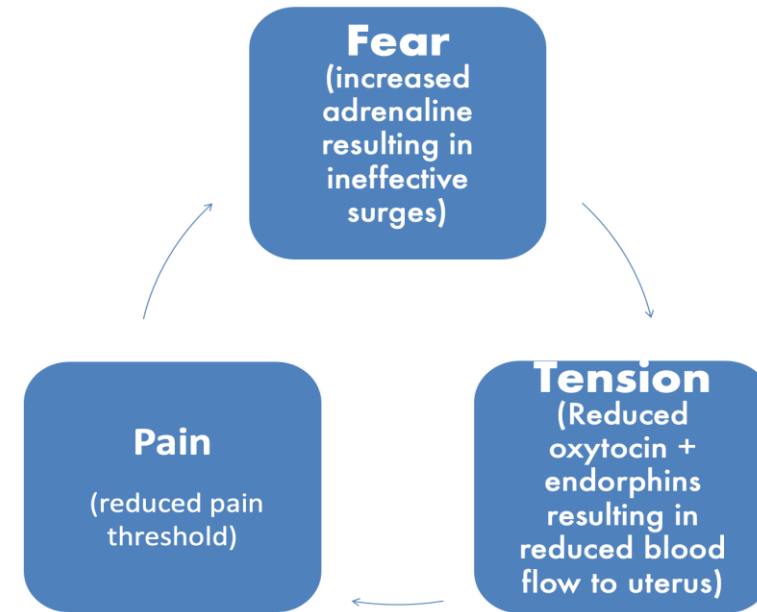
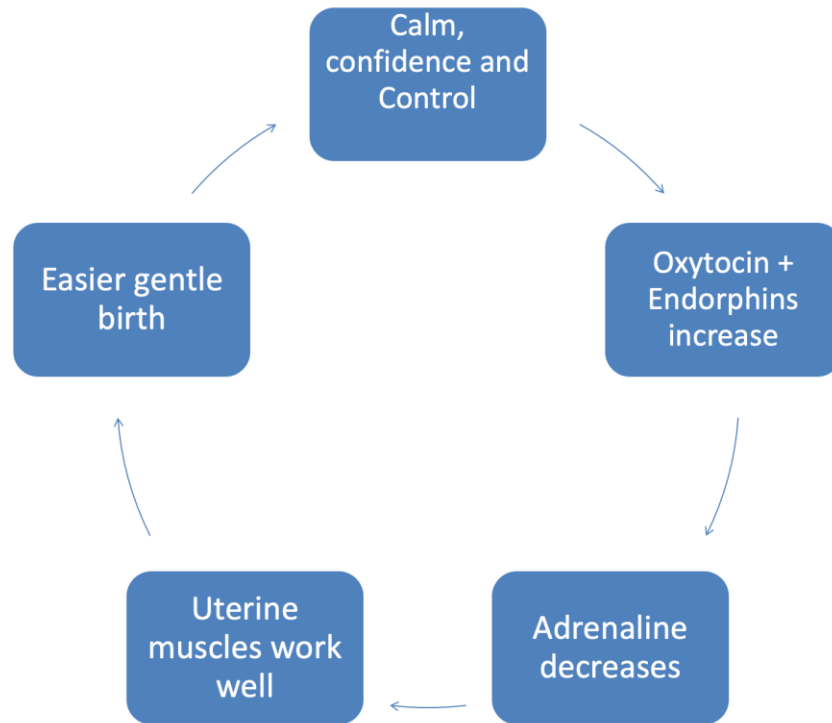
Adrenaline (Sympathetic state)



So, what do we know about Adrenaline?

- It is produced when we are fearful, frightened or worried
- It stops the production of Oxytocin, Prostaglandins and Endorphins.
- Therefore, can slow down labour.
- Muscles need oxygen, without oxygen flowing to our womb our contractions can be less strong and more painful

Which cycle would you rather birth in?



Anchor



What is an Anchor?

An anchor is a sensory connection with an emotion, we can have positive and negative associations.

Hypnosis can be facilitated by focusing the attention through the senses

Have you any examples of anchors??



Hypnobirthing Language

Word association:

What would happen if we changed our words?

- Contraction
- Labour



Now, lets talk about giving birth!!!

- How birth works.....
- Stages of the birthing journey and birth
- Can I do anything to help the process along....



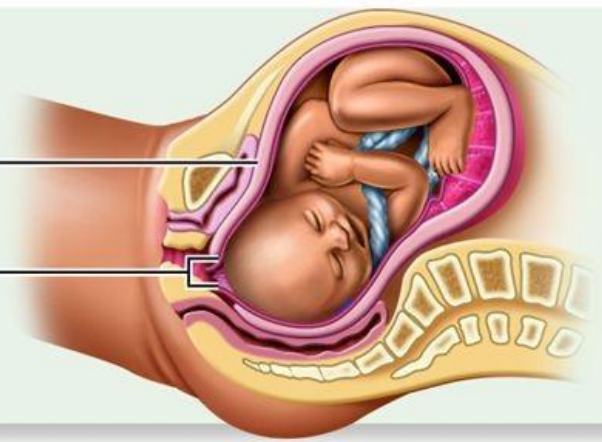
The Stages of Birthing

Stage 1 (0-10cm dilated)

- Early phase (0-3cm)
- Established phase 3-10cm)

Uterus

Cervix

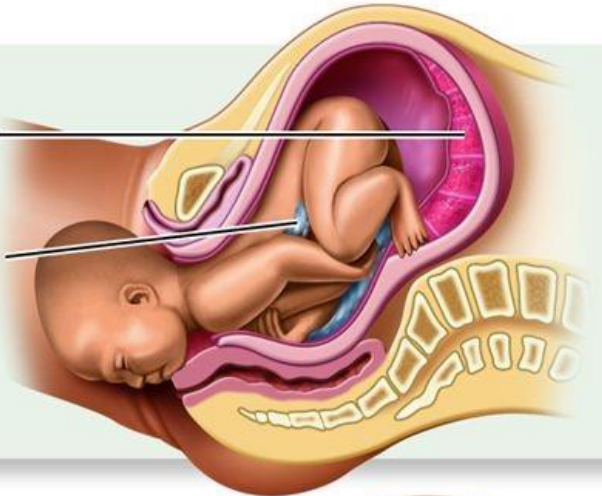


Stage 2

- Baby moving through the birth canal and being born

Placenta

Umbilical cord

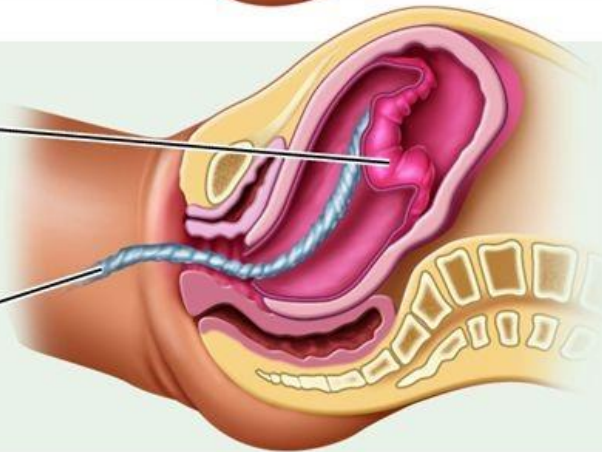


Stage 3

- Placenta being born

Placenta (detaching from uterus)

Umbilical cord



Why eat/drink/breathe?



If muscles don't receive energy/hydration/oxygen they may cramp and not work as effectively



Your womb is a giant muscle



Muscles need energy

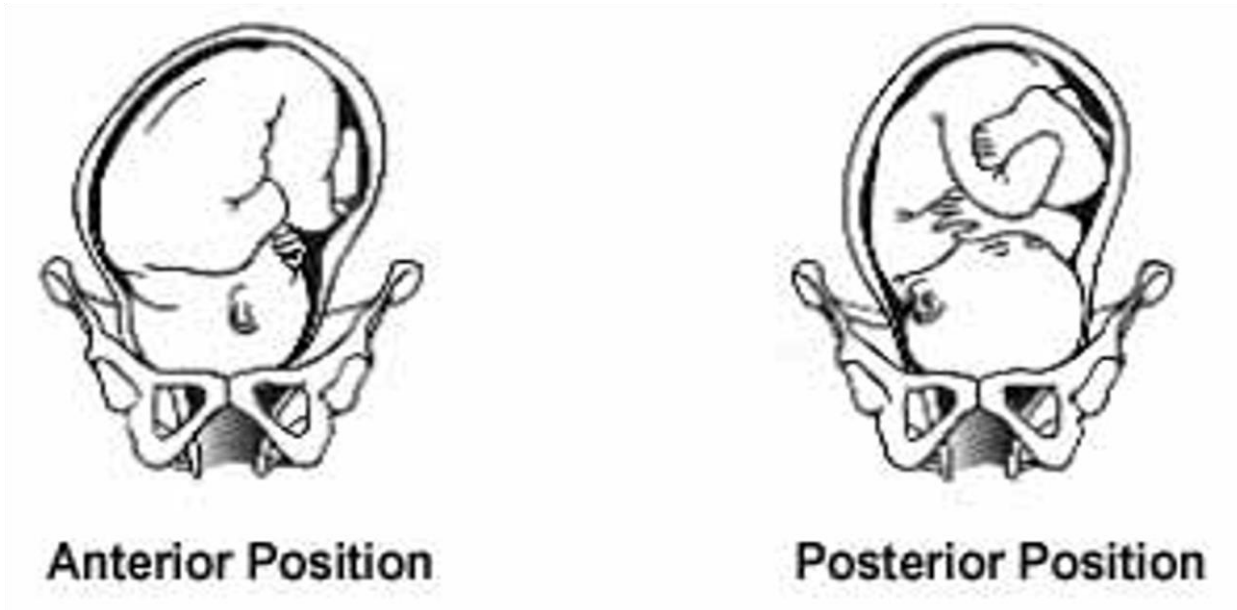


Muscles need oxygen

Muscles need hydration



Optimal Fetal Positioning



Anterior Position

Posterior Position



How to achieve Optimal Fetal Positioning

- Don't slouch, especially in last 6 weeks of pregnancy
- Sit with your knees lower than your hips... avoid long car journeys
- When sleeping lye on your left side with your upper leg forward so the knee touches the mattress
- Go swimming or walking
- Try not to sit with your legs crossed
- If baby is posterior try hands and knees position x 20mins daily
- If baby is breech try www.spinningbabies.com



Anterior Position



Posterior Position



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Pregnancy Yoga

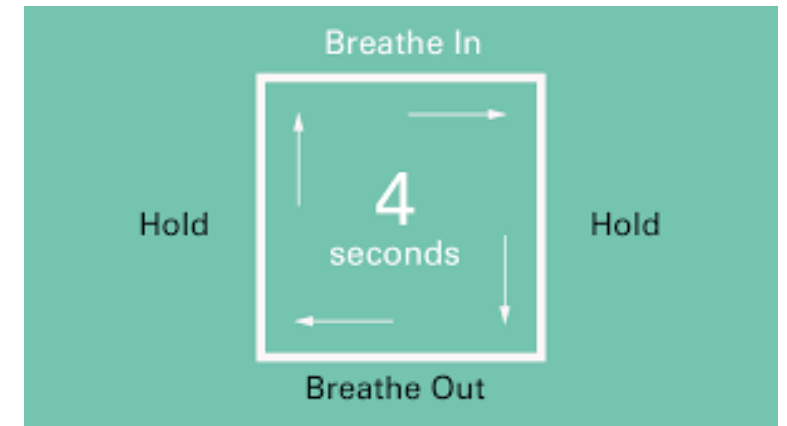
- **What are the benefits of pregnancy yoga for me and baby?**
- Yoga will use breathing techniques and positions that will help you during your birth
- You will learn ways to relax your body and mind
- Yoga will help improve your posture
- Yoga will help build strength and stamina for Birth and Motherhood!
- Improves pelvic floor health for pregnancy, birth and post-partum period.
- Connecting with baby-building a bond with baby during pregnancy
- Yoga teaches skills to manage discomfort in the mind and body
- Improves your mental health and wellbeing
- Empowers you for Birth and Motherhood!



Breathing techniques

Benefits/ Purpose of Breathing Techniques:

- Provides oxygen to mother, baby and hard working uterus.
- Well oxygenated muscles function more effectively and efficiently.
- Reduces Pain
- Relaxation-Rhythmic breathing promotes physical relaxation
- Reduces anxiety
- Distraction-helps mother concentrate and focus on breathing instead of her waves.



Massage



- Eases discomfort & anxiety
- Encourages production of birthing hormones
- Adapt technique to suit your needs

•****Practice, Practice, Practice****

Birthing Positions



Positions for Birthing

U: Upright

F: Forward

O: Open



Evidence supporting upright birth

- Space in the pelvis can be increased by 28-30%
- More effective waves
- 23% less likely to require medical assistance
- Baby is 54% less likely to become distressed
- Shortened length of birthing and 29% less likely to require a C-Section
- 21% less likely to need an episiotomy
- Less likely to ask for epidural



Aromatherapy



What oils are safe:

- Lavender (calming)
- Peppermint (energy)
- Mandarin (happy)
- Frankincense (focus)
- Clary-sage (waves): only to be used after 37 weeks

Options for use:

- Diffuser (plug in)
- Bath
- Spray bottle
- With carrier oil (massage)



Aromatherapy

Essential Oil Blend	May help with
6 drops lavender	Relaxing, calming, cooling, reduces fear.
4 drops lavender + 2 drops clary sage*	Relaxing, calming, clary-sage encourages waves.
1 drop peppermint**	Gives purpose/direction. May reduce nausea.
6 drops mandarin	Relaxing, refreshing, simple uncomplicated childlike happy energy... reduces over thinking.
3 drops of frankincense + 1 drop peppermint**	Calming, reducing chatter, focusing the attention
3 drops clary sage *	Increases waves, reduces tension and discomfort.
3 drops mandarin + 3 drops lavender	Acceptable clean aroma. Simplicity and happiness.

- Clary sage: recommended not to be used before 37 weeks
- Peppermint: Not recommended for clients with G6PD or cardiac fibrillation. (only ever use 1 drop of peppermint @ a time)

Affirmations

just breathe

my body will
WORK
my baby will
FIT


i can
do it

Each surge
brings my
baby closer
to me



I get to
meet my
baby today

you can
do anything
for a
minute

MY PARTNER + I
ARE THE WORLDS
BEST TEAM

An Affirmation is a positive phrase or statements used to challenge negative or unhelpful thoughts.

Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself.

Over time this phase becomes part of your thinking and your belief.

Natural pain relief techniques for childbirth using

Acupressure

Promoting a natural birth and partner involvement



Debra Betts NZRN, MBAA, NZRA

ISBN 0-473-04467-6

Acupressure

REFER TO WEBSITE:

[HTTPS://ACUPUNCTURE.
RHIZOME.NET.NZ/ACUPR
ESSURE/](https://acupuncture.rhizome.net.nz/acupressure/)

Acupressure

Research reports acupressure as beneficial during birthing and reduces caesarean section rate. It has also been reported to reduce the need for epidurals when used as part of an antenatal intervention

'Top Tips' from promoting acupressure use in pregnancy over the past 25 years:

- Your support people do not need to be good at massage! They just need to follow your feedback
- Start early during your birthing and experiment to find the points you prefer
- The points you find useful are likely to change as you progress through your birthing
- If the pressure feels painful or irritating, they are not right for you at this time.

(Debra Betts)

Acupressure

Please read the following PDF Documents:

- Acupressure for Pain Relief during birthing
- Self-stimulating Acupressure points for Pain Relief during birthing
- Birth Preparation using Acupressure

Acupressure points

- **Optimal Fetal Positioning (anytime):** SP6, BL67
- **Birthing Preparation (from 36 weeks):** GB21, BL32, SP6, KID1, LIV3
- **As a comfort measure (during birthing):** BL32, LI4, Comb pressure on palm of hand, The buttock point, GB 21, KID 1, SP6,

Heat therapy

- A Bath or Shower
- Warmth encourages relaxation > Relaxation increases oxytocin > Oxytocin increases your waves
- Plain water (no bubbles, Epsom salts, etc.)
- Water temperature: 37°C



T.E.N.S. Machine

- Transcutaneous Electrical Nerve Stimulation
- Suitable from early stages of birth
- Extremely effective if used correctly
- Can stay mobile
- Won't affect your baby in any way
- Can buy online, borrow from a pal or rent from pharmacy



B

BENEFITS

What are the benefits of this test or procedure to me and my baby?

R

RISKS

What are the risks of this test or procedure to me and my baby?

A

ALTERNATIVES

Are there any alternatives to this test or procedure?

I

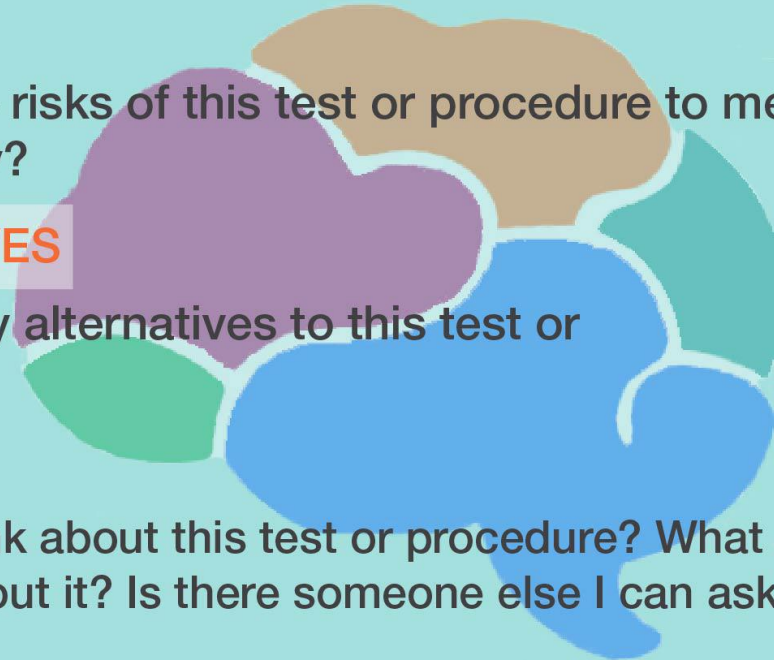
INSTINCT

What do I think about this test or procedure? What feels right about it? Is there someone else I can ask?

N

NOTHING

What might happen if I choose to do nothing or decide to wait and see?



What have we learned???

Lets map out our Hypnobirthing toolbox for birthing:

Using the headings:

- Early phase of birthing
- Established phase of birthing
- Birth itself
- After Baby is born



The End...Thank You for Joining:

