

Hypnobirthing



Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

Free

Introductory Session

**Relaxation is the key to
an easier birthing experience**

Hypnobirthing can give you the tools, breathing techniques and confidence to use your natural birthing instincts, so that your body is more relaxed and you can give birth calmly and comfortably.

This session is for you and a partner, and we will give you an introduction to:

- Breathing and relaxation techniques
- How the environment influences labour
- Hormones and their effect on birth
- How to help your partner to feel calm and fully involved.

Tuesday 28th August

Tuesday 16th October

Tuesday 27th November

Tuesday 18th September

Tuesday 23rd October

Tuesday 18th December

Tuesday 25th September

Tuesday 20th November

**6.00 - 8.00 pm - Bassetlaw Hospital
(A2 - Postnatal Ward)**

**All hypnobirthing sessions are run by qualified
and experienced hypnobirthing midwives.**

**For more information and to book a place, contact:
susanhenderson2@nhs.uk or email: dbth.parenteducation@nhs.net**