

What is Hypnobirthing?

Hypnobirthing promotes deep relaxation, breathing techniques and visualisation to use during pregnancy and childbirth.

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

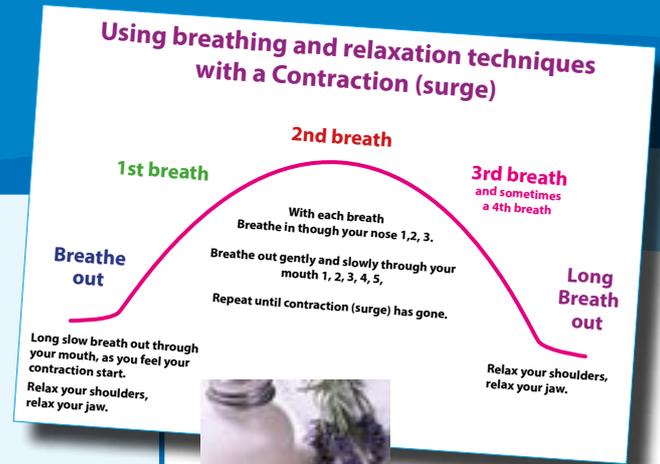
The woman will not be in a trance or asleep but may be in a 'trance like, dreamy state, fully aware and in control, but deeply relaxed.

We all go in and out of a natural state of trance every day; i.e. daydreaming, watching a film, driving, shock, reading a book or listening to a story.

This trance like state is good for changing outdated beliefs and absorbing new learning. 'One born every minute image v calm water birth image.'

Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust run a free 'Introduction to Hypnobirthing' session each month at Bassetlaw Hospital, run by qualified (AHBM) and experienced midwives and includes:

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



The environment - home or hospital

Promoting the release of positive hormones such as endorphins and oxytocin can help the woman and her partner feel calm, relaxed and confident, enabling her body to birth more efficiently, leading to a more positive birth experience.

- Low lights -boost Oxytocin, the 'calming love hormone, which relaxes the woman and makes labour more efficient.
- Music - women who have practiced hypnobirthing will bring a playlist of music that they have listened to when practicing the relaxation and breathing techniques.
- Massage (and tens machines) encourage the release of

Endorphins the body's natural pain relief. Released by love and laughter and promoted by Oxytocin.

- Aromatherapy - relaxes and calms woman and partner and encourages release of Oxytocin
- The fear or flight hormone Adrenaline is released with fear and stress, under bright lights and can slow birth



'I could feel the oxytocin literally rushing through my body and felt such elation even after what felt like a pretty stressful delivery and finally holding my son in my arms and feeling so relaxed and calm.'



'Coming away feeling positive, better informed and more confident.'



'What also impressed me was how she involved my partner. She explained that he would later be able to help me with the breathing, which we could use when I eventually went in to labour.'