

Hypnobabies Childbirth Course Outline

Class 1: Introduction to Hypnobabies:

Hypnobabies' Philosophies and Positive Mindset
 Pregnancy Anatomy and Physiology
 Placentas and Umbilical Cords
 The Power of Our Own Words; How Words Re-Train Your Brain
 How Your Mind Works – The Conscious, Subconscious, and Critical Faculty
 The Mind/Body Connection; How Fear (or Confidence!) Affects Comfort/Length of Birth
 What Hypnosis is and is NOT
 Demonstrations of Hypnosis
 Fear Clearing for Childbirth
 "Becoming Dad/Parent" - Part 1
 The Importance of Daily Pregnancy Affirmations
 Your Beautiful Uterus and How it Works
 Creating Your "Mental Lightswitch"
 Partner Communication Exercise and the "Contract of Trust"
 Hypnosis is Different for Everyone
 Class 1 Hypnobabies Births Video



Hypnosis Script: "Learning Self-Hypnosis". (Entering hypnosis on your own and controlling the sensations in your body.)

Additional Articles in Home-Play (homework) Booklet

Class 2: Staying Healthy and Safe:

Importance of Staying Healthy and Safe in Pregnancy
 Nutritional Guidelines; Macro and Micro-nutrients
 Seafood Watch Card
 Eliminating Potential Health Risks
 The High Protein Advantage
 Belly Mapping Explained
 Safe and Comfortable Prenatal Sleeping and Resting Positions
 Preparing Your Body for an Easier Birth
 Baby Movement Counting
 "Becoming Dad/Parent" - Part 2
 Pre-Birth Waves: Braxton Hicks
 Introduction of the Stages of Birthing, Including the "Baby-Kindness" Stage and Birth of the Placenta
 New Baby Sensitivity Through Bonding and Skin-to-skin
 Class 2 Hypnobabies Births Video

Hypnosis Script: "Creating Anesthesia". (Modifying your hypnosis to include Hypno-anesthesia and "Eyes-Open Childbirth Hypnosis".)

Additional Articles in Home-Play (homework) Booklet

Class 3: Your Birthing Choices and Planning Your Birth:

Birth Partner's "Relax and Feel Confident" audio track
 "Becoming Dad/Parent" - Part 3
 The Abdominal Lift and Tuck Technique for an Easier Birthing
 The Importance of Making Excellent Birthing Decisions
 Why and How ALL Decisions/Choices Belong to YOU, before, during and after childbirth!
 Your Choices During Pregnancy; Risks, Benefits and Alternatives for Many Common Procedures

Bishop Score Ratings
Many Types of Inductions
Your Choices During Childbirth; Risks, Benefits and Alternatives for Many Common Procedures
Your Choices During Pushing; Risks, Benefits and Alternatives for Many Common Procedures.
Getting What You Want in Your Birth Experience
Communicating with Medical Care Providers
Creating an Effective Birth Plan
The Role of a Birth Doula
Class 3 Hypnobabies Births Video

Additional Articles in Home-Play (homework) Booklet

Hypnosis Script: “Hypnotic Childbirth # 1 – Birth Hypnosis Tools”. (Learning cues for deepening hypnosis and Hypno-anesthesia instantly.)

Class 4: The Onset of Birthing:

“Becoming Dad/Parent” - Part 4
Your “Guess Date” and Normal Length of Pregnancy
Preparing for your Birthing Day – How to Be Ready
Baby Engages in the Pelvis
5 Things to Know About Prodromal Birthing
What Starts Birthing
Signs of Birthing Beginning
Pre-Birth Warmups
Positions for Birthing
Release of Membranes – Your Safe Choices
Early Birthing Comfort
Tracking Progress while providing Support - Your Birthing Log
When to go to the Birth Place
Comfort and Relaxation on “The Drive”
Arrival at Your Place of Birth (if out of your home)
Nurses – the Unsung Heroes
Hypno-Guardians
Using Hypnosis for Comfort During Internal Exams and Procedures
Dilation, Effacement, Position, Station and Presentation of Baby
Preparation for More Comfortable Pushing
Class 4 Hypnobabies Births Video

Additional Articles in Home-Play (homework) Booklet

Hypnosis Script: “Hypnotic Childbirth # 2 - Deepening Your Hypno-Anesthesia.” (Birth Partner Cues, and instantly deepening hypnosis and moving anesthesia around to different areas of your body.)

Class 5: Birth Partners, Transformation and Birth:

“Becoming Dad/Parent” - Part 5
Birth Partners Training:
Your Role During Pregnancy and Birthing
How Birth Assistants Can Help the Hypno-Partner
How Families and Doulas Fit Together
Emotional and Physical Signs that Birth is Progressing
The Birth Partner’s Hypno-Tools
Your Hypnobabies Tracks and Cues at a Glance
16 Birthing Positions
4 Pages of Verbal Birthing Cues for Physical Comfort and Hypnosis Deepening
The Change of Plans Hypnosis Script.

Additional Class 5 Curriculum:

“Transformation” (Transition) Stage
Hypnosis Deepening techniques
Additional Comfort Measures
Beginning to Push and Effective Positions for Birthing
More Comfortable Self-Directed Pushing with Hypnosis
Advantages of Upright Birth
Tips for Pushing and Crowning
Physiological Umbilical Cord Clamping
Safer Birthing of the Placenta
Cord Traction, Pitocin, Post-Partum and Baby Care Choices.
Benefits of Skin-to Skin, Vernix for Baby
Cesarean Birth Facts
When is a Planned Cesarean Birth Medically Necessary?
Family Centered Cesarean
Techniques to Use if Baby is in a Posterior Position During Birthing Time
How to Start Out Your Birthing More Comfortably
Class 5 Hypnobabies Births Video

Hypnosis techniques practice: Using Hypnobabies in the Moment! Full practice of our Hypnobabies Lightswitch techniques, Peace cue, Release cue, Birth Partner’s cues, and Directing Hypno-Anesthesia around Your Body.

Additional Articles in Home-Play (homework) Booklet

Class # 6: Practicing for Birthing and Caring for the New Family:

In-depth Birthing Rehearsal using all Hypnobabies Techniques, Birth Balls, Walking, Positional Changes and Eyes Open Childbirth Hypnosis where our Hypno-Moms and Birth Partners practice their Hypnobabies cues and techniques together, in hypnosis, culminating with “giving birth” using Hypno-Anesthesia.

Postpartum and Baby Care:

“Becoming Dad/Parent” - Part 6
Your Baby’s Care after a Vaginal Birth
Newborn Procedures
Creating Your Newborn Baby Care Plan
Typical Newborn Characteristics
Create a Postpartum Plan
5 Things to Know About Postpartum Mental Health
More Than the Baby Blues
Postpartum Care, the Details
Changes in the Body After Birth
Breastfeeding/Chestfeeding, an Overview
Laid-Back Breastfeeding
Latch and Position
Using “What If’s” to Our Advantage
How to Use Your Maintenance and Birthing Hypnosis Tracks
Class 6 Hypnobabies Births Video

Additional Articles in Home-Play (homework) Booklet

