

Effective Birth Preparation Hypnobirthing For Birth In A Hospital Or Birth Centre Natal Hypnotherapy

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The Calm Birth School - Suzy Ashworth 2016-02-04

Imagine what it would feel like to not be completely freaked out about giving birth The Calm Birth School supports modern women to create positive birth experiences that make them want to shout from the rooftops for all the right reasons. You'll learn: The science behind why you don't have to give birth in agony. A mindset overhaul that leave you feeling positive about birth. Breathing techniques to enable you to deal with any stressful situation calmly and effectively: before, during and beyond birth. So if you are a control freak; scared out of your mind about giving birth; or you believe in your body but want to keep it real... This book is for you. Suzy Ashworth: pregnancy coach, hypnotherapist and psychotherapist with two children and a growing bump. She has a passion for showing women exactly why they can and should believe in themselves, empowering them to create mind-blowing birth experiences.

Hypnobirthing 101 - Valeri Dorris 2021-06-07

You know having a baby will be life-changing so you might be preparing yourself by attending classes and Googling just about everything to do with childbirth. You might also be thinking about alternative pain relief methods and labor techniques, like hypnobirthing. Hypnobirthing is gaining popularity as some say it's a way of birthing gently and calmly. Some people even suggest it allowed them to give birth without medication. So if you're wondering what hypnobirthing is all about, here we introduce you to this mysterious-sounding technique... This book explains ten indisputable reasons why hypnobirthing is the most effective birth preparation course. You will discover not only how the course informs you about everything you need to know about late pregnancy, labor, and birth, but that it also shows the importance of choosing the right birth partner and educating them to be able to support you correctly during this amazing and miraculous journey. If you are looking to achieve the birth that you want, but you feel that you don't have all the information, resources, and confidence to pursue this, this book will show you that a hypnobirthing course will help pull all these elements together, so that you can create the positive birth experience that you want.

The Positive Birth Book - Milli Hill 2017-03-23

Best Beginnings for your Baby and You - Sarah Woodhouse 2019-11-23

Best Beginnings for your Baby and You provides a bridge of understanding and trust between expectant and new parents and all perinatal professionals who care for them - during what can be a very exciting but a difficult and demanding time.

Caesarean Birth: A Positive Approach to Preparation and Recovery - Leigh East 2018-04-15

Caesareans are a possible outcome of any birth. Being prepared for such an eventuality can significantly improve your chances of viewing a caesarean birth positively. This book has the facts and lots of ideas to help you prepare and recover.

The Good Birth Companion - Nicole Croft 2011

All expecting mothers have an innate capacity to give birth safely and naturally, but it's easy to be distracted by stories of traumatic births and a deep anxiety that you won't be in control. Experienced doula

and Active Birth Associate, Nicole Croft, takes the fear out of labour and birth in this empowering and practical guide.

Let's Talk about Preparing for Your Baby's Birth - Jackie Kietz 2020-10

Let's talk about... everything to do with becoming a family. Pinter & Martin's new series aims to start a frank conversation with new and expectant parents, and explore the changes that affect them and their babies during pregnancy, birth and the early months of parenting.

I'm Expecting a Baby - Jackie Kietz 2017-02

'I'm Expecting a Baby' has been written for pregnant women and their birth partners and gives a detailed overview of your choices and options for labour and birth. Covering the start of labour right through to its beautiful end, and everything in between, it is a mini antenatal course in a book. As well as learning about labour and birth, informed decision making and the options available to you, you can also discover the benefits of hypnobirthing, with a specific section for the birth partner. The book includes scripts and 5 MP3 downloads for relaxation, including one for the birth partner. 'I'm Expecting a Baby' aims to help parents feel prepared and informed for the amazing event of the birth of their baby and offers a wealth of practical tools and techniques to use on the day. The book is a simple and easy-to-read companion. It is a starting point for your thinking about what you might like for your birth and it can also act as a recap of any antenatal course you may have completed. You can use this book as a quick reference guide and a reminder of your options.

The Calm Birth Method - Suzy Ashworth 2017

"Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In The Calm Birth Method, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel prepared."--Back cover.

Effective Birth Preparation - Hypnobirthing for Birth in a Hospital Or Birt - Maggie Howell 2016

Preparation for Birth - Beverly Savage 1987-02-12

The first complete guide for couples to the most popular method of natural childbirth. Destined to become the standard book on Lamaze, covering everything from the moment of pregnancy to the difficulties of adjusting to parenthood.

HypnoBirthing, Fourth Edition - Marie Mongan 2015-12-08

Enclosed CD contains relaxation and birth rehearsal techniques.

Holistic Hypnobirthing - Anthonissa Moger 2021-02-16

Discover a modern holistic hypnobirthing book for every woman and every type of birth. This beautifully illustrated, practical guide to hypnobirthing provides you with the skills and tools to make any birth feel safe, calm, connected, and empowering - however you choose to bring your babies into the world. Whether you're trying to get pregnant, just found out you're pregnant, or well into your third trimester, this birthing book completely demystifies hypnobirthing, making it accessible and relevant for any mom-to-be.

Anthonissa Moger (The Hypnobirthing Midwife) reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. This step-by-step guide enables you to embark on the benefits of hypnobirthing and create a safe space for you and your baby to return to time and again. Learn how to integrate body and mind throughout your pregnancy and birth with techniques such as deep relaxation, meditation, visualization, and breathwork exercises. Achieve the Birth You Want - For You and Your Baby Whether you're having a natural birth or assisted birth, this mindful pregnancy book will help every woman take control of their labor for a calm, connected, and positive birth. It's the perfect gift for expecting moms who are looking for advice and techniques for a stress-free pregnancy.

Effective Birth Preparation - Maggie Howell 2009

A guide to birth preparation. It takes the reader step by step through mental, emotional and physical preparation for birth. It explains why birth has become such a traumatic affair in our culture and how an individual woman can break out of this fear based birth culture and prepare for the birth in a positively and confidently.

Mindful Hypnobirthing - Sophie Fletcher 2019-11-07

Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth. With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth progress - feel positive and empowered, before, during and after you give birth Reassuring, practical and based entirely on what works, Mindful Hypnobirthing is your essential guide to having a calm and confident birth experience.

The Hypnobirthing Book - Katharine Graves 2012

Childbirth can be an empowering and positive experience that you treasure for the rest of your life.

Hypnobirthing teaches simple and gentle techniques that have a profound effect.

Midwife Marley's Guide For Everyone - Marley Hall 2022-03-31

Do you have questions? The Guide for Everyone has all the answers you need Marley Hall is a midwife and mum of five - in other words, she's seen it all. In her Guide for Everyone, you'll find answers to questions you never knew you wanted to ask. Like, what do these clinical terms mean? What are my choices? And is there a 'right' way to give birth or take care of my baby? Birth is a unique experience for every person, and the book contains the latest guidance that will help you to understand the full picture all the way through an entire 12 months. Each chapter is illustrated with Marley's original doodle-drawings and is subtly colour coded, so you can flick through and find exactly what you're looking for right now, when you need it. There is evidence-based information to support everyone and provide a reliable source of knowledge about important things like when to call your care provider, getting baby into an optimal position for birth, how to approach the 'fourth trimester' (the three months after the birth), and even where to find the shower in a postnatal ward. You'll be armed with all the tools you need to communicate and thrive wherever you are, be it birth centre, hospital or home. It's like having your own personal Marley on call! "Supportive, inclusive, knowledgeable and wonderfully warm, Midwife Marley is the perfect partner for your positive pregnancy and parenting journey. Every family touched by her help feels genuinely valued." Siobhan Freegard OBE, Founder of Netmums

Your Baby, Your Birth - Hollie de Cruz 2018-08-30

No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearn Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour

and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

Natural Hospital Birth - Cynthia Gabriel 2017-08

Offers expectant mothers seeking natural childbirth in a hospital a detailed look at pregnancy and labor, explaining how to create a mutually supportive relationship among birth-care providers and make informed choices.

Effective Birth Preparation - Hypnobirthing for a Home Birth - Maggie Howell 2016

Hypnobirthing Home Study Course Manual - Kathryn Clark 2016-06-30

Hypnobirthing gives you a quick, easy and natural pain free birth without drugs. Join mothers around the globe and discover the power of the most modern, comprehensive and complete Hypnobirthing Course worldwide. This step by step guide covers natural birthing, alternative options and best medical interventions. Your birth will be calm and easy.

Childbirth and Mindful Birthing Step by Step: Realistic Hypnobirthing and Birth Preparation for All Women. Complete Guide to Pregnancy, Birth and Earl - Erika Young 2021-02-16

☐ 55% OFF for Bookstores! NOW at \$ 10.33 instead of \$ 22.97! LAST DAYS! ☐ Do you know you can change your labour experience by practicing hypnobirthing? Whilst birth is unpredictable, there is so much you can do to make it positive even down to changing the labour wardroom around. Invest time and effort into practicing the hypnobirthing and breathing techniques, starting daily practice as early as you can. Consider an in-depth antenatal course and/or a hypnobirthing course if you are open to this, attend a good pregnancy yoga class, work on your mindset by reading as much birth positivity as possible and block out all negativities. A hypnobirthing course also has a major positive impact on the baby, as all that the mum experiences, she passes on to him. So, if her pregnancy and labour are calm and gentle, his experience of birth will be relaxed and peaceful too. What a fabulous way to be welcomed into this world! The benefits of a hypnobirthing course for birth partners cannot be underestimated either. Whoever you choose to be with you at your baby's birth needs to have a clear understanding of what your hopes and wishes for this experience are. Without understanding and knowing, you can't expect them to help you in your time of need and vulnerability. Don't be the person who looks back after her birth wondering whether she might have had a different experience if she had continued on a hypnobirthing approach. Be the person who wants to shout about her positive birth experience from the rooftop! Don't be the person who gets caught up on the conveyor belt of medical care, which is rigid with timeframes, tick boxes and red tape. Be the person who savours and enjoys her birth, without any rush. Just like a good meal, favorite drink or a relaxing massage - none of these should be done racing against the clock! A hypnobirthing course is about relaxation and breathing techniques, as well as visualizations and positive birth affirmations. It is an all-round course that teaches everything that an expectant mother and her birth partner need to know about late pregnancy, labour, birth and beyond - from the physical changes that occur in a mother's body as pregnancy comes to an end and as it prepares for labour, through to what a woman can expect to happen in labour and birth, as well as how to care for a newborn. A hypnobirthing course should also allay any fears or preconceptions that a couple may have, so that upon completing the classes, the lasting feelings that they will take away with them are confidence, excitement and anticipation for the arrival of their precious baby. This book will teach you what the benefits of hypnobirthing are - whoever you are and whatever circumstances may be applicable to you - and it has provided you with great reasons why you should look for your nearest hypnobirthing instructor and book onto a course. This book covers: Have a Natural Birth and Take your power back! The benefits of Hypnobirthing Breath is Key Diet and Nutrition Relaxation Techniques The Power of Creative Visualization Maintain an Overall Positive Attitude Your Birth Plan When Baby is Ready to Make an Entrance ☐ 55% OFF for Bookstores! NOW at \$ 10.33 instead of \$ 22.97! LAST DAYS! ☐ You will Never Stop Using this Awesome Cookbook! Buy it NOW and get addicted to this amazing book

Hypnobirth - Teri Gavin-Jones 2016-05-12

Maternity services and choices for labour and birth are fast evolving. Hypnobirth involves preparation for childbirth using tried and tested hypnotherapy techniques in harmony with midwifery best practices and increasing numbers of women are turning to the technique. Written by two experienced practitioners, this is the first evidence-based practice book for medical professionals on this subject. Chapters include coverage of: What hypnosis is and the history of hypnobirth The power of the mind and the effect of language Relaxation and breathing techniques The neocortex and hormones Birth partners, relationships, women's advocates and primary supporters Throughout the book the authors provide health professionals working in clinical midwifery practice with information and evidence-based findings to support the use of hypnobirth. The book includes case studies, scripts and reflective questions to encourage a deeper understanding of the techniques and issues and to engage and inspire the reader. Hypnobirth is essential reading for midwives, obstetricians, student midwives, doulas and any practitioner involved in preparing and supporting pregnant women for labour.

Hypnobirthing Course - Essential Guide to a Pain Free, Calm & Safe Childbirth Using Hypnosis + Mindfulness Techniques, Filled with the Best Meditation, Breathing and Visualization Secrets - Amanda Harmon 2021-05-30

Discover the tried-and-tested techniques to help you relax during labor & prepare yourself positively for your amazing birth. Hypnobirthing teaches simple and gentle techniques that have a overwhelming effect on you and on your baby. Hypnobirthing can reduce the need for pain relief and shorten labor. Gift yourself the experience of a natural, calm, comfortable birth with this book! This guide will walk you and your birth partner through the whole process of birth preparation & includes: Why many women feel so scared of giving birth and how to eliminate these fears during pregnancy How relaxing your mind and body during birth transforms your physiology Practical tools and techniques to promote deep relaxation and mindfulness How to unify birth partners and care providers to ensure the birthing environment is stress-free and has the most conducive set up for a calm and relaxing birth Breathing techniques and visualizations to help with the sensations of birth Get your copy today & Take the power back into your own hands so that you can learn to trust your body and look forward to welcoming your child into the world with confidence ! [The Gentle Birth Method: The Month-by-Month Jeyarani Way Programme](#) - Dr. Gowri Motha 2010-04-15 Childbirth guru Dr Gowri Motha, who practises with Dr Yehudi Gordon - author of Birth and Beyond - shows women how her revolutionary method helps women carry the baby to full term, have less intervention in the birth; feel less pain in labour, and feel happy and in control.

Feng Shui Mommy - Bailey Gaddis 2017-03-14

Impending motherhood serves up a confusing cocktail of heroic strength and terrifying vulnerability. Our culture has seized on the "vulnerability" part of this experience and tends to reinforce a pregnant woman's insecurities instead of encouraging her to embrace this most natural time and trust her body, her intuition, and her own mind. Feng Shui Mommy takes a different approach, helping the expecting mother build her own unique, epic journey to motherhood. It's about supporting her while she shores up her mind-body-spirit alignment so she can best handle the cosmic kick in the uterus and juicy kiss on the soul that pregnancy is. Bailey Gaddis guides women through the experience, providing specific suggestions for mind, body, and spirit for each trimester (including the "fourth," after birth), leading to birth preparation designed for each mother and baby, and culminating in strong mother-child bonding. She includes detailed and practical information about prenatal exercise and nutrition, birth preferences and birthing positions, breath work, breastfeeding, and much more. Her advice allows mothers to welcome delight and curiosity into the journey while taking each phase with purpose and calm — and even a sense of fun. This comprehensive guide makes challenge and change joyful, allowing new life to be as incomparably wonder-filled as it is meant to be.

Hypnobirthing - Marie Mongan 2005-05-24

"Move over, Lamaze. HypnoBirthers say their form of deep relaxation takes the panting and pain out of labor." -Time Magazine HypnoBirthing®: A Celebration of Life Childbirth is not something to be feared; it is a natural expression of life. With HypnoBirthing, your pregnancy and childbirth will become the gentle, life-affirming process it was meant to be. In this easy-to-understand guide, HypnoBirthing founder Marie

Mongan explodes the myth of pain as a natural accompaniment to birth. She proves through sound medical information that it is not our bodies but our culture that has made childbirth a moment of anguish, and that when we release the fear of birth, a fear that is keeping our bodies tense and closed, we will also release the pain. HypnoBirthing is nature, not manipulation. It relaxes the mind in order to let the body work as it is designed. The HypnoBirthing exercises—positive thinking, relaxation, visualization, breathing and physical preparation—will lead to a happy and comfortable pregnancy, even if you are currently unsure of an intervention-free birth. Your confidence, trust and happy anticipation will in turn lead to the peaceful, fulfilling and bonding birth that is your right as a mother. More than 10,000 happy couples have had their lives changed for the better by HypnoBirthing. More than 500 news organizations—including Good Morning America, The Today Show, Dateline, The Richard & Judy Show, Time, Newsweek, Parenting and Better Homes & Gardens—have joined the movement for better birthing. Why is HypnoBirthing changing the way the world gives birth? That's simple. Because it works.

[GentleBirth](#) - Tracy Donegan 2018-06-18

Discover your roadmap to a positive birth! A positive birth comes in many forms - for some it's an early effective epidural for another it's a serene water birth or a calm planned cesarean. What we know for sure is that a positive birth is defined by YOU - not your best friend, Mom or even your OB or Midwife. The award winning GentleBirth program combines brain science, birth science and technology so you can feel inspired, excited and uplifted every day of your pregnancy - and beyond! Every woman wants a safe, positive gentle birth - for themselves and for their baby. Midwife, GentleBirth Founder and positive birth expert Tracy Donegan shows you how as she guides you step by step including the following: Practical tools to prepare you and your partner for a positive birth - as defined by YOU! Use brain science to reduce pain and fear in labor. Discover the ultimate stress reduction toolkit of techniques of simple meditation, hypnosis and sport psychology. Train your brain for confidence and resilience - long after your baby arrives Learn breathing techniques that work. Navigate your options with confidence for a GentleBirth for you and your baby.

Oxford Handbook of Midwifery - Maggie Evans 2011-07-28

This unique and bestselling handbook provides midwives with everything they need for successful practice. It contains concise, practical and expert guidance on all aspects of the midwife's role, from pre-conceptual advice to the final post-natal examination of the mother and baby.

Husband-coached Childbirth - Robert A. Bradley 1981-01-01

Describes the stages of pregnancy and the birth process, revealing the teamwork of husbands and wives in natural childbirth

[Hypnobirthing](#) - Dani Diosi 2020-08-10

Hypnobirthing is a way of changing our pre-existing stories relating to birth. Equally as important is instilling confidence in the physiology of birth. This book covers both the physiology of birth and the practice of hypnobirthing together with beautiful full colour artwork to guide the reader confidently through the birth process.

Your Best Birth - Ricki Lake 2009-05-01

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you-whether it is at a birth center, a hospital, or at home. In YOUR BEST BIRTH, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on: · Positive and negative effects of epidurals, Pitocin, and other drugs and interventions · Inducing vs. allowing your labor to progress naturally · The truth behind our country's staggering C-section rate · Assembling your birth team and creating your birth plan. With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali

and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, YOUR BEST BIRTH is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves*

Hypnobirthing - Siobhan Miller 2019-04-04

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of *The Unmumsy Mum Expert* hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

Labour of Love - Sallyann Beresford 2020-10-20

Have you been asked to attend the birth of a baby? Are you wondering what to expect? Learn the secrets to a POSITIVE birth experience! In this ultimate guide, doula, antenatal teacher and hypnobirthing instructor Sallyann Beresford reveals everything you need to know when preparing to attend the birth of a baby. She identifies key elements of the birth partner role that are not traditionally taught and presents the most up-to-date information, examining all the important issues related to giving birth in these modern times. Over the past 20 years, Sallyann has supported thousands of couples in achieving their dream birth, and she knows exactly what is required to help any woman through labour. Whether you are a spouse, relative, friend, doula or midwife, you'll benefit from the easy-to-follow information and tried- and-tested tools she shares. An excellent understanding of your role during the birth process leads to a positive experience for the pregnant woman and everyone around her.

Childbirth Without Fear - Grantly Dick-Read 2012-11-12

In an age where birth has often been overtaken by obstetrics, Dr Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book. He unpicks every possible root cause of western woman's fear and anxiety in pregnancy, childbirth and breastfeeding and does so with overwhelming heart and empathy. Essential reading for all parents-to-be, childbirth educators, midwives and obstetricians!

HypnoBirthing - Marie Mongan 2016-05-01

HypnoBirthing is a celebration of life - through mindfully embracing a natural delivery you can discover a closer connection with your unborn baby. Birth can be joyful if you have confidence in yourself and your

instincts. Marie Mongan shows you how to take control of one of the most important events of your life. Pain does not have to be the accompaniment to birth. The fear of pain can keep the body tense and closed, but HypnoBirthing will help you to let go of this fear. Once you have learnt how your body works, you can apply relaxation techniques to work with your body rather than against it. These simple methods for relaxing the mind during birth will provide you with the skills to make birth feel safe, calm and empowering. Using the HypnoBirthing method will lead to a happy and comfortable pregnancy and provide a life-changing experience for the new family. Embracing HypnoBirthing helps to shorten birthing and recovery time. Better and earlier bonding with the baby helps babies sleep better and feed more easily in their first weeks.

Birth Skills - Juju Sundin 2007-04-01

Every pregnant woman's essential, step-by-step guide to taking charge of their labour and birth by Australia's leading expert in advanced labour pain management with her best-known client, Sarah Murdoch. Even after reading countless pregnancy books I still didn't understand what my labour would be like. All I really knew was it would be painful and scary. Then my obstetrician suggested I take Juju Sundin's birth skills classes. Juju gave me the knowledge to understand my body during labour and taught me about the physiology of pain and how to use her techniques to deal with it. - Sarah Murdoch If you're like most women, you'll go into labour with little knowledge of exactly what your body is doing and why, and how you can actively manage the pain and stay in control while helping your body do what it's designed to. That's where Birth Skills comes in, a step-by-step guide packed with information plus easy-to-learn, proven pain management skills. In Birth Skills, obstetric physiotherapist Juju Sundin shares the techniques she has pioneered over her 30-year career, while Sarah Murdoch takes you on a personal journey of her own labour and birth, describing how she learned the skills in the class then applied them on the big day. Whether it's your first baby or lucky last, you will learn: * how your body works in labour and why * how to turn fear into positive action so you stay in control * how to use movement, breathing, vocalisation, visualisation, keywords and other handy techniques * what to wear, what to take, and what questions to ask * how your partner can help, and working as a team * other women's experiences using Juju's techniques. Birth is all about the bigger picture -- educating and empowering yourself, giving it a try, doing it your way, and a healthy mother and baby. - Juju Sundin

Happy Birthing Days - a Midwife's Secret to a Joyful, Safe and Happy Birth - Jutta Wohlrab 2016-07

Happy Birthing Days is a 3-step method that has helped hundreds of women and couples to have more choice and a better birthing experience on their big day. Combining positive birth stories with practical tips for body and mind, this book provides a guide that enables all pregnant women to prepare themselves in a positive way.

Hypnobirthing - Marie Mongan 2016-03-01

The breakthrough approach to a safer, easier, more comfortable birthing. HypnoBirthing® is a celebration of life, and does not need to be feared, in embracing a natural birth a mother will discover a closer connection with their pre-born baby and will build a better understanding of the baby as a conscious little person who can interact with you, even before birth. Marie Mongan explodes the myth of pain as a natural accompaniment to birth. Including techniques for relaxing the mind during birth allows the body to work. Using the HypnoBirthing® method will lead to a happy and comfortable pregnancy and provide a life-changing experience for the life of the new family.

Active Birth - Janet Balaskas 2013

The author is a childbirth educator and the founder of the International Active Birth Movement. This practical and compassionate handbook is designed to help women prepare for active childbirth.