



SESSION THREE

'HOMEWORK'

@MOTHERMOON_HYPNOBIRTHING

PREPARE FOR ANY TURN YOUR BIRTHING JOURNEY TAKES

As I have mentioned, Hypnobirthing is what you make it. You need to invest the time, energy, and focus on each of the tools in your kit, as well as researching your options for informed decision making. Only you can empower yourself – I am merely a vessel to provide you with the tools. It is up to you how you use them! Here is the link to the “extra reading” we recommend. As I said, there is no test at the end and no requirement for you to complete this list, however this is a fairly comprehensive package for you to learn about many of the variations and options that can arise in childbirth. We are all so unique!

I highly recommend *Gentle Birth, Gentle Mothering* by Sarah Buckley. It is so detailed and relevant. I hope you enjoy it! Also really loved *Reclaiming Childbirth as a Rite of Passage* by Rachel Reed, and *10 Moons* by Jane Hardwick Collings.

I am a big fan of the *Fourth Trimester*, *The first 40 days*, *Beyond the Sling*, the *Postpartum Depletion Cure*, and *Mama Rising* for postpartum books.

Remember to always use your **B.R.A.I.N.S** when making any decision.

Benefits (success rates/why is this recommended for your situation)

Risks (and the actual chance of these happening in your situation, 1 in 1000 vs 4 in 1000 for example)

Alternatives (options, benefits and risks of each)

Instinct/Intuition (how you FEEL about your options)

Nothing/Not Now (what may happen if you decline, or delay)

Space to decide (ask for privacy or more time to make a decision without pressure)

You have a BRAINS run through sheet on our Mother Moon client resources to help you with these kinds of discussions. The goal of asking questions isn't to decline intervention (although you may decide that is the best option for you). The goal is to gather enough information to feel fully informed before deciding what is best for you. Although I may talk a lot about how overused routine intervention is, there is definitely a time and place for each of the options we have spoken about through our sessions. So, if you find yourself navigating any of these recommendations, remember that every decision is yours to make and the most important thing is that you are happy and comfortable with the choice you have made for you!

I am here as support to you and you are most welcome to contact me if you have any questions along the way, need further resources to guide your decision making, or just feel like having a little chat.



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I offer birth planning, Fear release, and Breech turn sessions, if needed, leading up to your birthing day. Please let me know if you would like to book one of these at any stage in your journey.

I hope that you enjoy your Online Resources which include numerous practice mp3s, videos, a resources list, downloadable PDFs and an eBook. Don't forget your special Mother Moon resources you can access on my website with the code MoonMama.

There is a very comprehensive 'Routine for Practice' in your folio. Please refer to that list and remember that a little each day is all it takes to condition our mind and body for a positive and empowered birth. Hypnobirthing is all about preparation, information, support and your tools. The best tool you can have is your mindset!

Please enjoy your Fear Release I've recorded for you to work through in your safe space. So take a moment to set up your birth space, do some massage, get all endorphin-y and listen to the track. You can head to the Fear Release recording in your Mother Moon resources and use your MoonMama password to access the recording.

Discount Coupons

- If you wish to add some extra Hypnobirthing albums to your collection – please visit the Hypnobirthing Australia™ Online Shop via my website. We have the most comprehensive collection of positive pregnancy, birth and beyond mp3s in Australia! The extra resource bundle includes 5 x mp3 tracks - Glove of Endorphins, Fear Release, Prompts for Birthing, Affirmations for Breastfeeding & Bonding & Breastfeeding & Bonding With Baby Relaxation and eBook with further instructions. It's a great way to ensure you have the right selection of tools on-hand leading up to (and after) your birthing day.
- If you were to have a change in circumstances and a c-section is needed; we have a fantastic 'Change of Circumstances' course available which compliments what you have already learnt and provides information, tracks and resources to prepare for a positive caesarean birth. As you have already attended Hypnobirthing Australia™ classes, you receive a 50% discount off the course price. Just use the coupon code: **hbacc** at checkout.
- Dr Kate Levett has released a really easy to follow Acupressure for Labour & Birth short video course and is offering Hypnobirthing Australia™ course participants a \$5 discount off the course price. If you'd like to dive in deep with the acupressure this is a great option. Simply use the coupon code: **5hbaalb** at checkout.
- Blissful Herbs also offers a 5% discount on orders over \$50 for my clients. Use code: **HBwithJess** at checkout to get your discount.
- My Rebozo slings are also available for \$70 plus postage.



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For some extra extra reading here are some of my recommendations:

Australian Breastfeeding Association

There is extensive information on here regarding breastfeeding.

<https://www.breastfeeding.asn.au/bf-info/videos>

I also recommend you follow pages like **The Milk Meg**, **Lucy Riddle IBCLC**, and **Pinky Mckay** on social media for great inspiration on your feeding journey. There is so much to breastfeeding that isn't really talked about. A big takeaway I have from lactation support is that women don't ever fail to breastfeed but lack of support definitely fails them. Reach out early if you are having any struggles! I can always point you in the right direction. And give you plenty of support along the way.

Although our focus is on preparing for birth with this course I do like to provide some info about what comes next! **The first 40 days postpartum will set you up for the next 40 years of your life.** It is a MAJOR hormonal transformation as well as transformation of identity (we call this Matrescence - follow the **Matrescence Podcast** on instagram for some fabulous info here).

It is important to also consider supports you can put in place for this Fourth Trimester. Although you will have completed bleeding, your uterus will be back to pre-pregnancy size, and breastfeeding often feels easier by the 6 week mark, there are so many other adjustments that take time to navigate. Nutritional support, pelvic floor health, feeding support and encouragement with normal newborn sleep patterns, and navigating the shift in identity are all big considerations in the first year postpartum.

I like to put almost a birth plan in place for postpartum care. For me this looks like pre-preparing nourishing foods in the freezer and organising friends and family who are happy to drop off meals for us; setting boundaries early to protect my energies and ensure people are on the same page regarding expectations of baby cuddles/visiting/helping out in ways that suit our love language, and learning to say no to commitments when I need to put myself and my baby first; organising a massage to help with tension that comes from feeding, wearing and sleeping with a baby 24/7; and nutritional support through supplementation as a priority. Although you do have so much to do and I know it feels overwhelming, having some discussions now with your partner and your family about how you would like to be supported will help you immensely later.

Also, for the dads, you may like to look at Mark Harris' book/audiobook called *Men, Love & Birth*. I've heard great things about it from the guy's perspective. It can be great to chat with other Hypnobirthing dads and really build network of supportive dad friends.



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GET SOCIAL

If you have an Instagram or Facebook account please follow our pages, so that you get lots of inspirational posts and birth stories along the way. We need to ensure that we are topping up our subconscious with lots of positive messages.

By following, liking, commenting and engaging with our posts - you are keeping your Positive Birth preparation at the forefront of your mind.

Instagram: @mothermoon_hypnobirthing @hypnobirthingaustralia

Our **Mother Moon Mamas (and dads) facebook group** is also available for support, and catch ups with babes and bumps. Mums, dads, and birth partners are all welcome to join. Here is the link to our private group:

<https://www.facebook.com/groups/1751336668358004/?ref=share>

Finally,

If you would be so amazingly kind to write any feedback about your classes, write a review on Google or Facebook, share your Hypnobirthing practice on Instagram with @mothermoon_hypnobirthing, or even share your birth story with me I would be so grateful.

More importantly, if you valued your course with me, please share with your friends and family when they too are preparing to birth. Word of mouth is better than any billboard.

My **Birth Stories blog** may give you some inspiration – there are some really wonderful stories shared there, and if you would like to include your birth story too it would be an honour to feature your journey to inspire others.

Your feedback and shared experience is so valued, and may just be the words another mama is needing to hear on their journey.

CONGRATULATIONS ON COMPLETING YOUR POSITIVE BIRTH PROGRAM!

I so look forward to hearing from you again soon! Please do keep in touch.



MOTHER MOON / JESS