



SESSION TWO

'HOMEWORK'

@MOTHERMOON_HYPNOBIRTHING

TOOLKIT – TECHNIQUES FOR LABOUR AND BIRTH

Acupressure points (cheat sheet in your folio)

Visualisations

Remember the brain cannot tell the difference between what is real and what is imagined. When you visualise for your birth use as many senses as possible – what can you see (in colour and real time), what can you smell, what can you hear, what can you feel.

Use your imagination as vividly and intently as you can whether you are visualising waves, or your favourite place in nature, or your cervix softening and opening – whatever it is, put as much focus into the visualisation as you can. Your brain will use the same pathway for visualisations and it does for pain – so the more neural pathways that are being used at that moment for a visualisation the less pathways are available for a pain response.

Facial relaxation

Relaxed face = relaxed pelvis. Focus on relaxing your jaw, the muscles around your eyes, your forehead.... With every surge use your breath and relax your face.

Breathing techniques (cheat sheet in your folio)

Bubble of Comfort

Optimal Positioning

In your Mother Moon resources you will find some examples of helpful positions for labour and birth. Experiment with what feels right for you. Practicing now will help with muscle memory for adopting positions during your labour. I would encourage you to head to [Spinning Babies.com](https://www.spinningbabies.com) and check out their daily activities for optimal maternal positioning. Start using your birth ball as a chair (remember, knees BELOW hips), spend time on your hands and knees each day, go for walks, and practice inversions every day.

Use your Routine for Practice page in your folio to help guide your practice leading up to birth.

You get more conditioned benefit the more practice you put in for Hypnobirthing. And in this time especially, these tools are even more important for helping us all get through each day. The tools are transferrable for situations not birth related too, so your partner will get just as much benefit from practicing with you!