

Serenity Birthing – Your Birth and Beyond, The Way that Resonates With You



Module 1 – Physical and Mental Preparation for Birth



From birth and beyond, the way that suits you

- 🌈 A birth experience to feel empowered by
- 🌈 Understanding your choices and your rights
- 🌈 Understanding the natural flow of labour
- 🌈 The third stage of labour, your options and choices
- 🌈 Infant care in the early stages



Module Content...

- 🌈 Module 1 – Birth preparation – physical and mental preparation
- 🌈 Module 2 – Birth physiology, anatomy and the path to birth
- 🌈 Module 3 – Where to give birth and why
- 🌈 Module 4 - Optimal foetal positioning
- 🌈 Module 5 – Your amazing journey through labour
- 🌈 Module 6 – Your first days as a parent



...Module Content

- ♥ Module 7 – The fourth trimester
- ♥ Module 8 – What to expect from medical staff
- ♥ Module 9 – All about induction
- ♥ Module 10 – Pain management
- ♥ Module 11 – All about assisted birth



...Module Content

- 🌈 Module 12 – Serenity Birthing – Hypnotherapy, labour coping strategies, preparation for birth
- 🌈 Module 13 – Birth Companion – The ins and outs
- 🌈 Module 14 – The wonderful art of feeding your baby
- 🌈 Module 15 – Formula Feeding



Module 1 – What you will encounter

💖 How our family, friends and culture may influence us

💖 Any preconceptions you might have around birth

💖 Emotions that might arise when you think about birth



Being influenced when you are Pregnant

When you are pregnant, you are in a state of light hypnosis due to your hormone balance, so protect yourself by:

- 💖 Asking if the story has a positive message
- 💖 Avoid watching birth documentaries – they are DRAMA, not reality
- 💖 Remember a story can only be that person's perception and feeling
- 💖 Google can be very unhelpful! Ask your doula instead who can point you in the right direction to research and helpful links or people to support you



Positive steps to take

- 💖 Know and understand that birth is a physiological event – not a medical one – you were MADE to do this
- 💖 Read positive birth stories (or watch physiological birth videos if you would like visuals)
- 💖 Surround yourself with positive birth information - This course e.g. hypno-birthing books/Audio files, birth affirmations
- 💖 Join a Positive Birth Movement group and read positive birth stories
- 💖 Address any worries or fears you have surrounding pregnancy, birth and parenthood



Practical Exercise

- ♥ Take some time to think of emotions that arise for you when you think about birth.
- ♥ Are they positive/negative/associated with you/others?
- ♥ Do you have any specific fears? About yourself or others?
- ♥ Write down 3-5 emotions and then allow yourself time to think over them individually. Write them down on post it notes. We will address fears throughout the course by helping you to understand the process of birth and what to expect, how to avoid unnecessary discomfort and through letting go relaxation exercises
- ♥ Write your thoughts and feelings down in a diary – this is an amazing journey you are on, so do document your adventure!

