

HypnoBirthing Basics

Breath

Count to four as you breathe deeply in and then to seven as you breathe out through your nose. Extend your in-breaths to a count of seven and maintain the same seven count as you breathe out.

Massage

Light touch massage is brushing the fingertips in an "s" pattern up and down the back. Counter touch massage is a firm pressure near the lower back held through the duration of the surge.

Positive Thought & Words

Tone down the sense of conflict and negativity in your language. For example, using "surge" instead of "contraction" allows your subconscious to understand that childbirth is a natural process.

Visualization

The HypnoBirthing visualization technique is a guided meditation set to calming music. Picture a peaceful setting like a flower blooming can help you relax your body.

Rainbow Relaxation

The Rainbow Relaxation track teaches the listener to relax quickly and deeply. The symbolic beauty of rainbows is incorporated into the relaxation guidance.

Affirmations

Many HypnoBirthing affirmations are available online such as "My body was designed to do this", "My baby and I are working together", or "Each surge brings my baby closer to me".

Hypnobirthing Guide The A B Cs Of Childbirth Through Hypnosis

S Nieto



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