

Hypnobirthing Classes

- ◆ The course of four classes are held by experienced midwives trained as hypnobirthing practitioners
- ◆ Ideally start hypnobirthing classes around 32 weeks of pregnancy
- ◆ Maximum of six couples per class
- ◆ May help reduce first stage of labour and increase satisfaction with birth experience
- ◆ Book early as places are limited



Classes are held each week on

Monday evenings, 6.30pm till 9pm at

Bancroft Clinic, Pink Zone, Lister Hospital

Cost of course is £200 per couple, including:

- ◆ 10 hours of classes
- ◆ Hypnobirthing course workbook
- ◆ Five hypnobirthing pre-recorded audio sessions (in mp3 format)

To book a course , please telephone **0777 501 0331**

Monday to Friday, 8am - 4pm

Further information

Please telephone the number above, or email:

enhancedmaternity.enh-tr@nhs.net

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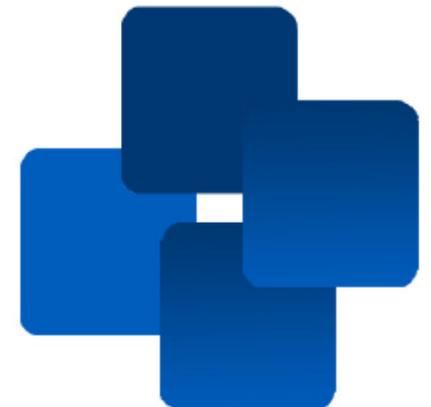
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Hypnobirthing Classes



Diamond Jubilee Maternity Unit
Lister Hospital



What is 'hypnobirthing'?

Hypnobirthing is a complete antenatal education programme that develops understanding and teaches techniques that can help towards a calmer labour and birth. It helps you to develop a sense of deep relaxation, reducing the effects of fear and tension that lead to pain and can prevent your body from birthing normally.

During the course you will learn:

- ◆ Practical techniques for self hypnosis, breathing and relaxation
- ◆ How to overcome anxiety and fear
- ◆ Massage techniques
- ◆ To understand how your body works to birth your baby

Birthing partners will also learn and understand the importance of their role.

Can anyone do hypnobirthing classes?

Hypnobirthing is for anyone interested in learning these techniques, from first-time mums to those who may have had difficult or caesarean births previously.

Studies have shown that hypnobirthing may lead to:

- ◆ Reduced need for conventional forms of pain relief
- ◆ Increased chance of normal birth
- ◆ Reduced length of the first stage of labour
- ◆ Increased satisfaction with birth experience

About the hypnobirthing course

The courses are run by midwives who have trained as hypnobirthing practitioners, giving you the benefit of professionals who have expertise in pregnancy, labour, birth and hypnobirthing.

The ideal time to start hypnobirthing classes is around 32 weeks of pregnancy, as you will need to practice the techniques taught in order to achieve the maximum benefit during labour.

- ◆ There are four classes in each course, which are taught using **The Wise Hippo** programme and teaching method.
- ◆ Each class is held weekly on Monday evenings and lasts for 2.5 hours.
- ◆ Classes are usually taught in groups of four or five couples.
- ◆ The ideal time to book a place on the course is after your 20 week scan.

