



A Walk in the Park
Birthing Programme

Hypnobirthing Course Overview & FAQs

Your Path to a Calm and Relaxed Birth

Welcome to A Walk in the Park Birthing Programme, my name is Karen Entwisle and I'm a fully qualified and accredited Hypnobirthing Teacher. This hypnobirthing course is designed to provide you with knowledge and techniques that you can put into place on the day of your baby's birth, and empower you to have a calm and relaxed birth.

There are techniques for breathing, some suggested visualisations, details of how you can prepare your body and your mind for labour and an overview of what you can expect to be happening during labour.

Also included are recommended positions for birth, some inspiring and informative video clips and great hypnosis scripts to help keep you peaceful during labour; as well as some positive birth statements.

My Birth Stories...

I have given birth to 3 babies in the past 6 years, all hypnobirths, but all very different: the common theme in all of them was being able to remain calm and ensuring I felt empowered to make decisions and stay relaxed with whatever path they took. I was in tune to my babies and my body in all my pregnancies and labours and felt that it was a team effort in safely and calmly birthing my babies.

I studied Hypnobirthing for all my births; this has made me very passionate about peaceful and calm pregnancies, births and the '4th trimester' and led me to qualify as a Hypnobirthing practitioner.

I feel strongly about women and their partners feeling confident about birth, whatever direction theirs take and understanding that childbirth is not what is always portrayed in the media. There may well be 'one born every minute' but every one of those births will be different. How you approach them and deal with them can be the same in any circumstance - calm, relaxed and empowered.

What is Hypnobirthing? And what it isn't...

Hypnobirthing will alleviate fears, encourage positivity and help to relax, giving you confidence and knowledge to deal with anything.

Hypnobirthing is about harnessing the power of your mind - during labour, your body takes control but you can take control of how your mind deals with it. This is not stage hypnosis, I won't be there at the birth swinging a watch in front of you, it's more than hypnosis - I would be equipping you with the tools to empower you to remain calm and relaxed during a truly magical process.

Hypnobirthing encourages us to use our natural instincts, allows our mind to let go and tune in and work with our bodies to have a calm, relaxed and gentle birth.

Hypnobirthing encourages you to be actively involved in your birth and encourages you to empower yourself with knowledge and understanding of possible birth journeys. I can't promise a 'perfect' birth, hypnobirthing allows you to remain calm and relaxed whatever path your birth takes, but I can promise to support you and give you the tools and techniques that can change how you deal with the birth of your baby.

Hypnobirthing encourages you to work together with the medical professionals and become a harmonious team to allow for a calm, peaceful and enjoyable experience for you, your birth partner and the baby.

- It doesn't:
 - Wave a magic wand

- Promise pain free birth
- Promise no intervention
- Predict or assume what journey the birth path will take

Hypnobirthing is not a new phenomenon, it's not a pregnancy 'fad', hypnobirthing as a term has been taught for over 25 years. The ethos and techniques lie in how women gave birth centuries ago and how they give birth in less developed countries. It is getting away from the modern notion that childbirth is a medical event and the Victorian view that a woman should be on her back and the husband not involved. Your birth partner will learn how to support you and have a central role in the birth, a truly shared and loving experience.

Hypnobirthing gives you the knowledge and the tools to have the best birth for you. But I can't do it for you. I am the signpost. You make the journey. It is my responsibility to give you all the information and support I possibly can to help you, and I will always be there for you to refer to after you have attended a class with me.

Hypnobirthing isn't about achieving a 'natural birth at home', you haven't failed if you have a C-section; it is how you deal with whatever happens that is the most important thing. If you feel empowered to make decisions about your birth, and that you stay calm,

relaxed, and peaceful and work together; you can't fail.

What the Course covers:

1. Mind
2. Body
3. Preparing for Birth
4. The Birth

A Hypnobirthing Course not only equips you with the hypnobirthing information, but uniquely gives you the knowledge to understand your options and the implications of the choices you make. As well as teaching you the techniques you need for a successful hypnobirth, it gives you the information to navigate the system in which you find yourself to achieve the best outcome for you and your baby.

What Will I Learn on Hypnobirthing Course?

- ✓ Breathing exercises
- ✓ Deep relaxations
- ✓ Visualisations
- ✓ Very effective work to release fear and build confidence
- ✓ Comforting massage
- ✓ How the father/birth partner can be your powerful protector and support
- ✓ How your body is designed to give birth with efficiency and comfort
- ✓ Knowledge and information about the whole process
- ✓ How 'the system' that you find yourself in works, and how to work

with it to achieve the best result for you

- ✓ A simple practice regime to support you at home
- ✓ Understanding how the mind and body work together

Learn about the 5 C's of Hypnobirthing:

1. Confidence
When you feel confident, you relax and work with your body in the way nature intended.
2. Control
With the knowledge you have, you are enabled to take control of how you give birth.
3. Choice
When you feel in control, the choices you make are the best choices for you and for your baby.
4. Calm
When you feel calm throughout the birth you are relaxed and your mind and body work together in harmony.
5. Comfort
The result is that your body works efficiently and comfortably. A Hypnobirthing birth can be the most wonderful and empowering experience of your life.

What do I receive from a course?

- ✓ The Hypnobirthing Book by Katharine Graves
- ✓ The KG Hypnobirthing course relaxation CD or MP3s, Colour & Calmness.

- ✓ A folder of handouts to guide your practice at home
- ✓ 15 hours of class time and a catch-up session near your due date
- ✓ 30 hours of my time
- ✓ Complimentary refreshments
- ✓ Ongoing support during and after pregnancy
- ✓ Coffee mornings to attend when pregnant and after baby is born
- ✓ A real understanding of how your mind and body work during labour and what to expect during birth and the first hours and days after

How the course can be studied:

- You can choose from:
- 5 sessions over 5 weeks
 - 4 sessions over 1 weekend and follow up at due date
 - 4 sessions over 2 days and follow up at due date
 - KG or KE MP3s
 - Group classes or individual sessions
 - Couples or mum's only
- Each format has its pros and cons, but there is no research showing that one method is better than another. The bottom line is simply that Hypnobirthing works, so choose the format that is most convenient for you.

Is the Hypnobirthing Book and the Colour and Calmness Relaxation CD Sufficient?

People sometimes ask if buying The Hypnobirthing Book and the Colour and Calmness CD is sufficient without

coming to a course. The honest answer is, 'I don't know'. For a few mothers, it is, for many it isn't (though it will always make a difference). The trouble is, you don't know which category you come into until after your baby is born.

When Should I Do a Hypnobirthing Course?

Given the choice, I would advise doing the course in the second trimester of your pregnancy so you can enjoy the benefits during your pregnancy as well as at the birth of your baby. It is not so much a matter of learning facts so they are fresh in your mind, but more a matter of absorbing the information so that it becomes second nature, but Hypnobirthing works whenever you do it.

To find out more:

Contact me or visit my website and social media pages

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- www.facebook.com/AWalkintheParkHypnobirthing
- www.twitter.com/parkbirthing
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Wishing you best wishes for your pregnancy, birth and beyond
Karen x