



reminder
FLASHCARDS

to remind birthing mother...





remind her to...

drop shoulders

loosen jaws

smile

...by

massaging shoulders

stroking jawline

mirror response





breathe in and out
out of nose



breathe with your
belly





affirmations she likes &
can relate to



describe her beach/
happy place
(Ocean Relaxation)





Upright Forward Open
positions



side stepping on stairs



all fours





massage/ hold her

help her visualise her happy place



listen to relaxations and
fill her with affirmations

scents she likes/
make her feel safe



keep her fed and hydrated





reminder
FLASHCARDS

for birthing partner...





massage techniques...

light touch massage



eternity massage



butterfly massage



coccyx massage





ask & advocate...

Benefits

Risks

Alternative

Instincts

Nothing

Smile





ask & advocate...

Hear

Empathise

Assert

Reassure

Thanks

Smile





Upward, forward & open
Movement & massage
Breathing techniques
Relaxations & environment
Energy & hydration
Love
Loo
Advocate & challenge





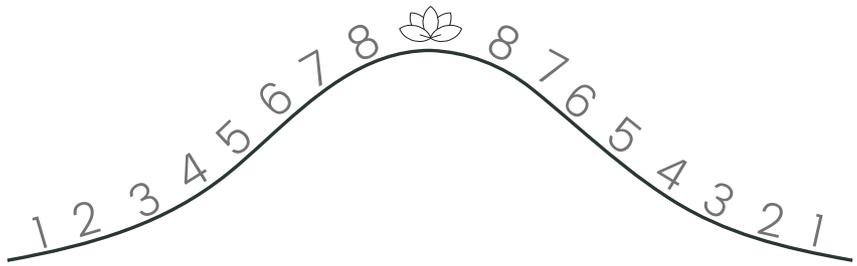
calm breathing...

I breathe in calm
1 2 3 4 1
my body & mind relax down
2 3 4 5 6 7 8





mountain breathing...





birth breathing...



breathe down

and out



visualise baby



call the midwife...

tell them you're hypnobirthing

remain calm

give mum a pad (if needed)

advocate during surges





reminder
FLASHCARDS

general...





early labour...

dilation: 0-3 cm

surges last 30-40 seconds

every 5- 30 minutes

can last between 8-12 hours





managing early labour...

day to day activities (where possible)

UFO

walking

stair side stepping

birth ball exercises

listen to relaxations/ affirmations

sleep/ rest (where possible)

couple time

warm bath/ shower

calm breathing

light touch massage





active labour...

dilation: 4-7 cm

surges last 45-60 seconds

every 2-3 minutes

can last between 3-5 hours





signs of transition...

nausea

spotting

fluctuation in temp

a need to open bowels

stinging sensation

mum expresses desire to leave or stop

REMEMBER: YOU HAVE AN HOUR BEFORE YOU HAVE TO PUSH





transition...

dilation: 8-10 cm

surges last 60-90 seconds

every 30 secs- 2 minutes

can last between 30 mins- 2 hours





caregivers...

remain at head

listen to relaxation/ affirmations
(if possible)

stroke her hair

advocate her preferences



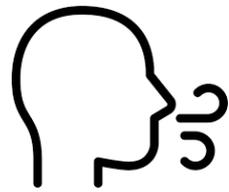


language...

surges/
waves



breathe
baby down





environment...

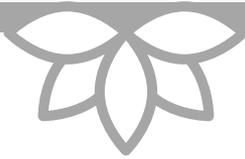
quiet

dim lighting

relaxation music

(where possible)





during surges...

mountain breathing

stay mobile upright

(where possible)

smile! (think of baby)

visualise a relaxed place

focus on anchor





in between surges...

easy breathing

light touch massage

keep hydrated/ snack

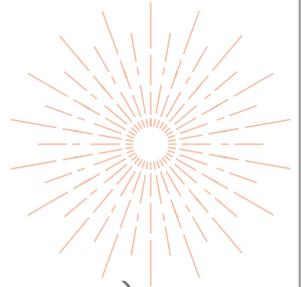
empty bladder

build up oxytocin





day labour...



keep active (where possible)

relax through surges

gentle walk/ stair side step

eat & keep hydrated

light touch massage

calm breathing





night labour...



sleep/ rest (where possible)

listen to relaxations/ affirmations

bath/ shower

eat/ keep hydrated

light touch massage

calm breathing

