

## 10 SECRETS

for a Calm, Smooth & Natural Birth  
Experience that you will absolutely  
**ENJOY!**

Hello lovely ladies! Congratulations on your pregnancy and for requesting this must have treasure tool kit that can make a huge impact on your birth experience and it will sure do so, but only if you use it! it did for mine! It literally saved me! With hypnobirthing I cannot promise you the perfect birth, but you will get the best possible birth for you, considering your circumstances! Birth is unpredictable, like life itself but it is the most incredible and exciting journey in every woman's life. If you take the time to prepare and do your daily few minutes of homework, this will imminently increase your chances of having the birth you dream of! It is all in your hands! Enjoy the magic!



# THE ESSENTIAL BIRTHING TOOLKIT



I have prepared and summarized for you 10 secrets/tools to pay attention and use during labour. These are absolutely must use essentials to help your body and mind do the work they are designed to – birth your baby easily and smoothly!

Before we get to the essence, I have pointed 2 KEY things to do and practice BEFORE labour that are part of the main 10.

The work and preparation done before labour is actually the most important, so please read carefully and start practicing now/today!

Do it daily until your birth! This is like learning to play a musical instrument – the more you practice – the better you become!

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## Before Labour



1. **Start to Observe yourself and from now on use only positive words and thoughts!** Read more details on the next page.

2. **Exercise your breathing and visualisations twice daily!**

All details are included below and are copyright of my teacher Katharine Graves and KG Hypnobirthing.



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## During Labour



### 1. Speak and think only positive words and thoughts!

Positive words and thoughts have a huge impact on your mind and body, deep down to a cellular level. What you are speaking and thinking of, that is what you get! You can test that very easily – ask yourself – Am I in pain? See how your body reacts? Even if you are totally ok, the simple thought of pain...makes your body feel uncomfortable and alert, screening every part for painful sensations and discomfort and even starting to feel some pain here and there...

Now ask yourself – Am I comfortable enough? See how your body reacts...

You automatically screen every part of your body and your body relaxes even more...your shoulders drop, you relax!

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Positive news, positive birth stories, funny movies! Whenever you catch yourself having a negative thought, switch it immediately with its positive alternative! This trick always works!

## 2. Switch off your rational mind!

Your rational mind or thinking mind is switching on your fear response system, making your body produce the hormone of fear – adrenaline, which makes labour stop or slow down! Your blood and oxygen is going mainly to your limbs which is totally useless during labour! Let all the questions, talks and administrative things during labour to be handled by your birthing partner. Thus, you can stay in your bubble of calm and peace, focusing on birthing your baby.



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## 3. Create your bubble of calm, peace and LOVE!

Avoid fear and being observed at any TIME!!!! Dim lights, soft, relaxing music, essential oils – lavender, camomile, rose. Make sure you eat and drink! If in hospital – bring your own pillows and clothes/ pictures/ favourite things... Thus your body will be in the confident response system and release the hormone of love, peace and calm – oxytocin. Oxytocin makes the muscles of your uterus work efficiently, your cervix to dilate easily and labour & birth to be quick and smooth! That also leads to the release of Endorphins – powerful hormones that are so much stronger than Morphine – the strongest painkiller known to man, so labour can be comfortable and even pain free! Yes!!! That is all possible and quite likely if you stay in your bubble of calm, peace and love!

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## 4. Stay Focused on the goal of each phase of Labour!



Remember always where you are going:

**First stage of Labour** – your aim is to meet full dilation of 10 cm.

**Second Stage** – to breathe the baby down and give birth!

**Third Stage** – birth the placenta! Here you can use again the power of gravity to get this done quickly.

## 5. Use the Breathing techniques & visualisations during surges.

There are two types of breathing that we use in Hypnobirthing. Both types are perfectly aligned with how your body works during the first two stages of Labour. They are simple but effective. We use the word "surge" instead of contraction as it brings a positive vibe while contraction is usually associated with pain and has a negative impact on your mind and body, especially during labour.

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# THE ESSENTIAL BIRTHING TOOLKIT

**1. Up Breathing:** With body relaxed, slowly breathe in through your nose and then release it with a slightly longer breath out through your mouth.

The purpose of this breathing is to be as relaxed as possible, so the muscles you use for breathing do not interfere with the working of the muscles of the uterus. Use this breath in the Up Stage (First Stage) of labour during every surge to enable you to remain relaxed and calm.

You may like to imagine the sun rising as you breathe in and, as you breathe out, the sun climbs to the highest point in the sky, so that your mind is thinking 'up' as your body is drawing up. Or you can imagine blowing bubbles as you breathe in and, as you breathe out the bubbles float lightly upwards.

With this breathing and upwards visualisations, mind and body are working together which is a powerful combination, so that you are working with your body, and each surge is most efficient and comfortable.

Practice this breathing for a few minutes twice a day with your husband / partner supporting you in the visualisations, maybe when you wake up in the morning and before you go to bed at night.

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**2. Down Breathing:** Take a big quick breath in through your nose and, as you slowly and gently release it through your nose, focus your attention downward towards your pelvic floor.

Use this breath in the Down Stage (Second Stage) of labour.

You will know when your body wants to breathe the baby down. As your muscles are now helping your baby to ease downward, so your mind focuses downward to work with your body and your baby. Any soft, open, fluid downward visualisation is helpful, for example, a beautiful full-blown rose, ripples going out on a pond, an entrancing little waterfall in a mountain stream.

This breathing is effective and conserves energy. Practice it, with the visualisations, on the loo in the last six weeks of pregnancy. Also do some practice with your husband / partner reminding you of the prompts.

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## Visualisations during surges



Visualisations are a powerful tool. Combined with the proper breathing, they help your body and mind work in unison smoothly and efficiently.

**The following visualisations can be helpful with the Up Breathing in the Up Stage of Labour:**

Watch the sun rise, the beautiful pink appearing on the horizon Breathe up with the sun as it rises higher in the sky As the sun rises, so your body draws gently upwards

See yourself blowing bubbles, and see them get bigger and bigger Watch the bubbles float upwards into the sky, upwards into the sky

Imagine you're standing beside a huge, brightly coloured hot air balloon being blown up as it gets bigger and bigger. Now watch as it floats up and up, higher and higher, until it's tiny, high in the sky

Drawing upwards with each relaxing breath. Breathe slowly, and very comfortably. With each soothing breath your body becomes more relaxed and calm Breathe up as your mind and body work together in unison You're doing really well; that's very good So calm, so serene, so at peace

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**For use with Down Breathing in  
the Down Stage of Labour:**

See a beautiful full blown rose, so  
open, so soft, so beautiful

Watch the ripples flowing out and  
out on a pond. So soft and calm,  
fluid and smooth.

Watch snowflakes gently and softly  
dancing downwards in beautiful  
patterns.

Imagine an entrancing waterfall,  
with the water flowing gently  
downwards, and sunshine sparkling  
on the drops of water

Trust the gentle downward movement of your body and your  
baby.

Your baby moves easily downward.

Your body eases your baby gently down with each breath.

With each breath, your baby is coming to you.

Focus your attention down towards your baby.

You will soon be holding your baby in your arms.

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## 6. Keep your facial muscles ALWAYS relaxed!

When your facial muscles are relaxed, Your cervix, Pelvic floor muscles and Perineum tissues will BE RELAXED as well!  
Sing...Make sounds...Laugh ...Release, Soften!!!



## 7. Use gravity and stay active

Use a birthing ball to rock your hips and relax at the same time – sit or lean on it. SQUAT/ be on all fours... Dance – always a great thing to do! This will help your baby move down the birthing canal and will give a maximum opening to your pelvic bones for your baby to come out.

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## 8. Listen and follow your body signals



Your body will tell you the best positions to take at every moment during labour and birth! Your intuition is strong and always right! Listen and follow!

## 9. Communicate with your baby

Out loud or in your mind! Your baby hears and feels you perfectly! Tell him/her what you need him/her to do. You are a team! You have the power to calm him/her down and bring his/her heartbeat to normal if he/her starts to be distressed! This simple communication is quick and efficient and works 99% of the time! That is how my son's heartbeat never slowed even a little during my nearly 3 days of labour! I was talking to him nonstop and telling him what is going on and what he needs to do to come out! Simple as that! You and your baby are one!!!

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## 10. Relax, enjoy, laugh and dance during labour!

Set yourself free from all your boundaries! Be sensual, be real! Do whatever you feel like! It is your Birth and your Experience! If you feel you do not have enough privacy – REMEMBER – YOU can always GO TO THE TOILET and Lock yourself there till YOU FEEL

CALM, SAFE and CONFIDENT again!!! That can be your dark, tiny sanctuary! Remember birth is very similar like going for a bowel movement....can you make it in a crowded, cold, bright place?.....

**You are born to give birth! You can do it! Have the  
MAGIC BLISSFUL BIRTH you have ALWAYS  
DREAMED OF and PRACTICE, PRACTICE, PRACTICE!**

**AMEN!**

**Love,**

**Dariya**



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