

HYPNOBIRTHING CLASSES

AT MILTON KEYNES HOSPITAL

KG Hypnobirthing is a complete antenatal training programme. It is simple, logical and profound. It is much, much more than a few techniques to use in labour, though we give you the techniques too

Benefits of KG Hypnobirthing for Your Baby and You

- Labour is often experienced as a more comfortable and sometimes pain free experience.
- Your baby will arrive to a serene and relaxed environment, alert and ready to bond with you as nature intended.
- Length of labour is often much shorter with Hypnobirthing births.
- Less drugs and medical intervention are used in Hypnobirthing births allowing your baby to develop naturally and easily after they arrive.
- Mums often bounce back quicker after a Hypnobirthing birth as the physical impact of giving birth is reduced.
- Your birth partner will learn how to support you and have a central and active role in the birth. A truly shared and loving experience.
- The long-term benefits to your baby cannot be over-estimated. Hypnobirthing babies tend to be calm, content and sleep well

Each session lasts 2 hours and will be held in the antenatal clinic (Entrance 2). The sessions are facilitated by a fully trained midwife hypnobirthing teacher. The cost for a four-session course is £250. Places for each course are limited to 8 couples per course. To book please contact the antenatal clinic on 01908 995238

Before the course you will be sent you will be sent Colour & Calmness the pregnancy and birth relaxation CD or MP3 so you can start to practice and develop a positive outlook on pregnancy and birth straight away. When the course starts you will be given The Katharine Graves Hypnobirthing Book and handouts to support you during the rest of your pregnancy and the birth of your baby.



COURSE STRUCTURE

Session 1

Logic of KGH Hypnotherapy

How the Mind Works

Muscles of the Uterus

Session 2

Techniques

Breathing & visualisations

Relaxations

Physical: Positions for birth

Perineal Massage & Pelvic floor
muscles

Session 3

Before Birth

Due dates & Induction

Midwives and Obstetricians

Onset of Labour

Confidence and Power

Session 4

The Birth

Home / Consultant Unit

First Stage of labour

Second Stage of labour

Third Stage of labour



Milton Keynes
University Hospital
NHS Foundation Trust