

*the*  
Good Birth Practice



*Group Hypnobirthing*

Course Content  
& Materials



## Course Materials

- \* One day course
- \* The Calm Birth Method book
- \* 5 x MP3s
- \* 2 x 121 45 minute follow-up coaching calls
- \* Access to The Good Birth Practice Client Area, containing resources, links, references, birth films & BONUS VIDEO TUTORIALS from Infant Sleep Consultants, the Mindful Breastfeeding Coach, Nourished Mums & Radiant Personal Training
- \* Good Birth Practice goody bag

The best most women aim for when they're thinking about birth is for it not to be unutterably horrendous. The thing every pregnant woman I've met wants to know is; how can I find a way to be safe and feel secure?

We've been conditioned to accept that the only guarantee of safety is in handing ourselves over to the professionals. Truly though, is there ever a situation where having good knowledge was not a benefit?

This course is about working together to raise your expectations and optimise your experience. Good Birth isn't about hope and good fortune. It's not even about pain relief and intervention. It's about knowledge, control & support.

This course is not about telling you the 'Best' way to birth. Using practical information + group work + 121 coaching it's about prompting the questions you need to consider so you can prepare for a birth which leaves you feeling proud & empowered.

In other words:  
A Good Birth.



# WHAT WE'LL COVER



*What is giving birth actually like?*

Getting to grips with process & language

What your body does

What your baby does

How you might feel

What you might want to do

What might happen along the way

*Your toolbox*

Breathing

Guided meditation

Visualising & Affirmations



*What is a Good Birth*

Making Choices

Modelling & framing

Finding opportunities (i)

Choosing where to have your baby

Birth plans that actually mean something

*Your Birth Partner(s)*

Boundaries & Responsibilities

Protect & Serve



*Contingency Planning*

Things that de-rail birth

Medical models

Finding opportunities (ii)



## LOCATION, DIRECTIONS & PARKING

The Hub  
116 St John's Hill  
Sevenoaks, TN13 3PD

Free on-street parking is  
available in  
Wickenden Rd & Swaffield Rd

When to arrive  
The day starts at 930am.  
Please feel free to arrive from  
915am, so you can settle in,  
get comfy & have a chat  
with your colleagues before  
we start the session.



### *What to wear*

Please wear whatever you wish in order to feel comfortable! There will be chairs, cushions, mats & birthing balls to sit on, and of course you can feel free to move round and make yourself comfortable as you wish.

### *What to bring*

You don't need to bring anything to the session at all, apart from your lovely selves (and your lunch – see below)

### *Who to bring*

These classes are really informal – so bring the person who will be your birth partner, and most useful to you. That may be your husband, your wife, your civil partner, your sister, your mum, your best friend....or maybe just yourself.

### *Eating & drinking*

This is going to be a busy day, with lots of talking & discussion! I'll have tea, coffee, water & snacks on hand throughout.

If you would like to join me for lunch we'll go to Joseph's Cafe across the road (details to follow). You are also very welcome to bring a packed lunch, or buy lunch from the nearby shops.

### *Any questions?*

If you've got any questions in advance – or have any specific issues relating to your pregnancy & birth that you'd like to discuss – please just email, call or message me in advance.