

5 THINGS NO ONE TELLS YOU ABOUT GIVING BIRTH

Precious Bond Hypnobirthing demystifies 5 key areas that can transform your birth experience.

Labour is safe, natural and can even be enjoyable.

Contrary to the horror stories we hear and see on TV, labour *isn't* always long, painful and fraught with risk. Powerful, yes. Intense, yes. Unpredictable, yes. But birth, for many women, especially those who practice hypnobirthing and go into labour without fear, is an exhilarating and positive experience. One of our clients even described it as "magical"..

You can't physically give birth without oxytocin.

Labour requires the hormone oxytocin, and oxytocin only flows when you're relaxed. Women's natural birthing ability is inhibited by fear, so feeling anxious can slow down labour and cause complications. Therefore it's critical to choose a birth environment and birth partner who will help you relax. Learning techniques to keep you calm will give you the best chance of a swift, straightforward and comfortable birth.

Laying on your back makes no sense.

Although 85% of women give birth on their backs, it is entirely illogical. It goes against the laws of gravity and restricts the space in your pelvis for baby to move through. The Precious Bond Hypnobirthing course teaches you about optimal positioning to make labour more efficient and comfortable.

You're in charge.

There's no such thing as "I'm not allowed", "they won't let me" and "I have to". You're the only one who makes the decisions: your body, your baby. Your midwife/consultant is there to give you information and recommendations, and while you'll often agree with them, you're entitled to politely decline if something doesn't feel right. Amazingly, 40% of guidelines aren't actually based on any evidence at all.

So if it's your responsibility to choose, how do you decide? Booking a Precious Bond Hypnobirthing course gives you the decision-making tools you need as well as access to a library of evidence-based information.

You can't afford to leave things to chance.

Birth should be a natural event which occasionally needs medical help, but in recent decades it has become a medical event which rarely happens naturally. It's no wonder that we've lost faith in our bodies. A 2016 study found that 78% of births have some sort of intervention, which can often be traumatic for both parents and babies. Being informed about your options is the best preparation for a birth where you feel in control and on top of the world.



TO START FEELING CONFIDENT, EMPOWERED AND EXCITED ABOUT GIVING BIRTH, BOOK A PLACE ON ONE OF OUR MONTHLY HYPNOBIRTHING COURSES IN MARKET HARBOROUGH AND CORBY AT WWW.PRECIOUSBOND.CO.UK