

Twin Birth Preparation

Just close your eyes.....allowing your eyelids to become heavy..... focusing on your breathing and slowing your breathing down..... noticing the coolness of the air as you breath in and warmth of the air as you breath out..... with each breath feeling more and more relaxed.....now imagine that you are in the warmth of sun....somewhere outside where you feel very familiar and comfortable...aware of the warmth of the sun on the top of your head....becoming aware of that warmth drifting down through all the muscles around your eyes....down through the muscles in your cheeks....and around your mouth...just relaxing those muscles...as the warmth moves down...into the muscles around your mouth...and down into the muscles of your jaw.....and as you relax the muscles in your jaw you may notice how the muscles in your neck and shoulders are relaxing.....letting go of any tension that may have been held in that area.....and as your shoulders let go and relax...that warmth drifts down into the muscles in the top of your arms...through your hands wrists and fingers....you may be wondering which arm is heavier than the other.... You may be experiencing that familiar feeling of drifting...that you experience just before you drift off to sleep at night...safe in the knowledge that everything is safe and well....and you can wake up at any moment if you need to...but instead it's just so much easier to relax, letting go....even of the effort it takes to listen to the sound of my voice....any sounds or noises that you may hear....the sound of my voice of the music....or any other sounds around you or outside....just send you deeper into relaxation safe in the knowledge that you are in control at all times....and as you let go even more...that warmth drifts down into the muscles of your chest and your abdomen andy movement you feel from

your babies sending you even deeper into relaxation....relaxing those muscles...your breathing becoming more regular and comfortable....perhaps feeling heavier or lighter...as you allow your conscious mind to drift off and your unconscious mind to drift to the surface to make the changes and adjustments that need to be made...in order for you to allow yourself to look forward to the birth of your babies with calm confidence.

That warmth now drifting down into the muscles at the top of your legs, down into your shins calves ankles feet and toes....your body feeling very deeply relaxed.....just once relaxing your jaw, relaxing your hands.....letting go of any residual tension in your body...and as you let go of that last drop of tension in your body....counting back down from 100, 99, 98 and as you are counting down you drift into a deeper state of relaxation....aware the more and more you listen to the sound of my voice the more relaxed you become...safe in the knowledge that you are in control at all times...now you drift down into a comfortable state of deep relaxation able to take on board any suggestions I make that are in your benefit and for your babies benefit, because you know that in order to have a positive experience of birth and to allow your babies the gentlest arrival possible into the world.....adjustments and changes will be made in a positive way by your unconscious mind....so that from this moment onward any changes that are made will benefit you in every way possible and that any changes which will be made will be made in a way that make it easy for you to let go of any doubt and fully trust your ability to make decisions, the right decisions for you and your babies.....and no one knows how to do this better than yourself...I don't know now if you are very relaxed....but I do know that because you are willing prepare positively for your birth that you will become much calmer and more prepared positively at a very deep level, quickly and easily letting go and drifting into a deep state of

relaxation.

Now in a moment I'm going to count down from 10 to 1 and as I do you can deepen your relaxation...10 imagining how much better things are going to be when you xxxxxxxx 9 relaxing more and more deeply....feeling confident and positive about the changes you will be making....8 feeling, heavier or lighter 7 that drifting sensation....6 so comfortable....so easy....5...to be positive and to feel excited about the birth of your babies...4 when you realize that you are in control of those changes and of any choices you may have in the future...3..... the more you realise you are in control the easier it becomes...2 relax and let go of those old fears and doubts as 1... moves forward, creating new positive thoughts, confidently preparing to hold your babies in your arms.

And as you relax deeply in your special place free of worry or anxiety... deeply relaxed...tuning into your body....tuning into your mind.....aware of that connection with you and your babies, working together, now, just as they have done up until now and will do until you hold them in your arms, allows you to reflect on the extraordinary ability of your body to grow a life,...to love and embrace those changes that will bring your baby to you... and the ability of your body to expand and grow as your babies grow, isn't it amazing when you allow yourself to really become aware of the incredible design of your womb, your babies home up until now, to grow and stretch easily and comfortably for your babies, accommodating your babies size's perfectly, knowing that you are designed to grow and nurture your babies, noticed how well your body is designed to bring your baby into your arms, and now that baby is ready to be born your body will continue to softly and comfortably expand and accommodate your babies journey into the world, imagine how wonderful it's going to feel when you have your babies with you in your arms, seeing your their eyes for the first time, experiencing the

overwhelming love you feel for your each baby, the babies that you have been patiently waiting for with love and respect....in the natural process of birth, the amazing ability of your babies and your body to work towards labour at a pace that is comfortable for you....tune into that instinct right now.....knowing deeply that your babies will be ready in their own time is ready and will decide when it's time to be born..... but right now that you are so relaxed you can imagine communicating with your little babies that you are confidently preparing to welcome them, safe in the knowledge that you are in control working together trusting your baby, trusting your body trusting your instinct.

As the days and weeks go by you will feel deeply trusting in the amazing design of your body to support and allow changes to happen that bring your babies to you, as your body stretches and expands it allows your babies a comfortable journey into the world, with each tightening or pressure will nudge your babies down, gently softy, massaging your babies, awakening them slowly and gently as they make the move from womb to world. What an amazing thing your body is to be able to expand and contract at a pace that is comfortable for you and your baby, your confidence surges each time your babies are gently nudged down, with each pressure or tightening they are closer to being in your arms right now that you and your babies are ready and warming up well, your belly tightening, stretching comfortably, how reassuring it is to know that this is the beginning now, all these changes in your body bring you to your babies happening without you being aware of it as you go about your daily business, safe in the knowledge that you body and babies will communicate with you when it's time to call the midwife. . Aware of all the things that begin labour, the babies moving down your tightening's or the pressure becoming more and more rhythmic closer and closer together, your body responding to the cues from your little babies.

Over the coming days and weeks as you get closer and closer to the birth of your babies, you'll feel more excited about meeting them trusting your body to carry, nurture and allow them to grow and develop free of anxiety or worry. Allowing yourself to let go of anything that may have troubled you in the past about birthing more than one baby, can be allowed to fade into the past as you open up and allow faith and trust to embrace the growth and birth of your babies.

Imagine how much better that will be with you, to grow in confidence and positive expectation as your babies grow bigger and stronger each and every day. Taking each moment as it comes, enjoying each moment that you are connected to your babies, a connection that only a mother can experience. Trust that connection, that instinct only a mother can have, trust that your body will grow and expand to accommodate these babies comfortably. Imagine them nestled together, preparing to enter the world, experience the closeness with them.

I'm curious to know how it would feel for you to be in control, of your breathing, your room, your choices, to understand the choices you are making, how much better things are when you relax and approach the birth of your babies with confidence, in control and focused on what you feel is the right way for you.

The more confident and the more in control you are the better you connect with your midwife and the doctors supporting your birth, calm and self-assured you are able to talk through your choices, asking for support in your choices, feeling supported in your choices.

The week of your babies arrival gets closer and closer, the more confident you become, quietly preparing in your body and your mind, trusting your body, enjoying that time with your babies and your partner, looking forward to holding them in your arms and seeing them for the first time.

I don't know if you are aware of just how strong you are, I don't know if you are aware of just how incredible your body is but I do know that whatever you feel right now, you will become more and more aware of your ability to support your babies journey into this world with nurturing love.

You're attention will shift much more to the positive experience of carrying twins and listening for comments and support that encourages you to grow a deep and steady commitment to experiencing their birth with a calm and positive mindset.

Now in a moment I'm going to count to 5 and when I do you can fall into a deep sleep or you can come back to a normal state of awareness, feeling calm, refreshed and energized.

1, 2 feeling more and more aware 3, 4 feeling sensations returning to your arms and your legs and 5 back to a normal state of awareness feeling relaxed and comfortable.

Affirmations

- I feel comfortable with my body as it grows to accommodate my two babies
- I am well informed and take the time to learn about my twin birth
- I am blessed to have two babies and confidently prepare for their birth
- I trust my body to support and provide for both my babies
- I look forward to their birth and am open to how they choose to arrive
- I trust my instincts, and the amazing power of my body to birth my babies
- Whatever course my babies birth takes I feel relaxed, comfortable and in control
- I allow my body to take it's own course and labour to begin when my babies are ready
- With each contraction my body opens up and my babies move into the optimum position for birth
- I trust my body to bring my babies to me, gently and in their own time
- I listen to my body and follow my body's lead to move during the birth
- I feel comforted and secure with my birth partner
- I take each contraction in each moment and know that I can do it
- As I relax and let go my body softens and expands
- As my body softens and expands my babies move down gently and easily
- I am looking forward to holding my babies in my arms