







## Your Mindful Hypnobirthing Timeline

When to use your techniques. How to use them. How to spot the signs and what your (birth) partner can do to help.

Stages of labour	How you may be feeling	How you may act	Physical Symptoms	What you may feel	What you may need	Birth partner tips
<p>Early First Stage</p> <p><i>(things can stop and start, especially if environment isn't right)</i></p> 	<p>Apprehensive. Excited. Unsure if it is labour.</p> <p>Want to complete lists and tasks around the home.</p>	<p>Nesting, maybe a bit restless. Able to talk through contractions. May be hungry or thirsty. You may also seem a bit spaced out or even sleepy.</p>	<p>There may be heavy mucus, even streaks of blood in it as your cervix thins. Bowels may be loose</p>	<p>Contractions may be 15 minutes apart, lasting between 30-60 seconds.</p> <p>May feel a bit of pressure, or tightenings.</p>	<p>Carry on with your day to day life. Perhaps go for a walk, get some last minute shopping in, tidy the house, make sure your bags are packed. Have breakfast/lunch/dinner. Rest if tired, listen to body.</p> <p><b>(Read affirmations, have music very quietly on in the background. If resting listen to mp3 for 30mins here and there.)</b></p>	<p>Encourage partner to walk, carry on as normal. See the contractions as early warm ups and mild interruptions to your day.</p>
<p>First Stage (active labour)</p> <p><i>(things settling into a nice rhythm, baby is definitely coming. Contractions can still slow down if interrupted a lot or you don't feel settled)</i></p> 	<p>Embracing labour, settling into a routine</p>	<p>Looking for a way to be comfortable, so movement.</p> <p>Less self-conscious. More spaced out.</p> <p>You may retreat more within yourself, more focused.</p>	<p>Find a pattern. Usually quite focused and still during contractions.</p> <p>Perhaps still talking in between contractions.</p>	<p>Contractions may be 5 minutes apart, getting stronger and longer.</p> <p>Perhaps low back pressure, you may feel pressure and soft expansion in the pelvis as baby is dropping</p>	<p>You may need your partner at home if not already there. Activities to keep mind occupied, movement, fresh air. Warm wheat bag at base of spine, massage, encouragement, breathing.</p> <p><b>(use any or all of these to keep comfortable, amidst other everyday activities - mindful breathing, 3,2,1 relax, listen to mp3s, music in background, mindful movements, rock on ball, movement, massage, bath or shower – Oils that can help are lavender, rose, jasmine, frankincense, clary sage).</b></p>	<p>Make sure you are rested, fed and watered at this point. Help pass the time, by encouraging her, maybe playing some games, watching a film. Follow her lead. Listen to her. This is not the time to say “shall we go to hospital yet”</p>

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<p>Late first stage</p> <p><i>(cervix opening, rhythm well established pace gathering, can still slow down if mum is frightened, startled or environment changes, but less likely now)</i></p> 	<p>You instinctively know that you are deep in labour.</p> <p>Concentration and focus.</p> <p>Rhythm is well established.</p>	<p>Movements will be slower, and you will be more tuned in. Clothes may be coming off as you get warmer.</p> <p>Deep focus.</p> <p>Breathing.</p>	<p>You may not want to talk much. Focus is inwards.</p> <p>You may feel warmer and need cooling.</p> <p>You may be irritable if focus is interrupted so keep them to a minimum.</p> <p>It is more common for your waters to break from now onwards.</p>	<p>Contractions 2-3 minutes apart, may start to be back to back, and last 60-90 seconds.</p> <p>They are more intense. May need to wee. May feel some pressure in bowel.</p>	<p>Your room needs to be quiet, dim, and relaxed. You must feel protected, supported and listened to. Now is the time to think about moving to the hospital or to call the midwife but follow your instinct not other's suggestions!</p> <p><b>(Get the room ready right now. Or ask your birth partner to do it. Mindful breathing, 321 relax, deepener, listening to mp3s in background or in headphones, butterfly hands pressure on back, cool cloths, water/pool, visualisations, kissing, cuddling, encouraging affirmations, mindful movements, get baby's outfit out to see)</b></p>	<p>Help her relax, make sure she has something to eat and drink." Every contraction is one closer to meeting our baby", I know you can do this. Massage, cool clothes on neck and forehead.</p>
<p>Transition</p> <p><i>(Nothing will stop this baby now! Body's gear change from opening to downward pushes)</i></p> 	<p>Anything from very calm and focused to tearful, fearful, doubtful, alert.</p>	<p>You may want to give up, may want drugs, may yell. You may feel as if you aren't handling things as well as you were. You are! This can be a sign that your baby is nearly here.</p> <p>You may also be very focused and recognize it for what it is.</p>	<p>Whole body may shake even though you are not cold.</p> <p>May have some nausea, burps or maybe even a bit of vomit (think positively about how that action pushes baby down!). You may feel a lot of pressure in your bottom</p>	<p>Contractions may suddenly be irregular, spaced out or on top of each other, they may be back to back or even stop completely for up to 30 minutes.</p>	<p>The change in contractions may cause temporary confusion, but reassurance about seeing this positive sign is perfect. Take each contraction at a time. Keep disturbances to a minimum. You're nearly there.</p> <p><b>(Transition tips, music in background, movement, shoulder anchor, mirror counting, encouragement, trust, deepener)</b></p>	<p>Be patient, allow your own feelings a backseat. Protect her, love her, be tender, kind. Encouraging, "you can do this, you are nearly there, our baby is nearly here".</p>

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Second Stage <i>(Baby moving down, cervix fully dilated)</i> 	Second wind, much calmer, more focused again.	Your vocals may change to a grunt as contractions peak. May feel like you need a poo. Body may be pushing rather than your 'mind'.	Discharge, streaky blood in it. May be chatty in between contractions. May be drowsy in between. May feel baby slip back a bit as baby descends, then stretching as baby crowns. Baby slips out and put onto skin.	Contractions become more like downwards contractions. Sudden urges to push, or may only feel push at peaks (listen to body).	Chose comfortable positions, squatting, kneeling on all fours will open pelvis more. Wait for the overwhelming need to push! Take deep breaths before any pushing and push your breath slow and steady down like a coffee plunger into your pelvis. Then take another deep breath. Take more than one breath if you need to during a contraction! Relax jaw, relax hands. <b>(deeper, encouragement, visualization of baby moving down and flower opening, softening, expanding)</b>	Help mum get into a comfortable position. Encourage her to follow her instincts. Be patient. This stage can be fast or sometimes quite long. Remember is mum is well and baby is well, patience!
Third stage 	An important stage though often dismissed.	Focusing on baby. May feel some more contractions as placenta is birthed. May feel urge to push or nothing at all	As the placenta detaches, a bit more bleeding. May need small pushes to birth placenta.	Contractions may continue.	You and baby still need a dim, quiet warm environment with minimal interruptions. If you have chosen to delay cord clamping - make sure cord has stopped pulsing before cutting it	Be with mum and baby. Enjoy this incredible moment.

### Mindful Hypnobirthing Equipment Checklist

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| <input type="checkbox"/> Mp3s downloaded and device they are on is packed              | <input type="checkbox"/> Affirmation cards and/or birth vision board |
| <input type="checkbox"/> Power source or power pack for my mp3 device                  | <input type="checkbox"/> 'Love hearts' sweets                        |
| <input type="checkbox"/> Headphones  | <input type="checkbox"/> Birth bag                                   |
| <input type="checkbox"/> Journal and/or scripts—if your partner is reading the scripts | <input type="checkbox"/> _____                                       |
| <input type="checkbox"/> My anchors (ribbon, scent, blanket, partner, photo, ...)      | <input type="checkbox"/> _____                                       |
| <input type="checkbox"/> Hypnobirthing door sign                                       | <input type="checkbox"/> _____                                       |



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