

Frequently Asked Questions about HypnoBirthing®

1. What is HypnoBirthing®?

HypnoBirthing® consists of relaxation, visualization, breathing and deepening techniques to help you have a wonderful, calm and relaxed pregnancy, labor and birth. A deeply relaxed Mom is much more capable of having her body do the work more efficiently, effectively and often more comfortably compared to having a tense, scared and frightened mind and body.

Attention is also focused on bonding with your baby. If you also wish to feel more bonded, this is your class.

2. Will I be “out of it” when HypnoBirthing®?

Absolutely not. You will be in and out of hypnosis whenever you choose. You will be aware at all times of what is going on around you. There may be times though when you choose not to be aware which is completely normal. This is when you may decide to focus only on what you and your baby are doing. You will still know what’s going on around you but may choose not to pay attention to it.

3. HypnoBirthing® seems a little hokey to me. What do you have to say about that?

HypnoBirthing® is simply a way of bringing yourself into a deep state of relaxation so that your body and uterus can do what it wants to do to bring your baby into the world. Do not let the thought of hypnosis scare you. You will not be quacking like a duck or doing anything silly. They only do that on the stage shows.

4. Does the Regina General hospital support HypnoBirthing®?

Yes they do and the majority of staff are very aware of HypnoBirthing®.

5. What if I know that I’m having a c-section or an epidural? What if I have other medical issues? Do I still need HypnoBirthing®?

Yes as there are many HypnoBirthing® techniques that you can use that will enhance and protect any way that you choose to labor and birth. A focused and relaxed mind helps you to make proper informed decisions and helps you to feel in control. This will also help you to deal with any medical issues during labor and birth that you presently have or that may arise.

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6. Is HypnoBirthing® just used during the labor and birth?

HypnoBirthing® techniques can be used throughout the pregnancy as well which helps to calm Mom and in turn calms your baby. It has a wonderful domino effect because if Mom is calm, happy and content often the rest of the family is as well.

HypnoBirthing® techniques can even be used after your baby is born. Many people use these techniques in their everyday life to help them to focus and remain calm in stressful situations. Dads or partners, that includes you.

7. Does my partner/husband need to come to the classes?

Of course it is beneficial however if your partner/husband is not into it or is just unable to attend for whatever reason, then that's okay. If your partner/husband wants to attend just a few classes that's fine too. I can let you know which ones are most important. If they can't attend at all then I can let you know what would be beneficial to show or tell your partner about on your own time, if that is their desire.

8. I am a single Mom. Do I need to have the dad/partner in the class or during the birth?

You do not need to have the dad/partner in the class and many single Moms have HypnoBirthed without any support whatsoever. Do you need to have dad or partner at your birth? No. Would I like to see you have some support if available as in your mom, sister, friend or doula? Absolutely. No woman should have to labor and birth alone unless that is definitely what you want.

9. How many classes are there?

There are five classes and the average time for each class is approximately 2.5 hours. If you are a fair distance away and 5 classes is too often for you to come to Regina for or you have just discovered HypnoBirthing® very late in your pregnancy, we can adjust the classes. Assuming I have time to conduct classes on short notice, we can have fewer classes but they will be longer. You will still get 12.5 – 13 hours of instruction which is the same as conducting 5 classes.

10. Where are the classes conducted?

I have a very cozy office with some nice comfy reclining chairs. This will be the most relaxing class that you have ever attended.