

THE

Birth Partners

GUIDE

to their
role in labour

IGNITE YOUR GLOW



WELCOME!

TO PARENTHOOD

The birth of your child will be a significant memory for the mother and yourself to look back on and your role, and the part you play during pregnancy is vital in helping her birthing body to progress and bring your baby into the world and will determine and impact your partners birth experience following into motherhood.

Birth is about teamwork, connection and your protection of her birth space and body.

'Birth does not often go to 'plan' and to be a witness to your partner in distress or pain can put you in the backseat and leave you feeling out of control, uneasy and helpless'.

It doesn't make sense that you play an equal part in conception and when it's time for birth your not needed anymore, you're pushed to the side with no tools or say and left disconnected to your loving partner and your baby.

I am here to let you know I have taught many men who where sceptical of this course and have turned out to be my biggest advocates. I can guarantee you will walk away from the weekend pumped up and ready to be the protector of your baby and partner.

Birth is so much more about YOU than you realise.

Kimberly Bailey
Certified Childbirth Educator



From a *Father's* PERSPECTIVE

A REVIEW FROM A LOCAL DAD

My first thought when trying to write an appropriate review was how is this even necessary. As an expecting father for the first time my first thought after only a couple of hours into day one with Kimberly was how and why is this not almost compulsory education that all parents should attend prior to having your first child. As a bloke we often think that the pregnancy and birthing procedure is pretty much up to the doctor and all the hard work is carried out by the wonderful ladies in our lives but this could not be more further from the truth. Now I have full confidence, understanding and knowledge of my role as a father throughout this special time of our lives and how I can contribute to make the process so much smoother and natural for my wife and child and begin that special bonding process with my little guy from day one. Kimberly provides such valuable knowledge in a simple no fuss way that makes complete sense, I highly advise and recommend all gents out there to do themselves a favour and suggest/come along if asked and sit down for two days to prepare yourself for the best part of your life.

Jonathon Mifsud

Hypnobirthing Trained Dad

YOU NEED TO KNOW THIS

COMMON MISCONCEPTIONS ABOUT THE HOSPITAL

01

Midwives & Drs are not there to birth your BABY for you

It's common for partners to think the hospital will just take over and the midwives do the rest or will teach 'how to give birth' on the day. This is not their responsibility nor what is required. They are there to ensure mother and baby are safe and will be ready if the mother gets into a challenging situation that requires medical assistance. Our midwives are understaffed, underpaid and supporting many women at once. Don't let expectation cloud your reality.

02

Following order's without asking questions is a no no

Answering 'yes' to all the commands can lead you down the path of unnecessary interventions and handing over all your control as parents leaving you both feeling less empowered, helpless and your partner feeling unprotected and stripped of her rights which could result in post-natal depression.

03

'Going with the flow' or 'Going in Naive'

"Going with the flow" without any prior education, knowledge or understanding of how birth works on a physiological level and what helps and hinders the birth of your baby in my opinion can cause severe birth shock and can leave you and your partner distressed. It's not your fault that you don't know, however the course will provide you with what to expect and what you can do to ensure your role in the room is optimised and you're readily prepared. You wouldn't buy a car without researching it first?

04

It's not just holding her hand.

Being 'present' to witness the birth is a thing of the past and partners are encouraged to be an active participant in the room. You may have thought that it's just holding her hand but your role is so much more important. Learning how to support her and bring her comfort by applying simple touch techniques, acupressure and holds will bring you more satisfaction and connection to your child.

IT SOUNDS A BIT HIPPY

TRUST ME I THOUGHT THE SAME THING

I know the name 'Hypnobirthing' may cause slight apprehension but I want you to know it's not hypnotising the mother during labour. It's a fancy way of saying helping to guide her into a deep state of relaxation to settle her overthinking mind (you know this to be true) and her over stimulated body to be able to give her birth muscles a chance to do what they are designed to do and allow it to be in it's primal state.

It's more a form of deep meditation, which encourages women to use their minds to manage the pain and unpredictability of childbirth. Advocates say because of this altered state of consciousness, the pain experienced in labour can become a controlled sensation for the woman.

STATISTICS

(Data collected from 100 women taught between 2012-2013.)

- A significant reduction in Cesarean Section rate; 16.6% compared to a national average of 25.5%
- 25% needed NO pain relief at all during labour. Including gas and air.
The vast majority of these were first time mums.
- 100 % positive feedback from both women and men on our course,
- 100% would recommend our course to others.

TESTIMONIALS *from* FATHERS

WHAT OUR CLIENTS SAY ABOUT US

“

Going into the day I was completely unsure of what good the course would do. Post course i've got confidence that I can support my wife through the birthing process. I've learnt the different stages of labour, acupressure points, massage techniques ect. highly recommend every expecting couple to complete the course

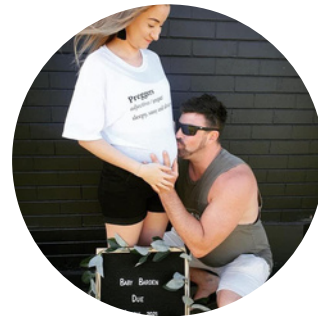
David Atkins



“

At first I was very sleptical of Hypnobirthing and wasn't sure if it would help my partner through labour but I decided to give it a go with my beautiful other half. After the first few hours of doing the course it changed my perspective completley. It's not only for the women but the guys learn a lot on how to support your partner and teaches how to relax her and sue different pressure points to relieve anxiety, stress as well as back pain through her labour. Best Investment we both made. Big shout out to Kim who runs the course she is amazing.

Doug Barden



THE BIRTH WEEKENDER HELPS

- Reducing the length of labour
- Reducing or removing the need for medication including epidurals
- Reducing the need for intervention including cesarean section
- Reducing the rate of postnatal depression.



THE BIRTH COURSE *Weekender*

DO IT FOR HER TO EASE HER ANXIOUS MIND

WHAT YOU WILL LEARN

- ✓ BIRTH PREFERENCES
TEMPLATE FOR SAFETY
- ✓ BREAKDOWN OF BIRTH
PHYSIOLOGY
- ✓ ACUPRESSURE TECHNIQUES
TO PROGRESS LABOUR
- ✓ PAIN RELIEF MASSAGE/
TOUCHES
- ✓ STEP BY STEP OF WHAT TO
DO WHEN LABOUR BEGINS
- ✓ BIRTH CHEAT SHEET TO
TAKE IN FOR REMINDERS
- ✓ TOOLS FOR CHANGES TO
LABOUR TO STAY CALM



DURATION

FRIDAY & SATURDAY
**I PROMISE IT GOES FAST*

THIS IS PERFECT FOR

Couples who have never experienced birth or have had birth trauma and would like to prepare this time around on how to stay calm and soothe the mother.

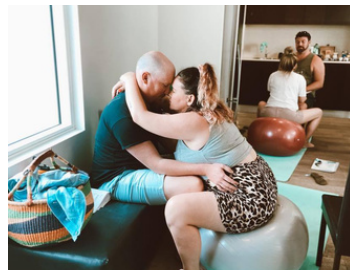
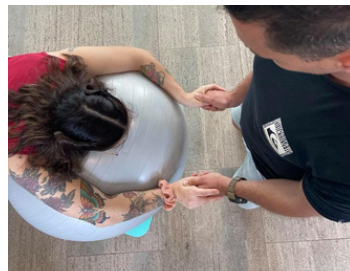
HOW IT WORKS

Kimberly will walk you through a toolkit of practical exercises and break out private sessions together so that you both have a personalised experience of the course while within a group environment.

This weekend will provide you both with tools, techniques and enough knowledge to go into labour with confidence and certainty. It will allow you both to make informed decisions and put you both back in the drivers seat.

OUR CLASSES

SOME OF OUR GLOW PARENTS



FAQ's

HAVE ANY QUESTIONS?

01

DOES HYPNOBIRTHING WORK?

What is most important; is women getting all the available information when it comes to pain control and birthing techniques so they can make an informed choice that is right for them. We do know that for many women who use hypnobirthing it works and enables them to manage their pain in labour quite effectively.

02

IS THERE EVIDENCE OF HYPNOBIRTHING WORKING?

A recent study, the largest on self-hypnosis for labour found 'a significant impact on postnatal anxiety when compared with antenatal experience. The results from this trial found that during postpartum there was a significantly lower score of anxiety and fear associated with childbirth from the women that used hypnobirthing compared to the women that did not.

03

STUDIES FIND THE BENEFITS OF PREPERATION?

An Australian study of Hypnobirthing * Phillips-Moore (2012) found The majority of women reported feeling more confident, relaxed, less fearful, focused, and more in control. They also commented on the ease and comfort of labour and birth and the satisfaction of having their partners involved and supportive

04

DOES HYPNOBIRTHING LOWER MEDICATION USE?

Gallagher (2001) identified that the epidural rate in Toronto and Mississauga ranges from 40-90% for first time mothers. However, those clients that chose hypnosis for childbirth had an epidural rate of only 18% (11% for Caesarean and instrumental deliveries, only 7% for maternal request).

A background image showing a couple embracing outdoors. In the foreground, a pregnant woman in a white dress is visible, with her hands resting on her belly. The background shows a man in a light-colored shirt embracing a woman with long dark hair. The scene is set in a grassy field.

READY *to get* STARTED?

LET HER KNOW YOUR ON BOARD

Simply let your partner know and be prepared to listen to one very
excited, happy and confident woman

I LOOK FORWARD TO WORKING WITH YOU BOTH