

## C-Section HypnoBirthing Techniques

### Techniques To Use On The Day

#### Birth Companion

- Rainbow Relaxation
- Birth Companions Deepening Anchor
  - Ultimate Deepening - (Lavender 3, 2, 1, 0)
  - Glove Relaxation
  - Light Touch Massage

#### Mother Self Guided

- Depthometer
- Progressive Relaxation
- Ultimate Deepening - (Lavender 3, 2, 1, 0)
- Calm Breathing
- Disappearing Letters

### Visualisations For The Mother

- Opening Blossom
- Blue Satin Ribbons being untied
- Baby emerging from a cocoon
- Sensation is baby rather than doctor
- Pressure is baby climbing out
- Sensations are caused by you assisting the process – imagine your uterus is pushing the baby out

### Affirmations for Birth Companion to Read

- With every breath, you relax deeper and deeper
- Every muscle loose and limp
- Feeling calm and at peace
- Just breathe and connect with our baby
- Trust your body
- Release and relax downward with each breath
- Each breath bringing our baby closer
- Long, deep breaths

### After The Birth

I recommend downloading Bree Taylor Molyneaux MP3 from iTunes – Hypnosis for Caesarean Delivery. There is an affirmations track on there for post birth recovery and breastfeeding.

You can tell yourself phrases such as;

- Every time I bond with my baby, my body is healing
- The more I rest, the more quickly my body recovers
  - Feeding my baby comes easily and naturally
- When I hold my baby, I release healing endorphins