

The Women's at Sandringham

Hypnobirthing Program 2022

Hypnobirthing Program at Sandringham Hospital 2022

Please note that during the COVID-19 restrictions, we will only be offering the HypnoBirthing® program via a livestreaming platform to women birthing at Sandringham.

HypnoBirthing® is an exciting and dynamic 6 week program offering women and their partners an opportunity to experience a deep sense of connection and calmness within themselves and their baby.

This program is designed to engage couples with experiences that will provide an opportunity to develop skills to support and assist in their pregnancy, labour and birthing process and beyond.

Participation requires an open mind and a commitment to practice daily, which will ensure greater confidence on your birthing day.

If you would like to spend time with your partner learning skills and techniques to support you, with an emphasis on limiting the need for interventions, then this course is for you. All sessions are designed to be attended with your birthing companion.



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Each session is 2.5 hours long and has a different focus:

- 1 Building a positive expectancy
- 2 Falling in love with your baby. Preparing mind and body
- 3 Getting Ready to welcome your baby
- 4 Overview of childbirth – A labour of love
- 5 Birthing – Breathing and an introduction to Breastfeeding
- 6 After the birth, what happens at home and your Newborn

You will need to attend all 6 sessions on the dates listed on your ticket.

The cost is **\$550** for the birthing woman and her partner.

You will also be provided with a course textbook and relaxation CD/MP3 to support your learning.

Once you have booked and paid, you will be notified when you can collect the textbooks.

Bookings are made direct in Eventbrite, however you must first contact the Childbirth Education team at: Sandringham.HypnoBirthing@thewomens.org.au to obtain a code for booking.

We recommend you **book as early as possible** to avoid disappointment.

We recommend you **book a program that commences when you are approx. 26-30 weeks** gestation.

We look forward to meeting you at the program,

Sandringham Childbirth Education Team

