

# Your guide to hypnobirthing courses

By Charlotte Robson

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# Hi, I'm Charlotte

I'm hoping to be the person you choose to guide you through your last few weeks of pregnancy, labour and birth with hypnobirthing. Whether this is your first baby, or tenth baby, **hypnobirthing can, and will change your birthing experience.**

I have three kids and each pregnancy, labour and birth was so different.

My first baby, my son, was born by caesarean and then both my daughters were vaginal deliveries, one on dry land and one in the birth pool.

I believe that every pregnancy, every labour, every birth, every parent and every baby is unique.

**Your experience is yours and no one else's.**

I want to empower women and birthing people to have calm and confident birth experiences and enjoy the moment they get to meet their child because **that moment is the most precious thing in the world.**

I want more women and birthing people to **own their birth experience**, to understand what their choices are and block out the (fairly constant) negativity that surrounds labour and birth .

However your baby makes its way into this world, I want it to be an experience you look back on and treasure, **feel proud** of and cry happy tears about forever because **you did it**, yes, **YOU**.



# What is hypnobirthing?

## Techniques

### Breathing

People think that you can't breathe out your baby, but that is literally what you do! On my course we learn breathing techniques for the different stages of labour.

### Visualisation

This is such a powerful technique to focus the mind on positivity and is the essence of brain training.

### Affirmations

This technique helps to retrain your negative brain.

### Relaxation

Believe it or not, the more relaxed you can be usually the easier labour and birth is – so we focus on relaxation for this reason.

## Knowledge

Learning what your body is capable of is a very powerful thing.

On my hypnobirthing courses, we learn all about how the uterus works, the great hormones we want to encourage during labour and birth (and how to do that).

You birth partner and their knowledge of labour and birth and what their role is on the day and leading up to that.

Your choices – in a fairly complicated maternity system we cut through all that so you know where and how to challenge anything that doesn't feel right.

## Belief

For most of the couples I teach, really and truly believing in themselves is the biggest thing that they take away from the course.

Over the years, women have been made to doubt their ability to birth their own babies. This has come from so many different things such as programmes like One Born Every Minute and friends telling us their birth horror stories.

Belief has a lot to do with the combination of knowledge – knowing your body is capable and reprogramming of the negative parts of your brain that tells you that you can't.

“

*“Thank you Charlotte! We feel so much more confident and relaxed about our upcoming birth since attending the classes. I feel empowered to make the right choices for me and my baby.”*

ALICE & JAMES

”

# Is Hypnobirthing for me?

## Hypnobirthing is for everyone

### I'm having a planned c-section

Yes, we're here for you. Hypnobirthing can help you to relax which is good for planned sections and helps you to personalise your birth environment and birth preferences to achieve a birth that feels like you.



### I'm a second/ third/ fourth timer

Yes, we're here for you too! I did my own hypnobirthing course in my third pregnancy so it is never too late to use hypnobirthing to help you with your labour and birth.



### I don't want to be hypnotised!

Don't worry, there are no clucking chickens in my class! All hypnosis is self hypnosis and hypnosis is actually just a deep state of relaxation where your mind is more open to new information. So you don't have to do anything you don't want to.



### I feel really scared!

Yes, I've been there and I can tell you that hypnobirthing is most definitely for you! Fear and anxiety is what makes labour and birth more challenging. You need hypnobirthing to help you manage that fear and hopefully take some of it away.

*As a new dad to be, these sessions opened my eyes to the world of childbirth in such a positive way. Charlotte's experience was invaluable and really put myself and my wife at ease.*

REBBECCA & JEREMY



# What's included?



YOUR COPY OF THE  
CALM BIRTH METHOD  
BOOK



YOUR  
PERSONALISED  
PADLET



FOUR CLASS  
SESSIONS  
(APPROX 8 HRS IN  
TOTAL)



MY SUPPORT FROM  
WHEN WE START  
UNTIL BABY IS BORN



# My courses

## 1-2-1 Course

I deliver 1-2-1 courses either online or in person. This can suit a wide range of circumstances and the course is completely built around you, your personal medical considerations and your birth preferences.

This type of course is great for you if you already have a child – no babysitter required, aren't confident attending a group class, you work shifts that may mean we have flexible days/ times when we have our sessions.

## Group Course

Group courses are delivered in and around Skipton, Ilkley, Harrogate, Colne, Crosshills, Keighley, Addingham, Embsay, Foulridge, Barnoldswick and Farnhill.

The group classes are limited to a maximum of 4 couples to ensure that each couple receives a great level of support.

Couples are usually you, the mum to be, and your birth partner (which could also be your mum, sister, friend).

## Refresher

Already had a hypnobirth but its been a while and you need a refresher?

These courses are just for those who have previously practised hypnobirthing.

This could have been a different method of hypnobirthing. I teach The Calm Birth School method. Either way, this course will help you get back in the mindset for a calm and confident birth with hypnobirthing.



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*"We loved our course with Charlotte; engaging, informative and with lots of laughs along the way, it was also lovely for us to share in as a couple and focus on this exciting time together. Thank you so much. You're absolute gold."*

MEG & BEN

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# What is covered on the course?

## Session 1: The Basics

- What is hypnobirthing
- How the uterus works
- Hormones
- Language
- Wave breathing

*Could not recommend Charlotte's hypnobirthing course more highly. It has been informative, reassuring and also fun. Charlotte has been able to answer all our questions and has been so kind, friendly and her energy is infectious. Thank you so much.*

EMMA & WILL

## Session 2: Hypnosis

- What is it
- The importance of relaxation
- Affirmations
- Visualisation
- Birth environment
- Birth companion
- Birth preferences

## Session 3: Giving birth!

We give birth through birth videos – we watch different birth experiences and I talk through the stages of labour and what is happening at each stage. We also look at where hypnobirthing techniques come in.

## Session 4: Round up

- Induction
- Estimated delivery dates
- Special circumstances
- Recap & questions



# How to book

Are you ready to start your journey?



GET IN TOUCH WITH  
ME



PAY YOUR £50  
DEPOSIT TO  
SECURE YOUR  
PLACE

COMPLETE YOUR  
CLIENT AGREEMENT  
AND SEND TO ME



PAY THE FULL  
BALANCE ONE WEEK  
BEFORE WE START



WE GET STARTED

# A huge thank you

When you book a course with me you help to continue my dream of teaching hypnobirthing and changing the way people experience birth. Your booking means everything to me – that you trust me to support and guide you in this most exciting and nerve wracking time.

It's truly an honour to be chosen by you.

You also help me to continue to show my children that anything is possible when you put your mind to it. I want them to grow up watching their mum achieve her personal and professional goals and to hopefully inspire them to do the same one day.

So, sincerely and hugely – THANK YOU.



- CHARLOTTE ROBSON