



*Supporting Motherhood*

bump • birth • baby

# CHECKLIST FOR A CALM & CONFIDENT PREGNANCY & BIRTH




So what exactly is on a Checklist for a Calm and Confident pregnancy? Here are 8 steps to follow that if you commit to, will most definitely help create a calmer and more empowered experience!

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BIRTH EDUCATOR, DOULA, PLACENTA SPECIALIST & MASSAGE THERAPIST







"Giving birth should  
be your  
GREATEST  
ACHIEVEMENT  
not your  
***greatest fear***"

Jane Weiderman

[www.thebirthnest.co.uk](http://www.thebirthnest.co.uk)

## 1. TURN IT OFF!!

Stop watching dramatic programmes about pregnancy and child birth – these will simply create fearful thoughts. Instead, read about positive birth experiences:

[www.tellmeagoodbirthstory](http://www.tellmeagoodbirthstory)

[www.positivebirthstories.com/](http://www.positivebirthstories.com/)

[www.positivebirthmovement.org/pbm-blog](http://www.positivebirthmovement.org/pbm-blog)

Basically, fill your mind with the right imagery and info. I also suggest politely declining the conversation with your friend about the details of her long and difficult birth story – if they want to share, ask them to wait until your bundle has safely arrived.

## 2. Hypnobirthing

- Sign up to for a local hypnobirthing course, some hospitals offer this for free or find out more [here](#)
- Hypnobirthing supports you to understand how to retrain your brain and gives you the tools to feel calm and relaxed throughout pregnancy and birth
- Preparing for birth with hypnobirthing will release your stored fears and negative beliefs and fill you with confidence





"If I don't  
know my  
options, I  
don't have  
any"

diane korte




### 3. WISE UP!

Start thinking about your rights in pregnancy and birth, read about what your birth choices are.

Many women don't know that 'No' is an option when it comes to some of the most routine interventions offered by health care providers for example sweeps or vaginal examinations before or during labour.

Familiarise yourself with the articles on this fantastic website:

[www.evidencebasedbirth.co.uk](http://www.evidencebasedbirth.co.uk)



"If a doula were a drug, it  
would be unethical not to use it"

~ John H. Kennell, MD

## 4. Doula-aaahhhh

Find yourself a Doula, either an amazing friend/partner or a self employed and respected Doula.

Having a Doula significantly reduces many issues that can arise in birth.

A woman you can totally rely on to listen and support you through this emotional and special time is such a valuable resource.

Find out more about having a doula [here](#).



5. Write your birth story. Yes that's right, write it down word for word, your perfect birth.

Describe the scene, the time, the emotions, the ease and the joy of your baby's birth.

Read it again and again, make it your experience, your memory now and fill your mind with how wonderful it will be

Imagine how much we would achieve if we spent as much time thinking positively about what might be as we currently do about what might go wrong!



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"Trust your body, it knows what to do"



6. Support your changing pregnant body.

Try yoga, swimming or walking in nature.

Go with the flow and help your body to move with its natural rhythms.

Supporting yourself to stay mobile and fit whilst pregnant can help with your birth and postnatal recovery.

Plus it's an opportunity to do something for you!



## 7. PREGNANCY MASSAGE

- 7. Book regular massages or reflexology sessions with a pregnancy specialist. Treating your body to these relaxing experiences helps to regulate hormones and also physically prepares your body, [click here](#) to find out about the benefits of massage and book your session now!





## 8.GET PLANNING

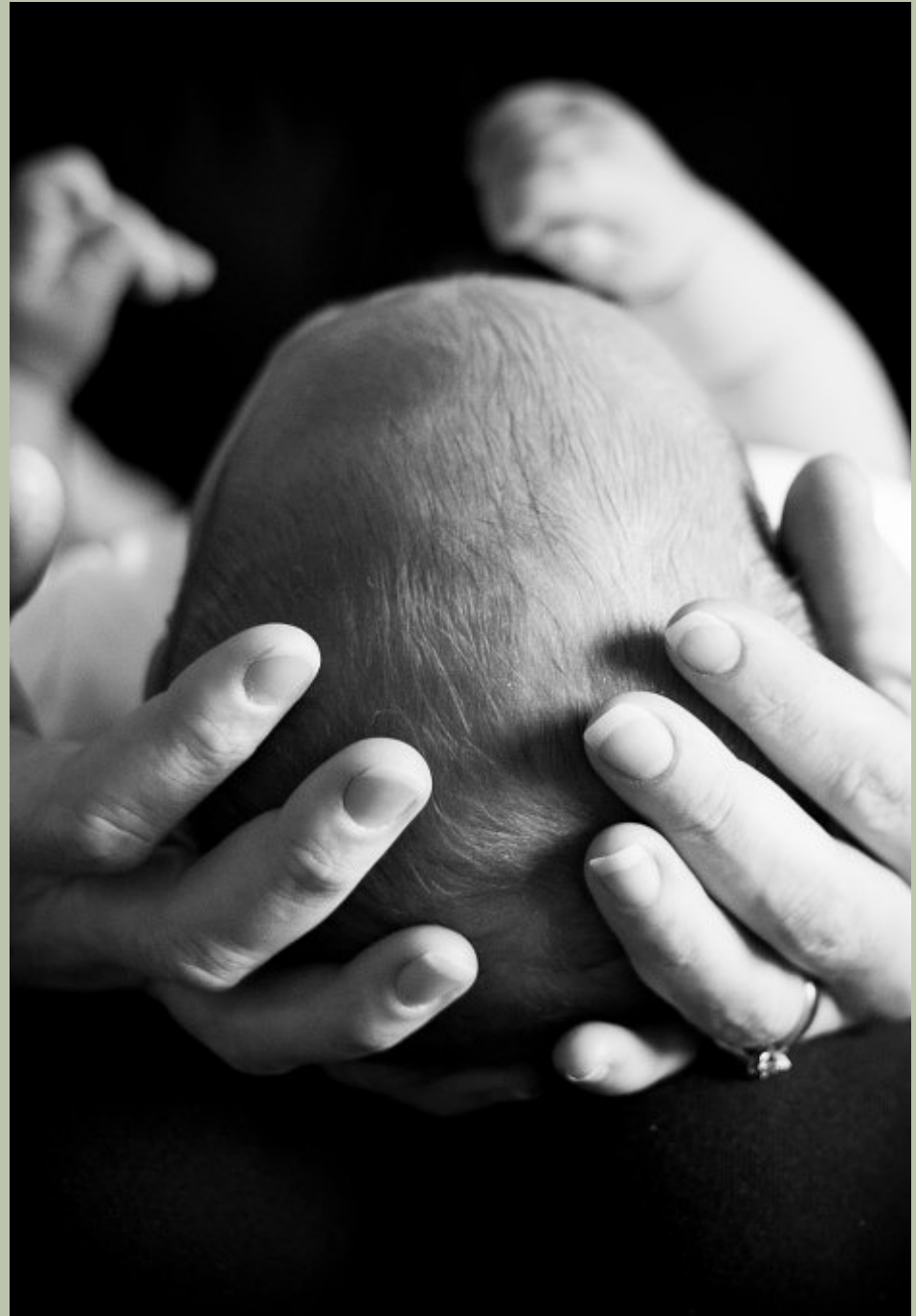
Have a plan! Midwives are not mind readers, if you don't say, they won't know!

It doesn't have to be rigid and it doesn't need to be 4 pages long.

For me the idea of writing a birth plan or birth wishes list is more about how you work through and identify what is really important to you.

Popular points on birth plans are; delayed cord clamping, skin to skin contact with mother and baby immediately after birth and an undisturbed first hour after birth.

This way even if birth throws you a curve ball the really important bits won't get forgotten.





WANT SOME MORE?

*contact me now*

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*I look forward to hearing from you...*

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