



The Love Birthing & Parenting Course Outcomes

On the course you will discover how to:

- Have a healthy, happy pregnancy and enjoying the rest of your pregnancy, fear and stress free
- How to consciously parent your unborn baby and understanding how we unconsciously impact our children before and after they are born
- Upgrade your knowledge and understanding of how women's bodies work and nature's design for birth
- Update and expand your beliefs and views of what birth can be like - it doesn't have to be the same as the movies and all those negative stories that you've heard
- Reprogram your mind to release fears, anxiety and limiting beliefs and replace them with an unshakable sense of inner calm and centered confidence [SEP]
- Create the ideal birth environment and support team
- Be able to relax and shut out disturbances even in less than ideal environments
- Use hypnosis, mindfulness, meditation, visualization and breathing techniques to master your mind and body in any situation
- Prepare your partner to be calm, confident, prepared for anything and advocate effectively for you during labour
- Stack the odds in your favor of having a more natural birth with minimum interventions [SEP] and medical drugs and procedures [SEP]
- Understand the difference between what is medically necessary and what isn't in the hospital birthing environment
- Navigate the medical model of childbirth and know your rights in childbirth
- Prepare you to cope with and accept whatever path your birthing takes if you do require medical assistance
- Love birthing your baby - being prepared for the best possible birth and enjoying this day to the full



- Get breast feeding off to the best possible start
- Prepare for post partum to ensure you receive the nurturing and nourishment you need in this vulnerable time
- Enjoy and embrace the 4th Trimester with confidence and wonder as you get to know your baby on the outside
- Easily settle in with your baby and develop trust in them and yourself to instinctively meet all their needs
- Meet and embrace the new you as you continue to make this tender transition into being a parent
- Strengthen your relationship as a couple in preparation for welcoming your baby into your family
- Use all the mindset tools in all areas of your life for the rest of your life

The Love Birthing & Parenting Course Questionnaire

The Love Birthing & Parenting Course is an amazing way to prepare for birth and parenting and it is for every couple who wants a more conscious, calm, confident and empowered experience.

It does however take time, commitment and practice to make the techniques work for you and a certain openness and mindset to get the most out of the program.

The questions below are designed to help you to decide whether this course suits you and is something that you will benefit from

- *Do you acknowledge that unborn babies are conscious beings who are having real experiences and what happens in pregnancy and birth effects them?*
- *Are you ready and willing to examine and change your own beliefs and behaviours to minimise negative imprints and experiences on your baby and for yourself?*



- Do you believe that birth in a normal and natural physiological function and that your body is perfectly designed for birth?
- Do you keep an open mind regarding the power of the mind and the effects of positive thinking and mindset?
- Are you able to make the time to practice the techniques in between classes and after the course? (approx. 1 hour a day for mums and 2 hours a week with your birth partner)
- Is your birth partner willing to support you, keep an open mind and make time in their schedule for your practice?
- Are you willing to learn about birth and the medical procedures that you may be offered by reading all of the materials and information supplied?
- Are you willing to take the time to seek out doctors and hospitals that are supportive of your birth preferences and be willing to change them if they are not?
- Are you willing to take responsibility for your body and your birth through good nutrition and exercise?
- Are you ready to let go of fears, anxieties and limiting thoughts, enjoy the rest of your pregnancy and look forward to consciously birthing and parenting your baby?

Mainly Yes's - You will get the most benefit from the program – let's get you booked in! What app me right now on 00971 5013 23669 to book your space

Mainly No's – This course may not be for you but please feel free to get in touch for a discovery call to talk it through

I look forward to hearing from you soon!

Jasmine x