

Hello Birth

CLASS GUIDE

SAMPLE



HelloBelly

Take a breath. Sigh it out.

Welcome to class! The goal of HelloBirth is to introduce an approach that can help you to move through pregnancy, birth, and postpartum with more ease. Everyone's pregnancy journey is unique, so just remember it's OK to feel whatever comes up for you during as well as after your class time. Let's start by checking in with ourselves.

Journal

Today, I feel:

(Optional) Today, my partner feels:

As I move through my pregnancy day to day, I feel concerned about...

As I think about giving birth, my instinct tells me...

As I begin to make plans for bringing a baby into the world, right now _____ feels most important to me.

SAMPLE



Tools for Stress Reduction

Mindfulness

Mindfulness is a simple tool that can help “train the brain” to stay in the present moment, which can decrease anxiety.

Step 1: If a scary or negative thought comes up, observe it without judgement. “I am feeling...”

Step 2: Notice your breath or other physical sensations.

Step 3: Ask: “Am I aware of any possible solution to my worry?”

Step 4: If not, release what doesn’t serve you right in this moment, giving yourself permission to talk about it later with a trusted person.

Tip: If the same thought keeps showing up for you, it could be a signal that will help you create a plan of action. For example, if you continue to worry about a Cesarean birth, it may be time to begin an exploration of your options and plans.

Reframing Expectations of Birth

“You’re going to feel ...”

Much of what we think we know about childbirth stems from an expectation or acceptance of pain and suffering as part of the process. Today you are beginning a new journey of learning Hello Birth tools to help you manage these expectations and make room for new possibilities.

In light of this, what can we do with our feelings about birth? Do we ignore them? Do we correct them? With a combination of mindfulness and our next guided exercise, we don’t always have to do either.

Visualize a Comforting Place

My comforting place looks, feels and sounds like...

