

BabywithBee 



THE

*Gentle Birth  
Class*

WORKBOOK

---

## WELCOME TO THE

# Gentle Birth Class

**Congratulations** on taking the first step in your preparation for your baby's Gentle Birth. We hope the Gentle Birth Class will inspire you to feel more positive about your birth and motivate you to do more preparation to achieve the birth experience you dream of.

During the **Gentle Birth Class**, you will learn a lot of useful tips and knowledge on how to have a more positive pregnancy and birth. The birth of your baby is such an important moment. I mean, it is the only birth your baby will get to experience and for you, as a parent, it is a life-changing event! The more prepared you are, the higher your chance of success.

As we have supported many families who have taken our HypnoBirthing classes since 2010, we know that **BIRTHS** can be **POSITIVE** no matter what kind of birth you desire. That is what is motivating us to keep sharing this knowledge in hope that you can have one too!

If you have any questions or need any support, please feel free to contact us.

We are more than happy to support you in achieving your positive birth experience & parenting journey.

---

#### Disclaimer:

The information provided at the Gentle Birth Class should not be taken as medical advice. You should discuss any medical concerns/conditions with your caregiver. By attending this class, you and your partner agree not to hold us liable for any damages or losses. Baby With Bee Maternity, Baby With Bee Education Sdn Bhd, their directors, employees, agents and associates do not give any representation or warranty as to the reliability, accuracy or completeness of the information; or accept any responsibility for any person acting, or refraining from acting, on the basis of the information contained in this class or workbook.

---

# DAY 1

## HEALTHY MIND & HEALTHY BODY

Pregnancy is an exciting time! Yet it can feel anxious waiting for the DAY. It's important that we embrace the birthing day with as much confidence and knowledge as we can muster. Having a healthy mind (positive mindset) is extremely important.

A good first step is **to acknowledge our fears** and to **analyse** whether these fears are highly probable, whether they are myths or perhaps they are influenced by someone's else experience. Take some time, sit quietly and really ask yourself these questions below. Be honest to yourself.

### **Your Fears & Confidence Level**

#### **What Are Your Fears? Worries? Concerns?**

---

---

---

---

---

---

---

---

#### **What do you NOT want from your birth? What do you want to AVOID?**

---

---

---

---

---

---

---

---

---

# DAY 1

## HEALTHY MIND & HEALTHY BODY

A **positive mindset** will help lead to a **positive birth**. It's good to acknowledge our fears and concerns. However, staying stuck on our fear will affect our body's ability negatively. The good news is that we can convert the fears into a positive aim. List down the changes you can make to manage those fears and aim for a healthy mind and body for labour and birth.

### Reframing a negative mindset

From:	To:
Example: I fear that birth will be extremely painful, and that I cannot stand it	Example: I remain relaxed so that Endorphins are released and help me cope with my contractions easily

---

# DAY 1

## HEALTHY MIND & HEALTHY BODY

**Affirmations** and **visualization** are powerful tools for the mind to direct our body. They help set the body language for a healthy birth. Here are some beautiful birth affirmations that empower you to stay positive throughout your pregnancy and labour.

Four examples that you can already use in your daily routines below:

I take good care of myself and my baby

I trust my body to know what to do

My baby & I are safe & healthy

I am surrounded with love & support

Write at least 3 positive affirmations to focus as your daily affirmation from today onwards.

Four empty circles with pink and teal borders, intended for writing personal affirmations.



**I visualize my baby in the optimal position for labour and birth**

Head down,  
Hands together ,  
Chin tucked in,  
Facing mummy's back.

---

# DAY 1

## HEALTHY MIND & HEALTHY BODY

An important aspect of having a **healthy pregnancy** comes in the nutrition we consume to grow our baby and to support our body which will increase your chance of a **healthy birth**. Pregnant mothers need to have a healthy diet to promote our own wellbeing and supply the right nutrition required by our baby to grow strong and healthy.

So let's take a look at what you have eaten today and see how you can adjust your diet to maintain a healthy body and pregnancy.

Today's date: \_\_\_\_\_

Breakfast	Lunch	Tea Time	Dinner

### A review for today's meals:-

- Vegetables & fruits of different colours, No/Yes \_\_\_\_\_
- Plenty of water, \_\_\_\_\_ litres
- Protein from \_\_\_\_\_
- Any good oil intake today? No / Yes \_\_\_\_\_
- Any processed/fried food in your meal today? No / Yes \_\_\_\_\_
- Any food that you think you should not take? No / Yes \_\_\_\_\_

---

# DAY 1

## HEALTHY MIND & HEALTHY BODY

The plan for the next two days:-

Date: \_\_\_\_\_

Breakfast	Lunch	Tea Time	Dinner

Date: \_\_\_\_\_

Breakfast	Lunch	Tea Time	Dinner



---

# DAY 1

## HEALTHY MIND & HEALTHY BODY

It is crucial that a pregnant mum **exercises during pregnancy**, to tone your body to prepare for your birth, to improve your health, boost your mood and stamina, and stay healthy.

There are many exercises you can do at different places and time - make it a **routine** and create a **habit** of doing them. You can start with as little as 10 minutes a day and build up to 15 min, 20 min and so on, always listening to your body and slowing down if your body tells you otherwise.

### The exercises that you can do:-

- Walking for at least 10 min
- Prenatal Yoga
- Pelvic Floor Exercise / Kegels
- Swimming etc

### My Weekly Pregnancy Workout Plan

Monday	Thursday	Saturday
Tuesday		
	Friday	Sunday
Wednesday		



---

# DAY 2

## BIRTH PLAN

### Your Dream Birth

What do you want your **dream birth** to be?

---

---

---

---

---

---

---

---

What to consider in your **birth plan** in order to achieve your dream birth?

---

---

---

---

---

---

---

---

---

# DAY 2

## BIRTH PLAN

Did you know that as parents we have a **choice** of how we want our labour to flow? When we do not acknowledge our choices, we surrender to routine standard procedures that may not be the best fit for us. **Being prepared** with our options and choices also helps us navigate the birthing day, helps guide our partners on what is important to us, and helps us communicate effectively with our doctors.

Look at the following list below and feel free to tick the choices that resonate with you.

### Natural Pain Relief Options

- HypnoBirthing technique
- Warm Shower
- Massage
- Counter Pressure
- TENS Machine

### Labour Room Environment

- Dim Lights
- Birth Ball
- Relaxing Music
- Essential Oil Diffuser

### As Labour Progresses

- Minimal Vaginal Checks
- Intermittent CTG
- No Rushing the Birth
- No Coached Pushing
- No Epidural
- Freedom to walk

### Getting Baby out

- No Coached Pushing
- Push only when in contraction
- No Episiotomy
- No Stirrup
- Freedom to choose birth position

### After Birth

- Skin to Skin Bonding with baby
- Placenta Naturally Released
- Breastfeeding only
- Delayed Cord Clamping
- Dad to Cut the Cord
- Delay Newborn Procedures
- Baby to Room in

---

# DAY 2

## BIRTH PLAN

Having a **Birth Plan** helps you convey your birth preferences to your Doctor in a written format. This helps you gauge your **doctor's supportive level** towards the kind of birth you aim for. This also helps clarify the parameters and flexibility you want to adopt during your birth, especially if your labour is progressing as a natural physiological birth is.

Remember to **download** your **free visual birth plan** at [www.babywithbee.com](http://www.babywithbee.com)

### Early Labor

---

---

---

---

### Upon Admission

---

---

---

---

### During Labor

---

---

---

---

---

# DAY 2

# BIRTH PLAN

## As Baby Descend

---

---

---

---

## Placenta's Birth

---

---

---

---

## Bonding

---

---

---

---

## Breastfeeding

---

---

---

---

---

# CONGRATULATIONS!

## ON COMPLETING THIS CLASS

We hope that you've enjoyed learning from this class as much as we have enjoyed preparing this for you. We also hope that you take the time you have until birth to gear yourself up for a **wonderful healthy birth experience**. We have seen over 1,000 amazing parents transform and have comfortable, gentle birth experiences through our more in-depth programs and it makes such a huge difference when parents prepare themselves prenatally!

Fathers who were confidently supporting their labouring wives, mothers who managed their labours in a relaxed welcoming manner, calmer babies, lesser interventions, faster post-birth recoveries, higher rates of breastfeeding, less postpartum depression and an overall higher satisfaction and positive attitude towards birth.

And here is what you can do next to prepare for this birthing experience:

- Attend a HypnoBirthing Mongan Method class
- Practice the methods outlined in the HypnoBirthing class
- Keep a positive mindset on birth
- Tour & familiarise yourself with the labour room
- Stay healthy with proper nutrition & exercise
- Bond with your baby daily
- Educate yourself on evidence-based birth practices
- Find a supportive Doctor to discuss your Birth Plan with
- Be prepared for after birth with a Newborn Care Class
- Equip yourself with a Breastfeeding Class
- Understand your baby's cues through the Dunstan Baby Language
- Relax & Birth, your body knows what to do
- Enjoy your Baby!

**We Wish You a Happy Birthing Day!**

*interested to learn more?  
more questions?*

# CONTACT US



## CLASSES WE OFFER

- HypnoBirthing
- Breastfeeding
- Newborn Care
- Baby Massage
- Complete 4th Trimester class with Dunstan Baby Language
- HypnoMothering
- HypnoFertility

## CONTACT US

Email: [info@babywithbee.com](mailto:info@babywithbee.com)

Tel/Whatsapp: + 60 - 11 5794 3902 (Malaysia)

Tel/Whatsapp: + 65 - 9459 4841 (Singapore)

Website: [www.babywithbee.com](http://www.babywithbee.com)