

THE
*Gentle Birth
Bootcamp*
ONLINE

**2022
Workbook**

WELCOME TO THE

Gentle Birth Bootcamp

Congratulations on taking the first step in your preparation for your baby's Gentle Birth. We are so happy to see you here today. We hope the Gentle Birth Bootcamp 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 Bootcamp**, you will learn a lot of useful tips and techniques on how to have a more positive birth experience. 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.

You may have been invited here by your friend or family or a colleague who told you about how valuable the information we are about to share are or how much HypnoBirthing classes has helped them. This is the feedback that we have been getting and that is what is motivating us to keep sharing these messages – that **BIRTHS** can be **POSITIVE** and you can have it too!

If you have any questions during the online sessions, please do drop a question in the chat box and one of our team members will respond.

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

Have an awesome time at the Gentle Birth Bootcamp and set your intention to learn and have fun!

Disclaimer:

The information provided at the Gentle Birth Bootcamp should not be taken as medical advice. You should discuss any medical concerns/conditions with your caregiver. By attending this event, 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 Bootcamp or workbook.

DAY 1

LABOUR & BIRTH PROCESS

Did you know that the labour process is a unique one for each pregnancy? Just like every baby is unique, so is every labour and birth. Generally speaking, there is three main labour and birth journey; **natural birth**, **normal birth**, and **cesarean**. Whilst every parent hopes for a safe and healthy pregnancy and birth, it is crucial to **understand the process** and **plan for it**. This will give us insights, and help us be aware of the decisions we can make surrounding our birth.

Many times parents are not aware of how labour starts. While there is no hard and fast rule about this, it is a good idea to know the many different scenarios and what we can do about it. What to expect **during labour**, **in the hospital** and **after birth**.

We hope that today's session gives you a clearer picture of what labour and birth entails so that you may start deciding on what birth you wish to have.

Birth is a **LIFE** experience for **EACH** of us

How can you make this memorable event a positive one? List down the precious experience that you would like to have through this process :-

Mum	Dad	Baby
• Smoothly transform from woman to mum • • • • •	• Be a reliable husband and dad, protect my wife and baby • • • • •	• Enhance immune system through natural birth • • • • •

DAY 1

LABOUR & BIRTH PROCESS

There are 3 common types of births.

What did you learn about the 3 different types of birth?

Natural Birth	Normal Birth	Cesarean Birth
• • • • • •	• • • • • •	• • • • • •

Did you know that we can aim to make the birth process a **safer, healthier and rewarding** one? When we learn about the birth process, we can then learn how to **navigate** and make **better decisions** about our birth choices to achieve the best outcome possible.

DAY 1

LABOUR & BIRTH PROCESS

What to expect in each stage of birth process:

At home

- The best time to go hospital is _____
-
-
-
-
-
-

In Hospital

- Triage check
- ✨ —
-
-
-
-
-
-

DAY 1

LABOUR & BIRTH PROCESS

What to expect in each stage of birth process:

In Labour Room

- Waiting for full dilation
-
-
-
-
-

Bonding Time

- Skin to skin bonding for ____ mins / hours
-
-
-

Ward

- Observing mum's & baby's condition
-
-
-

And next... Home Sweet Home



DAY 1

LABOUR & BIRTH PROCESS

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. A good first step is **to acknowledge our fears** and to **analyse** whether these fears are a very common risk, whether they are myths or perhaps they are influenced by someone's else experience.

Feel free to reach out to our team of experienced HypnoBirthing Educators for a brief discussion on your specific fears and concerns.

Your Fears & Confidence Level

What Are Your Fears? Worries? Concern

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

DAY 2

HEALTHY MIND & HEALTHY BODY

A **positive mindset** will help lead to a **positive birth**. Let's revisit page 6 of this workbook. 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 2

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 both of
us

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 for writing 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 2

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 lead to 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 2

HEALTHY MIND & HEALTHY BODY

The plan for the next two days:-

Date: _____

Breakfast	Lunch	Tea Time	Dinner
			

Date: _____

Breakfast	Lunch	Tea Time	Dinner
			



DAY 2

HEALTHY MIND & HEALTHY BODY

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

There are many exercises you can do at different places and time - make it a **routine** and create a **habit** of doing them which you can begin with as little as 10 min a day and build up to 15min, 20min and so on.

The exercises that you can do:-

- Walking for at least 10min
- 15 squats
- Pelvic Floor Exercise
- Pelvic Rock Exercise
- Sitting on birthing ball (at your desk, at home)

My Weekly Pregnancy Workout Plan

Monday	Thursday	Saturday
Tuesday		
	Friday	Sunday
Wednesday		

DAY 3

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 3

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 in the best fit for us. **Being prepared** with our options and choices also helps us navigate for 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

3rd Stage

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

DAY 3

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

Early Labor

Upon Admission

During Labor

DAY 3

BIRTH PLAN

As Baby Descend

Placenta's Birth

Bonding

Breastfeeding

CONGRATULATIONS!

FOR COMPLETING THIS WORKSHOP

We hope that you've enjoyed learning from this workshop 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 transforms and have a comfortable gentle birth experience through our more in-depth programs and it make such a huge difference. 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 mind and affirmation on birth
- Tour & familiarise yourself with the labour room
- Stay healthy with proper nutrition & exercise
- Bond with baby in your belly 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
- Dunstan Baby Language
- HypnoMothering
- HypnoFertility

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